

Daily Social Media Themes and Sample Posts for Men's Health Week 2023



Purpose of this Document

[International Men's Health Week](#) (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. During 2023, it will run from Monday 12th until Sunday 18th June. It provides an annual opportunity to: heighten awareness of preventable health problems for males of all ages; support men and boys to engage in healthier lifestyle choices / activities; and encourage the early detection and treatment of health difficulties in males.

It's very common to hear people on the island of Ireland saying: *'ah, sure, your man's the picture of health'*. During MHW 2023, everyone is being asked to think about what their 'picture of health' might look like. More importantly, everyone is also being asked to set themselves simple, realistic and practical tasks to make this a reality.

Men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore.

When preparing for MHW 2023, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during the week, as well as announce the final countdown to MHW during the week before. The daily themes decided upon were ...

- Friday 9th June: What's your 'Picture of Health'? Be the man you want to be
- Monday 12th June: Trash the ash
- Tuesday 13th June: Prevention is better than cure
- Wednesday 14th June: Food for thought
- Thursday 15th June: Rethink what you drink - what do you depend on?
- Friday 16th June: Mental fitness
- Saturday 17th June: Let's get physical - be more than a sports spectator
- Sunday 18th June: Father's Day - the important role that fathers play in their children's lives

However, anything which highlights men's health issues and needs during MHW 2023 will be very welcome on any day - so, there's no need to stick rigidly to these themes.

Social media (especially Facebook, Twitter, Instagram and TikTok) has become a powerful tool for organisations to spread their message. During Men's Health Week 2023, we are encouraging everyone to 'Post' and 'Tweet' to their heart's content and, when possible, to use the hashtags:

#MensHealthWeek | #ThePictureOfHealth

This paper seeks to help those people who would like to support MHW 2023 by using their own social media channels, but who don't have the time, energy or knowledge to develop their own messages. Therefore, on each day of the week, there is a range of suggested Posts and Tweets (and, often, graphics / videos) that you can simply cut-and-paste from. Some of these refer to research / events / resources / support / help in the Republic of Ireland, while others have a Northern Ireland focus. When this is the case, they will be accompanied by either [RoI] or [NI]. However, the core information given in either of these will be useful to everyone.



There are message options presented for each day of the week. Feel free to use all of them, or pick and choose the ones that suit yourself / your situation. This will make a huge difference to publicising the week. It's also an easy and free way to show your support!

Friday 9th June 2023

What's your 'Picture of Health'? Be the man you want to be.



The Final Countdown To Men's Health Week 2023 Has Begun ...

We're nearly there. The clock is ticking. It won't be long now until International Men's Health Week (MHW). This year, it will run from Monday 12th until Sunday 18th June 2023.

In recent years, research has highlighted the challenges which face males on the island of Ireland: <https://www.mhfi.org/MensHealthInNumbers1.pdf> However, #MensHealthWeek 2023 offers everybody an ideal opportunity to improve the health of men and boys.

To find out more about MHW 2023 and how you can support it / get involved, visit: www.mhfi.org/mhw/mhw-2023.html and read 'The Toolbox for Action' at: www.mhfi.org/mhw2023toolbox.pdf

#ThePictureOfHealth



What's your 'Picture of Health'? Be the man you want to be.

Although the health of men in Ireland is poor, it can be improved in many significant ways. Men, themselves, need to play a central role in taking control of their health and wellbeing. But men's health is not just an issue for individual men. There is also a need for policy-makers, service providers, and society as a whole to recognise the role that they need to play, and to do something practical about it.

It's very common to hear people on the island of Ireland saying: 'ah, sure, your man's the picture of health'. During #MensHealthWeek 2023, everyone is being asked to think about what #ThePictureOfHealth might look like to them. More importantly, everyone is also being asked to set themselves simple, realistic and practical tasks to make this a reality.

