

Daily Social Media Themes and Sample Posts for Men's Health Week 2025



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 2025, it will run from Monday 9th until Sunday 15th 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.

The theme for this year's MHW is 'Shoulder to Shoulder - Connecting for Health'. It will focus upon the importance of connectivity and helping each other - reminding everyone: about the importance of not going it alone; that there are supports available; that men's health is a team effort; and that it is important to take small, simple and realistic actions within a supportive environment.

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. However, when preparing for MHW 2025, 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 themes are ...

- Before the week begins: Get ready - Men's Health Week is coming!
- Friday 6th June: Stand shoulder-to-shoulder and get connected
- Monday 9th June: Trash the ash (and save the cash)
- Tuesday 10th June: Prevention is better than cure
- Wednesday 11th June: Food for thought
- Thursday 12th June: Rethink what you drink
- Friday 13th June: Be mind fit
- Saturday 14th June: Let's get physical - be more than a sports spectator
- Sunday 15th 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 2025 will be very welcome on any day - so, there's no need to stick rigidly to these themes.

Social media has become a powerful tool for organisations to spread their message. During Men's Health Week 2025, we are encouraging everyone to 'Post' and 'Tweet' to their heart's content and, when possible, to use the hashtags:

#MensHealthWeek | #ShoulderToShoulder | #ConnectingForHealth

This paper seeks to help those people who would like to support MHW 2025 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. All contributions will make a huge difference to publicising the week. It's also an easy and free way to show your support.

Have a great week!

Before the Week Begins: Get Ready - Men's Health Week is Coming!



The final countdown to Men's Health Week 2025 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 9th until Sunday 15th June 2025.

In recent years, research has clearly highlighted the challenges which face males on the island of Ireland. See, for example: <https://mhfi.org/resources/key-facts.html> However, #MensHealthWeek 2025 offers everybody an ideal opportunity to help to improve the health of men and boys.

To find out more about the week, visit: www.mhfi.org/mhw/mhw-2025.html and - if you're up for it - check out some practical ideas for action at: www.mhfi.org/mhw2025celebrateit.pdf

#ConnectingForHealth is easy. Stand #ShoulderToShoulder this #MensHealthWeek



Do you know your numbers? ...

At school, every pupil is told that you need to know your numbers if you are to get on in life. This message is usually not welcomed at the time, but it's a solid piece of advice. During #MensHealthWeek 2025, everyone in Ireland is being asked to help to improve the health of men and boys. To do this, there are three different types of numbers that are important ...

1. Statistics on the state of men's health that policy makers and service providers need to know if they are to address the issues facing men. See the Men's Health Report Cards at: <https://mhfi.org/MensHealthInNumbers2.pdf> and <https://mhfi.org/MensHealthInNumbers3.pdf>
2. Key numbers that men, themselves, need to know, to take control over some elements of their own health. See the 'Do You Know Your Numbers?' z-card for men at: <https://mhfi.org/MensHealthInNumbers.pdf>
3. Important contact numbers for help and support services that everyone needs to know at times of difficulty or crisis. See the 'Action Man' Manual at: <https://mhfi.org/ActionMan.pdf>

Stand #ShoulderToShoulder while #ConnectingForHealth



#MensHealthWeek 2025 is almost here. Do you know everything that you need to know? If not, check out: www.mhfi.org/mhw/mhw-2025.html and stand #ShoulderToShoulder

What is #MensHealthWeek 2025 all about? Start #ConnectingForHealth and get all your questions answered at: www.mhfi.org/mhw2025toolbox.pdf

Want to show your support for #MensHealthWeek 2025? Use some / all of the #ShoulderToShoulder graphics for the week at: www.mhfi.org/mhw/mhw-image-pack.html

#ConnectingForHealth - Let others know what you have planned for #MensHealthWeek 2025 by submitting the details at: www.mhfi.org/mhw/promote-an-event.html

[RoI] Want to know some key facts during #MensHealthWeek 2025? ... Then check out: www.mhfi.org/MensHealthInNumbers2.pdf | www.mhfi.org/MensHealthInNumbers.pdf

[NI] Want to know some key facts during #MensHealthWeek 2025? ... Then check out: www.mhfi.org/MensHealthInNumbers3.pdf | www.mhfi.org/MensHealthInNumbers.pdf

Want to know how you can support #MensHealthWeek 2025? Have a look at: www.mhfi.org/mhw2025celebrateit.pdf #ConnectingForHealth #ShoulderToShoulder

Keep up-to-date with the latest #MensHealthWeek 2025 developments at: www.facebook.com/MensHealthWeek and www.x.com/MensHealthIRL

Possible Images / Videos ...