So, if you're up for it, why not start by checking out ideas for action at: www.mhfi.org/ActionMan2023.pdf and www.mhfi.org/mhw2023celebrateit.pdf



#MensHealthWeek 2023 is almost here. Do you know everything that you need to know? If not, check out: www.mhfi.org/mhw/mhw-2023.html #ThePictureOfHealth

What is #MensHealthWeek 2023 all about? Be #ThePictureOfHealth and get all your questions answered at: www.mhfi.org/mhw2023toolbox.pdf

Want to show your support for #MensHealthWeek 2023? Use some / all of #ThePictureOfHealth graphics for the week at: www.mhfi.org/mhw/mhw-image-pack.html

#ThePictureOfHealth Let others know what you have planned for #MensHealthWeek 2023 by submitting the details at: www.mhfi.org/mhw/promote-an-event.html

Interested in being #ThePictureOfHealth during #MensHealthWeek 2023? ... Check out the 'Action Man' Manual at: www.mhfi.org/ActionMan2023.pdf

Want to know how you can support #MensHealthWeek 2023? Have a look at: www.mhfi.org/mhw2023celebrateit.pdf #ThePictureOfHealth

Keep up-to-date with the latest #MensHealthWeek 2023 developments at: www.facebook.com/MensHealthWeek and www.twitter.com/MensHealthIRL

Possible Images / Videos ...

	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2023</p>
	<p>MHW countdown video available at: https://youtu.be/32M_7n6-rec</p>
	<p>Available at: www.mhfi.org/TrendsCover.JPG</p>
	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Generic</p>
	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Badge2023</p>
	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Banner2023</p>

 <p>Episode 15 HSE Talking Health and Wellb... Men's Health Week Episode #15 - Talking Health & Wellbeing with Anne Farrell and Finian M... 0:00 / 29:17</p>	<p>MHW 2023 overview podcast available at: https://youtu.be/X1LxD9GWSNg</p>
 <p>FREE PLEASE TAKE A COPY! 10 TOP TIPS FOR MEN'S HEALTH ACTION MAN WARNING: READING THIS BOOKLET COULD SERIOUSLY IMPROVE YOUR HEALTH</p>	<p>Available at: www.mhfi.org/ActionMan2023Cover.JPG</p>
 <p>MEN'S HEALTH WEEK Monday 12th - Sunday 18th June 2023 What's your picture of health? Find out more at: www.mhfi.org #MensHealthWeek</p>	<p>Poster available at: www.mhfi.org/mhw/mhw-image-pack.html#Poster2023</p>
 <p>MEN'S HEALTH WEEK 2023 What's your picture of health? www.mhfi.org</p>	<p>MHW 2023 Facebook Cover Photo available at: www.mhfi.org/mhw/mhw-image-pack.html#Facebook2023</p>
 <p>MEN'S HEALTH WEEK 2023 What's your picture of health? www.mhfi.org</p>	<p>MHW 2023 Twitter Header Image available at: www.mhfi.org/mhw/mhw-image-pack.html#Twitter2023</p>
 <p>To boldly go where no man has gone before ...  MEN'S HEALTH WEEK</p>	<p>Generic Facebook Cover Photo available at: www.mhfi.org/mhwfacebookcover.jpg</p>

Monday 12th June 2023

Trash the Ash



Trash the Ash

Smoking is the biggest single cause of untimely death amongst men on the island of Ireland. Indeed, worldwide it has killed more people than both World Wars put together!

However, the good news is that these smoking-related deaths are preventable. So, make #MensHealthWeek 2023 the time to quit.

The very moment that you stop smoking your health starts to improve. If you would like to live longer, have more energy, feel less stressed, have better sex, strengthen your body's immune system ... think about kicking the habit.

There's loads of help available. Be #ThePictureOfHealth Start today, by checking out www.quit.ie [RoI] or www.stopsmokingni.info [NI]



[NI] Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. So, take the first steps towards quitting during #MensHealthWeek Find out more at: www.stopsmokingni.info Be #ThePictureOfHealth

[RoI] Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. So, take the first steps towards quitting during #MensHealthWeek Find out more at: www.quit.ie Be #ThePictureOfHealth






#MensHealthWeek 2023: Quit smoking to live longer. Men who quit by the age of 30 add 10 years to their life. Now, that's a step in the right direction! #ThePictureOfHealth

#ThePictureOfHealth - Did you know that you're four times more likely to quit smoking with specialist support and Nicotine Replacement Therapy? Give it a try this #MensHealthWeek

[NI] It's #MensHealthWeek 2023 ... The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! Find out more at: www.stopsmokingni.info/why-quit #ThePictureOfHealth

[Rol] It's #MensHealthWeek 2023 ... The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! Find out more at: <https://www2.hse.ie/wellbeing/quit-smoking/get-help-when-you-quit-smoking> #ThePictureOfHealth

Possible Images / Videos ...

	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2023</p>
	<p>Available at: www.mhfi.org/HSEStopSmoking.JPG</p>
	<p>Available at: www.mhfi.org/PHASmoking.JPG</p>
	<p>Available at: www.mhfi.org/StopSmoking.png</p>
	<p>Paul O'Kane [Smoking Cessation Officer] offers advice on how to stop smoking: www.youtube.com/user/Buckalic40/videos</p>

Tuesday 13th June 2023

Prevention is Better than Cure



During #MensHealthWeek 2023, people on the island of Ireland are being asked to take practical steps - no matter how small - to improve their own health and the health of the men and boys around them.

Cancer awareness and heart health are two areas where this can be realistically achieved.

Prevention is always better than cure. Make sure that you stay #ThePictureOfHealth and follow at least some of the ten top tips for men's health in the new 'Action Man' booklet:
www.mhfi.org/ActionMan2023.pdf

#ThePictureOfHealth ... Did you know that during #MensHealthWeek there are a number of steps that men could take to cut their cancer risk? For example, making small healthy lifestyle choices every day; knowing the signs of cancer; checking for changes in your body; getting screening tests; asking to be checked out if you notice anything unusual or if you're worried about your health; learning more about cancer and how to reduce the risk ...

To find out more about cancer, how to avoid it, and where to get support if you have it, visit:
www.cancer.ie/reduce-your-risk | www.cancerfocusni.org/cancer-prevention |
www.mariekeating.ie/get-men-talking | <https://actioncancer.org/info-hub>

During #MensHealthWeek 2023, take the first steps towards being #ThePictureOfHealth and start by protecting your heart.

For help and advice, visit: <https://nichs.org.uk/assets/resources/HealthyStuff.pdf> |
<https://irishheart.ie/how-to-keep-your-heart-healthy>



[NI] Prevention is always better than cure. During #MensHealthWeek take practical steps to look after your heart health. Begin by visiting: <https://nichs.org.uk/assets/resources/HealthyStuff.pdf> Be #ThePictureOfHealth

[RoI] Prevention is always better than cure. During #MensHealthWeek take practical steps to look after your heart health. Begin by visiting: <https://irishheart.ie/how-to-keep-your-heart-healthy> Be #ThePictureOfHealth

#ThePictureOfHealth Listen to your heart, not your head during #MensHealthWeek 2023. Check-out the Irish Heart Foundation's 'A Man's Guide to Heart Health' booklet at: www.mhfi.org/HearHealth.pdf

#ThePictureOfHealth During #MensHealthWeek find out how to spot cancer early and reduce the risks with this Irish Cancer Society booklet: www.mhfi.org/CancerManual.pdf

[RoI] Men are more likely to develop bowel cancer compared to women, but are less likely to do a free home test which could prevent it. Don't get left behind. If you are aged 60-69, register for the test today: www.bowelscreen.ie #MensHealthWeek

[NI] Men are more likely to develop bowel cancer compared to women, but are less likely to do a free home test which could prevent it. Don't get left behind. If you are aged 60-74, make sure that you take the test: www.nidirect.gov.uk/bowel-screening #MensHealthWeek

#MensHealthWeek 2023: Did you know that it is estimated that 1 in 2 men will be diagnosed with cancer at some point in their lives? Read the real life stories of Irish men who got talking and got checked at: www.mariekeating.ie/heroes-of-hope #ThePictureOfHealth

#MensHealthWeek Are you aware that many cancers can be avoided? Here's 12 small steps to reduce your risk: <https://cancerfocusni.org/cancer-prevention> #ThePictureOfHealth

Possible Images / Videos ...



Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2023



Available at:
www.mhfi.org/CancerInfograph2018.jpg



Available at:
www.mhfi.org/ICSmanual.png

BOWELSCREEN
 Age 60-69
 BowelScreen offers a free home test kit to men and women aged 60 to 69 every two years. The test only takes a minute to do.

INVITATION
 BowelScreen invited 488,628 eligible people for screening during its first screening round.

UPTAKE RATE
 40.2%
 196,238 people returned a satisfactory test, which resulted in a screening uptake rate of 40.2%.