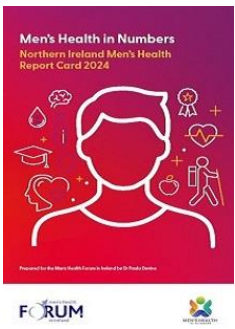


Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025



MHW 2025 countdown video available at:
<https://youtu.be/nyMZpd60jGY>

	<p>Image 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#Badge2025</p>
	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Banner2025</p>
	<p>Webinar discussing initiatives rolled out during previous MHWs: https://youtu.be/5waO2v1vHZM</p>
	<p>Image available at: www.mhfi.org/ActionMan2023Cover.JPG</p>

	<p>Poster available at: www.mhfi.org/mhw/mhw-image-pack.html#Poster2025</p>
	<p>MHW 2025 Facebook Cover Photo available at: www.mhfi.org/mhw/mhw-image-pack.html#Facebook2025</p>
	<p>MHW 2025 Twitter Header Image available at: www.mhfi.org/mhw/mhw-image-pack.html#Twitter2025</p>
	<p>Men's Health in Numbers Report Card for the Republic of Ireland. Available at: https://mhfi.org/MensHealthInNumbers2.pdf</p>
	<p>Men's Health in Numbers Report Card for Northern Ireland. Available at: https://mhfi.org/MensHealthInNumbers3.pdf</p>
	<p>Generic Facebook Cover Photo available at: www.mhfi.org/mhwfacebookcover.jpg</p>

Friday 6th June 2025

Stand shoulder-to-shoulder and get connected



Stand Shoulder-to-Shoulder

When males play sport together, or work on a communal task, we know what is meant by men standing 'shoulder-to-shoulder'. They are unified, strong, resolute, focused, supportive and connected. They give 100% and do the best job that they can.

During #MensHealthWeek 2025, everyone is being asked to put these positive traits into action, and to work together to support the health of men and boys on the island of Ireland.

Set yourself a simple, realistic and practical task to make positive changes to the health of local men and boys. Stand #ShoulderToShoulder #ConnectingForHealth



Connecting for Health

#ConnectingForHealth is about: policy makers ensuring that men have the resources to live long and healthy lives; service providers offering appropriate tools, advice and support to males; men taking small practical steps to improve their own health; everyone looking out for and after each other ...

#MensHealthWeek 2025 will focus upon the importance of connectivity and helping each other - reminding everyone: about the importance of not going it alone; that there are supports available; that men's health is a team effort; and that it is important to take small, simple and realistic actions within a supportive environment.

We all need to stand #ShoulderToShoulder to achieve this.






Set yourself a simple, realistic and practical task that will make positive changes to the health of men and boys this #MensHealthWeek Stand #ShoulderToShoulder #ConnectingForHealth

#MensHealthWeek 2025 will focus upon the importance of #ConnectingForHealth and helping each other - reminding everyone: about the importance of not going it alone; that there are supports available; that men's health is a team effort. Stand #ShoulderToShoulder

Strong relationships are a key pillar of healthy and happy lives. What changes can you make during #MensHealthWeek 2025 to build upon and improve your connections with others?
#ShoulderToShoulder

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. Start #ConnectingForHealth this #MensHealthWeek

Possible Images / Video ...

 <p>A graphic with a red and black background. At the top, it says "SHOULDER-TO-SHOULDER" in white, with "#MensHealthWeek" below it. The central image shows five men of different ages and ethnicities standing in a line, each with their arm around the shoulder of the man next to them. At the bottom right is the Men's Health Week logo.</p>	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025</p>
 <p>A graphic with a purple background. On the left, it says "GET CONNECTED" in white, with "#MensHealthWeek" and the Men's Health Week logo below it. The right side features a photograph of two men walking away from the camera on a path through a wooded area.</p>	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025</p>
 <p>A video thumbnail with a black border. It features a close-up of a smiling man's face. Overlaid on the left is a red box with the text "MEN'S HEALTH WEEK 2025" in white. There are decorative red and white patterns in the corners.</p>	<p>MHW 2025 key details video available at: https://youtu.be/SWpky3o1j2w</p>

Monday 9th June 2025

Trash the ash (and save the cash)



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 2025 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. Start today, by checking out www.quit.ie [RoI] or www.stopsmokingni.info [NI]

#ShoulderToShoulder #ConnectingForHealth



[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: <https://www.stopsmokingni.info> #ConnectingForHealth

[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 #ConnectingForHealth






#ConnectingForHealth - 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! #ShoulderToShoulder this #MensHealthWeek

#ConnectingForHealth - 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 2025 ... 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://www.stopsmokingni.info/ways-quit/local-help-and-support> #ConnectingForHealth

[Rol] It's #MensHealthWeek 2025 ... 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/living-well/quit-smoking/get-help-to-quit> #ConnectingForHealth

Possible Images / Video ...