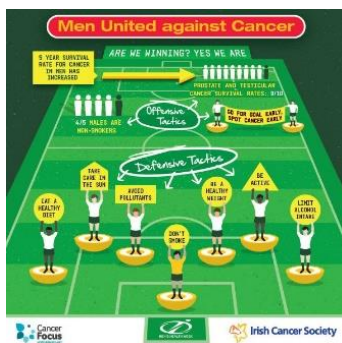
RESULTS
 95%
 95% of participants did not need further investigation and can repeat the home test in 2 years.

DETECTION
 71%
 Over 71 per cent of all cancers detected were at an early stage, meaning that they are easier to treat.

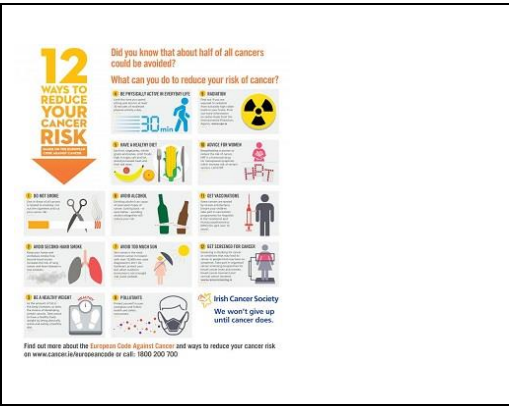
FREEPHONE 1800 45 45 55
WWW.BOWELSCREEN.IE

Building a Better Health Service
 HI HEALTH SERVICE

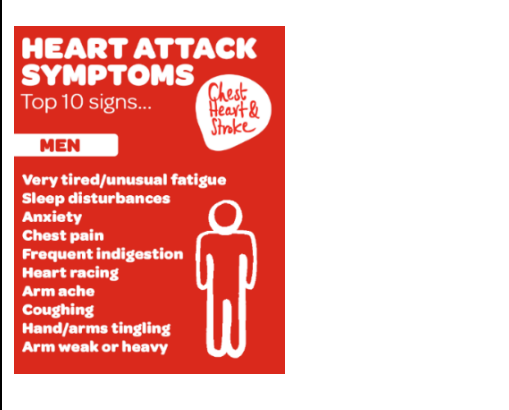
Available at:
www.mhfi.org/BowelScreenInfograph.png



Available at:
www.mhfi.org/CancerGamePlay.JPG



Available at:
www.mhfi.org/12Ways.jpg



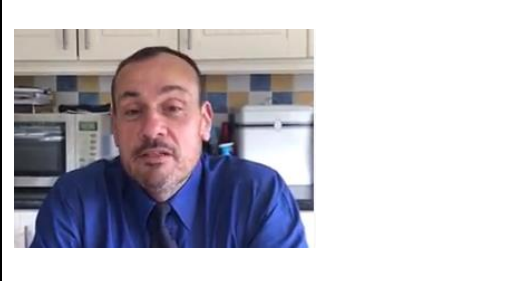
Available at:
www.mhfi.org/HeartAttackSymptoms.png



Available at:
www.mhfi.org/MensHeartGuide.png



Available at:
www.mhfi.org/STOP.jpg



Steve speaks about how a health scare prompted him to lose 19 stone in weight:
www.youtube.com/watch?v=tcggc8MKpUc



For Geoff, the possibility of a heart attack was the last thing on his mind. Hear his story at:
<https://youtu.be/kwfrJn5aD4M>

Wednesday 14th June 2023

Food for Thought



Food for Thought

It's not always convenient to go to the shops or to get our hands on fresh and wholesome food. However, some of us also probably do a bit of 'comfort eating' out of boredom, or to cheer ourselves up, or because we simply want the easiest option. That's a sure-fire way for men to add a few extra pounds to the belly.

A well-balanced diet not only improves men's general health, sense of wellbeing and helps maintain a healthy weight, but it can also lower their cholesterol, keep their blood pressure down, and reduce their risk of developing heart disease, diabetes and some cancers.

So, what men eat really matters. To find out why during #MensHealthWeek 2023, check out:

- <https://irishheart.ie/how-to-keep-your-heart-healthy/healthy-eating>
- www.choosetolivebetter.com
- www.safefood.eu/Healthy-Eating.aspx
- www.enjoyhealthyeating.info

Balance in your diet is really important. That's one of the ways to become (and stay) #ThePictureOfHealth



#ThePictureOfHealth Do you need a reason to rethink what you eat? ... During #MensHealthWeek 2023 check out pages 6-8 in the new 'Action Man' Manual: <https://mhfi.org/ActionMan2023.pdf>

#ThePictureOfHealth Eating too much salt results in high blood pressure which can lead to stroke or heart disease: www.safefood.net/healthy-eating/salt Shake the habit for #MensHealthWeek



Men with a waist size of over 37 inches are at increased risk of some health conditions. Tighten-up this #MensHealthWeek and be #ThePictureOfHealth See: <https://www.safefood.net/healthy-weight>

[RoI] #ThePictureOfHealth What you eat can either protect you or increase your chances of getting heart disease or having a stroke. Understand the types of food that make up a healthy balanced diet this #MensHealthWeek by visiting <https://irishheart.ie/how-to-keep-your-heart-healthy/healthy-eating>

[NI] #ThePictureOfHealth What you eat can either protect you or increase your chances of getting heart disease or having a stroke. Understand the types of food that make up a healthy balanced diet this #MensHealthWeek by visiting <https://nichs.org.uk/information/risk-factors/diet>

#ThePictureOfHealth ... One of the best ways to prevent cardiovascular disease such as stroke, heart attack and angina is to have a well-balanced diet to keep your cholesterol level low. During #MensHealthWeek 2023, kick-start the process: <https://irishheart.ie/how-to-keep-your-heart-healthy/cholesterol>

Possible Images / Videos ...

 A poster titled "FOOD FOR THOUGHT" featuring fresh ingredients like basil, tomatoes, cucumbers, and an avocado on a yellow background. The hashtag #MensHealthWeek and the logo for "MEN'S HEALTH FROM SAFEFood" are visible at the bottom.	Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2023
 A poster titled "SHAKE THE SALT HABIT" with the subtitle "EAT LESS TAKEAWAYS AND READY MEALS". It shows a brown paper bag labeled "TAKEAWAY" and a salt shaker with a red 'X' over it, indicating a warning against high salt intake. The logo for "MEN'S HEALTH FROM safefood" is at the bottom left.	Available at: www.mhfi.org/Image9Safefood.jpg



Available at:
www.mhfi.org/Image12Safefood.jpg



Available at:
www.mhfi.org/EnergyBalance.jpg



Available at:
www.mhfi.org/MachoMythBusting.png



Available at:
www.mhfi.org/TakeControl.jpg



Available at:
www.mhfi.org/MythBusting.png



Available at:
www.mhfi.org/BoysBuffet.jpg



Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes:
<https://youtu.be/PayqDOERY20>



Vinny talks about his weight loss journey, when he shed 18 stone in 24 months:
<https://youtu.be/kpcxAZj5MFM>

Thursday 15th June 2023

Rethink what you drink - what do you depend on?



Rethink What You Drink

What we drink makes a big difference to our weight, cholesterol level, mood, concentration, relationships, productivity, wallet, belly size ...

Of course, when we talk about 'drink' in Ireland we usually immediately think about alcohol. However, other things such as caffeine, the sugar added to soft drinks, fat levels in milk, protein in shakes etc. also need some consideration!

Many men in Ireland like an alcoholic drink, but problems start if you drink too much too often. There's also a hidden side to alcohol. It affects your body and brain, increases many health risks, and can damage your mental health. It can also mask problems and make life's ups-and-downs harder to deal with.

#MensHealthWeek 2023 offers an ideal opportunity to rethink what you drink - and, indeed, to think about anything else that you grow to depend on.

Begin by visiting: www.askaboutalcohol.ie [RoI] or <http://drugsandalcoholni.info> [NI] and find out if this is #ThePictureOfHealth that you're looking for.



[RoI] #ThePictureOfHealth By knowing what the Low-Risk Drinking Guidelines are, you can maintain a balance in your drinking. By sticking to these guidelines, you can greatly improve your health and restore your wellbeing. During #MensHealthWeek find out more at: www.askaboutalcohol.ie

[NI] #ThePictureOfHealth By knowing what the Low-Risk Drinking Guidelines are, you can maintain a balance in your drinking. By sticking to these guidelines, you can greatly improve your health and restore your wellbeing. During #MensHealthWeek find out more at: <https://drugsandalcoholni.info>

[RoI] #ThePictureOfHealth Less is best, because alcohol contributes to a range of chronic health conditions and diseases. Many are avoidable - if you can restore a sensible balance to how much, and how often, you drink. Find out more this #MensHealthWeek at: www.askaboutalcohol.ie

[NI] #ThePictureOfHealth Less is best, because alcohol contributes to a range of chronic health conditions and diseases. Many are avoidable - if you can restore a sensible balance to how much, and how often, you drink. Find out more this #MensHealthWeek at: <https://drugsandalcoholni.info>

Are you #ThePictureOfHealth ... Alcohol has a much bigger impact than just a short-term hangover. Find out more at: <https://drugsandalcoholni.info/alcohol> during #MensHealthWeek 2023.

During #MensHealthWeek 2023, measure how your drinking is impacting on your health, your wallet and your weight. Use the online calculator at: <https://www2.hse.ie/wellbeing/alcohol/drinks-calculator> #ThePictureOfHealth

#ThePictureOfHealth Do you know the facts about all the things that you drink? ... If not, visit: www.safefood.net/healthy-eating/drinks this #MensHealthWeek

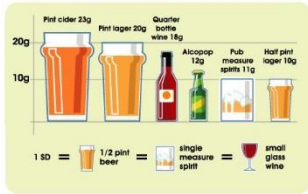
Possible Images / Videos ...



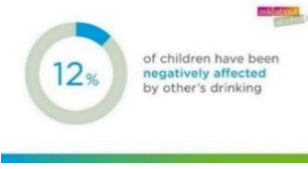
Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2023



Available at:
www.mhfi.org/AlcoholWaistline.jpg



Available at:
www.mhfi.org/AlcoholChart.jpg



Available at:
www.mhfi.org/AlcoholImpact.jpg



Available at:
www.mhfi.org/AskAboutAlcohol.jpg



Available at:
www.mhfi.org/LittleThings.jpg



Available at:
www.mhfi.org/Image6Safefood.jpg



Available at:
www.mhfi.org/Image7Safefood.jpg

Alcohol, Drugs and Change

Some important questions for you

Ed Sipler Addiction Services South Eastern Health and Social Care Trust

in partnership with ASCLRT

Alcohol, Drugs and Change video clip:
<https://youtu.be/r9M-DRBrCHE>

Friday 16th June 2023

Mental Fitness



Get Your 'Five-A-Day'

Mental health difficulties affect society as a whole, and not just a small, isolated group. But good mental health is more than simply the absence of problems. It is just as important as good physical health, and should be a priority for everyone.

There are five simple steps to help to maintain and improve your wellbeing. Try to build these into your daily life and think of them as your 'five-a-day' for mental fitness ...

1. **CONNECT** with the people around you - family, friends, colleagues and neighbours - and spend time developing relationships.
2. **BE ACTIVE** and find a physical activity that you enjoy. Go for a walk, run, cycle, do some gardening, wash the car, take the dog out ... Exercise makes you feel good.
3. **TAKE NOTICE** of the world around you, be observant, look for something beautiful or remark on something unusual. Savour and enjoy the moment, be aware of your surroundings and appreciate the place you're in.
4. **KEEP LEARNING** and don't be afraid to try something new. Rediscover an old hobby or sign-up for a course. Take on a different role, fix a bike, learn to play an instrument, develop a skill that you've always wanted to have ... Set yourself a challenge and have some fun.
5. **GIVE** to others. Do something nice for a friend or stranger, thank someone, smile or volunteer your time. Find ways to work together with others on things rather than on your own.

During #MensHealthWeek 2023 take the first small steps towards improving your mental fitness. You'll feel more like #ThePictureOfHealth if you do.

For practical help, support, tips and advice, visit: www.yourmentalhealth.ie [RoI] or www.mindingyourhead.info [NI]



#ThePictureOfHealth It's Men's Mental Fitness Day during #MensHealthWeek 2023. Here are some tips for steps to improve your mental wellbeing: <https://www.3ts.ie/information-support/resources/self-help-guides>

[RoI] If your head's all over the place this #MensHealthWeek start by visiting:
www.yourmentalhealth.ie #ThePictureOfHealth

[NI] If your head's all over the place this #MensHealthWeek start by visiting:
www.mindingyourhead.info #ThePictureOfHealth

#ThePictureOfHealth Good mental health is just as important as good physical health, and mental fitness should be a priority for everyone. This #MensHealthWeek follow the five step plan to maintain and improve your wellbeing: www.mentalhealthireland.ie/five-ways-to-wellbeing

It's #MensHealthWeek and the stigma surrounding mental health is a huge barrier that many men face. Here is some information on what stigma is: <https://tinyurl.com/2vdff22z>
#ThePictureOfHealth

#ThePictureOfHealth We all need support at some times in our lives, and it's good to talk about the things which are bothering us. The Samaritans can offer a free and confidential service to anyone who needs it this #MensHealthWeek - www.samaritans.org/samaritans-ireland

#ThePictureOfHealth ... Strong relationships are a key pillar of healthy and happy lives. What changes can you make during #MensHealthWeek 2023 to build upon and improve your connections with others?

Social connections strengthen our immune system, help us to recover from disease faster, and may even lengthen our life. People who feel connected to others have lower rates of anxiety and depression. Build your networks during #MensHealthWeek 2023 #ThePictureOfHealth

Possible Images / Videos ...



Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2023

 <p>The logo features the text 'Take5' in a large, bold font, with 'steps to wellbeing' underneath. To the right, it says 'HSC Health and Social Care'. Five circular icons are arranged in a cluster: 'Give' (hands holding a heart), 'Be active' (a leaf), 'Connect' (two people), 'Keep learning' (an open book), and 'Take notice' (an eye). The website 'www.mindyourhead.ie' is at the bottom.</p>	<p>Available at: www.mhfi.org/TakeFive.JPG</p>
 <p>The logo consists of the text 'Take5' in a large, bold font, with 'steps to wellbeing' underneath.</p>	<p>Available at: www.mhfi.org/Take5.jpg</p>
 <p>A circular icon with a blue background and white text 'Connect' at the top. Below the text is a white silhouette of two people talking.</p>	<p>Available at: www.mhfi.org/Connect.jpg</p>
 <p>A circular icon with a pink background and white text 'Be active' at the top. Below the text is a white silhouette of a leaf.</p>	<p>Available at: www.mhfi.org/BeActive.jpg</p>
 <p>A circular icon with a purple background and white text 'Keep learning' at the top. Below the text is a white silhouette of an open book.</p>	<p>Available at: www.mhfi.org/KeepLearning.jpg</p>
 <p>A circular icon with a green background and white text 'Give' at the top. Below the text is a white silhouette of hands holding a heart.</p>	<p>Available at: www.mhfi.org/Give.jpg</p>
 <p>A circular icon with a blue background and white text 'Take notice' at the top. Below the text is a white silhouette of an eye.</p>	<p>Available at: www.mhfi.org/TakeNotice.jpg</p>



Available at:
www.mhfi.org/MentalFitness.png



See Change Ambassador Neil Kelders reflects upon the need to talk about what you're going through and the support you require: https://youtu.be/B6A_NU2_Wy4



See Change Ambassador Rick Rossiter talks about the importance of not hiding behind a mask and seeking help and support when you need it: <https://youtu.be/ZCviNh9gWHc>



Derek talks about his struggle with anxiety and the steps that he took to deal with it: <https://youtu.be/7QnIjExR0eA>

Saturday 17th June 2023

Let's Get Physical - be more than a sports spectator



Let's Get Physical

Physical activity can benefit every aspect of your health. It'll certainly help you to be #ThePictureOfHealth

It has been shown that regular exercise reduces the risk of chronic diseases such as coronary heart disease, Type 2 diabetes, stroke, cancer, osteoporosis and depression. It reduces stress, improves sleeping patterns, builds-up bone and muscle strength, helps to control weight, tones body shape ... Indeed, men who increase their activity level over a five year period cut their chances of dying early by almost half. It's the ultimate 'miracle drug'!

But being active doesn't have to mean going to the gym. This #MensHealthWeek there are loads of ways that you can do this in your daily life e.g. take the dog for a walk, go cycling, wash your car by hand, take the stairs instead of the lift, jump off the bus a stop or two before your destination, cut the grass, take-up jogging, dig-over the flower beds, join-in a kickabout ...

For ideas, and inspiration to get you started, check out: www.getirelandwalking.ie | www.outmoreni.com | www.choosetolivebetter.com/content/getting-active | www.IrishTrails.ie | www.parkrun.ie



[RoI] Be #ThePictureOfHealth ... Daily walking is the easiest way for men to get moving and active. Tips and advice for anybody who wants to start walking during #MensHealthWeek can be found at: www.getirelandwalking.ie

[NI] Be #ThePictureOfHealth ... Daily walking is the easiest way for men to get moving and active. Tips and advice for anybody who wants to start walking during #MensHealthWeek can be found at: www.choosetolivebetter.com/content/getting-active

#ThePictureOfHealth Men of all ages and abilities are encouraged to enjoy the outdoors during #MensHealthWeek There are 900+ trails waiting to be discovered. Walk, bike, run and paddle your way through them all: www.IrishTrails.ie

[RoI] Local Sports Partnerships across Ireland aim to increase levels of participation and help you to get active during #MensHealthWeek Find one near you at: www.sportireland.ie/Participation #ThePictureOfHealth

[NI] Why not pull that old bike out of the shed / cupboard and get cycling for #MensHealthWeek For ideas on where to go in Northern Ireland, visit: www.outmoreni.com #ThePictureOfHealth

Possible Images / Video ...



Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2023



Available at:
www.mhfi.org/WalkingGroups.jpg



Available at:
www.mhfi.org/ParkRun.jpg



Available at:
www.mhfi.org/GetIrelandWalking.png



Available at:
www.mhfi.org/PhysicalActivityStats.jpg



Available at:
www.mhfi.org/IrishTrails.jpg



Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes:
<https://youtu.be/PayqDOEry20>

Sunday 18th June 2023

Father's Day - the important role of fathers in their children's lives



Happy Father's Day!

Today, Father's Day, marks the end of #MensHealthWeek. Interestingly, when asked 'what is the best thing that has ever happened to you in your life', many men will say 'BECOMING A FATHER'.

Dads play an extremely important role in their children's lives, and there is a strong body of evidence which shows how they improve positive outcomes for their children. Today is, therefore, the perfect time to highlight this crucial input and to celebrate the input of men to raising children. That's #ThePictureOfHealth

Why not start by checking out: www.mhfi.org/TheDadFactor.pdf and have a look at an archive copy of 'Things for Dads to do with Kids' at: www.mhfi.org/DadsAndKids.pdf



Happy Father's Day! Have you ever thought about 'what good are dads?' If not, check out: www.fatherhoodinstitute.org/uploads/publications/71.pdf for #MensHealthWeek 2023. #ThePictureOfHealth

#ThePictureOfHealth It's #MensHealthWeek 2023 ... Fathers play a key role in improving their children's outcomes. This local briefing paper highlights how: www.mhfi.org/TheDadFactor.pdf

What is the evidence for why dads need to be supported to stay involved in their children's lives? This #MensHealthWeek see: www.mhfi.org/manmattersbriefing3.pdf #ThePictureOfHealth

#ThePictureOfHealth Fathers have a powerful impact upon their children's mental health. Find out how during #MensHealthWeek at: www.mhfi.org/FathersAndChildMentalHealth.pdf

Are you looking for ideas for activities to do with your kids during #MensHealthWeek? If so, check out: www.mhfi.org/DadsAndKids.pdf #ThePictureOfHealth

#MensHealthWeek 2023 ends today. Thanks to everyone who made it so successful. What does #ThePictureOfHealth look like for you in the year ahead?

Possible Images ...

 <p>FATHER'S DAY #MensHealthWeek</p>	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2023</p>
 <p>THE DAD FACTOR</p>	<p>Available at: www.mhfi.org/TheDadFactor.jpg</p>
 <p>Policy Briefing Paper No 3 Separated fathers: Fathers, Separation and Co-Parenting</p>	<p>Available at: www.mhfi.org/BriefingPaper3.jpg</p>
 <p>fatherfacts Volume 1 Issue 1 www.fathersdirect.com What Good Are Dads?</p>	<p>Available at: www.mhfi.org/WhatGoodAreDads.jpg</p>
 <p>BRIEFING Centre for Mental Health Lorraine Khan 50: Fatherhood: the impact of fathers on children's mental health</p>	<p>Available at: www.mhfi.org/FatherImpact.jpg</p>
 <p>THINGS FOR DADS TO DO WITH KIDS</p>	<p>Available at: www.mhfi.org/DadsAndKids.JPG</p>

MEN'S HEALTH WEEK

Monday 12th - Sunday 18th June 2023

What's your
picture of
health?



Find out more at:
www.mhfi.org
[#MensHealthWeek](https://twitter.com/MensHealthWeek)



**Good luck with all your social media work during
Men's Health Week 2023!**