	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025</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 10th June 2025

Prevention is better than cure



During #MensHealthWeek 2025, 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 are #ConnectingForHealth and follow at least some of the ten top tips for men's health in the 'Action Man' Manual at:
www.mhfi.org/ActionMan.pdf



Did you know that during #MensHealthWeek there are a number of steps that men can take to cut their cancer risk? For example, make small healthier lifestyle choices every day; know the signs of cancer; check for changes in your body; get screening tests; ask to be checked out if you notice anything unusual or if you're worried about your health; learn more about cancer and how to reduce the risk ...

To find out more about cancer, how to avoid it, and where to get support, 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 2025, take the first steps towards a better future 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>

Stand #ShoulderToShoulder #ConnectingForHealth



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

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

Listen to your heart, not your head during #MensHealthWeek 2025. Check-out the Irish Heart Foundation's 'A Man's Guide to Heart Health' booklet at: www.mhfi.org/HeartHealth.pdf

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

[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 59-70, 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

#ShoulderToShoulder 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 #MensHealthWeek

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

Possible Images / Videos ...



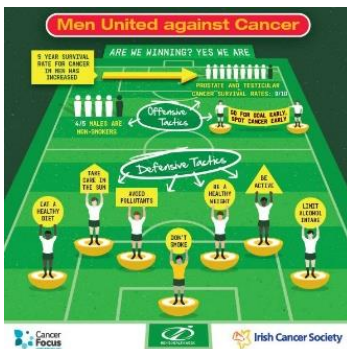
Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025



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



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



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

 <p>Did you know that about half of all cancers could be avoided? What can you do to reduce your risk of cancer?</p> <p>12 WAYS TO REDUCE YOUR CANCER RISK</p> <ul style="list-style-type: none"> 1. BE PHYSICALLY ACTIVE 2. EAT HEALTHY 3. DON'T SMOKE 4. LIMIT ALCOHOL 5. PROTECT YOUR SKIN 6. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 7. GET CHECKED FOR CANCER 8. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 9. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 10. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 11. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 12. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE <p>Find out more about the European Code Against Cancer and ways to reduce your cancer risk on www.cancer.ie/europeancode or call: 1800 200 700</p>	<p>Available at: www.mhfi.org/12Ways.jpg</p>
 <p>HEART ATTACK SYMPTOMS Top 10 signs...</p> <p>MEN</p> <ul style="list-style-type: none"> Very tired/unusual fatigue Sleep disturbances Anxiety Chest pain Frequent indigestion Heart racing Arm ache Coughing Hand/arms tingling Arm weak or heavy <p>Chest Heart & Stroke</p>	<p>Available at: www.mhfi.org/HeartAttackSymptoms.png</p>
 <p>A man's guide to heart health</p> <p>"Listen to your heart"</p> <p>"Not your head"</p> <p>Irish Heart Foundation</p>	<p>Available at: www.mhfi.org/MensHeartGuide.png</p>
 <p>KNOW THE SYMPTOMS OF A HEART ATTACK...</p> <p>STOP</p> <ul style="list-style-type: none"> Something's not right - symptoms can start slowly Tightness or pain in the chest, pain in the arm, neck or jaw Other symptoms such as shortness of breath, nausea or sweating If none immediately - the ambulance crew will do an ECG <p>Chest Heart & Stroke</p>	<p>Available at: www.mhfi.org/STOP.jpg</p>
	<p>Steve speaks about how a health scare prompted him to lose 19 stone in weight: www.youtube.com/watch?v=tcgggc8MKpUc</p>
 <p>Geoff's Story My Heart Attack</p> <p>Chest Heart & Stroke</p>	<p>For Geoff, the possibility of a heart attack was the last thing on his mind. Hear his story at: https://youtu.be/kwfrJn5aD4M</p>

Wednesday 11th June 2025

Food for thought



Food for Thought

It's not always convenient to go to the shops or to get your 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 2025, check out:

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

#ShoulderToShoulder #ConnectingForHealth



Do you need a reason to rethink what you eat? ... During #MensHealthWeek 2025 check out pages 6-8 in the 'Action Man' Manual: <https://mhfi.org/ActionMan.pdf> and see why.
#ConnectingForHealth

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 think about #ConnectingForHealth See: <https://www.safefood.net/healthy-weight>

[RoI] #ConnectingForHealth - 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 Visit <https://irishheart.ie/how-to-keep-your-heart-healthy/healthy-eating>

[NI] #ConnectingForHealth - 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/health-information/risk-factors/healthy-eating>

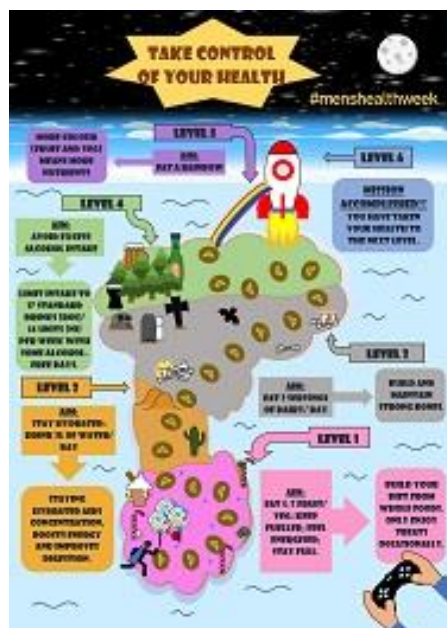
#ShoulderToShoulder ... One of the best ways to prevent cardiovascular disease (e.g. stroke, heart attack & angina) is to have a well-balanced diet to keep your cholesterol level low. During #MensHealthWeek 2025, kick-start this process with your mates: <https://irishheart.ie/how-to-keep-your-heart-healthy/cholesterol>

Possible Images / Videos ...

	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025</p>
	<p>Available at: www.mhfi.org/Image9SafeFood.jpg</p>



Available at:
www.mhfi.org/Image12SafeFood.jpg



Available at:
www.mhfi.org/TakeControl.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 12th June 2025

Rethink what you drink



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 2025 offers an ideal opportunity to rethink what you drink and how much. Try #ConnectingForHealth and support your friends by standing #ShoulderToShoulder with them.

Begin by visiting: www.askaboutalcohol.ie **[RoI]** or <https://drugsandalcoholni.info/alcohol> **[NI]**.



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

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

#ConnectingForHealth ... Alcohol has a much bigger impact than just a short-term hangover. Find out more at: <https://drugsandalcoholni.info/alcohol> during #MensHealthWeek 2025.

During #MensHealthWeek 2025, 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> #ConnectingForHealth

#ConnectingForHealth ... 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 ...



Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025



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

Friday 13th June 2025

Be mind fit



Get Your 'Five-A-Day'

Mental health difficulties affect society as a whole, and not just a small, isolated group. But good mind 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 mind 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 a stranger, thank someone, smile or volunteer your time. Find ways to work together with others on things rather than on your own.

During #MensHealthWeek 2025 stand #ShoulderToShoulder and take the first small steps towards improving your mind fitness. You'll feel better if you do.

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



#ConnectingForHealth ... It's Men's Mind Fitness Day during #MensHealthWeek 2025. 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 #ConnectingForHealth

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

#ShoulderToShoulder - Good mental health is just as important as good physical health, and mind 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/pk453m4a>
#ShoulderToShoulder

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 Simply call 116 123 #ConnectingForHealth

Strong relationships are a key pillar of healthy and happy lives. What changes can you make during #MensHealthWeek 2025 to build upon and improve your connections with others?
#ShoulderToShoulder

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 2025. Stand #ShoulderToShoulder

Possible Images / Videos ...

	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025</p>
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	<p>Available at: www.mhfi.org/TakeFive.JPG</p>
	<p>Available at: www.mhfi.org/Take5.jpg</p>
	<p>Available at: www.mhfi.org/Connect.jpg</p>
	<p>Available at: www.mhfi.org/BeActive.jpg</p>
	<p>Available at: www.mhfi.org/KeepLearning.jpg</p>
	<p>Available at: www.mhfi.org/Give.jpg</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 14th June 2025

Let's get physical - be more than a sports spectator



Let's Get Physical

Physical activity can benefit every aspect of your health.

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'! So, start #ConnectingForHealth today.

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, stand #ShoulderToShoulder with others and check out: www.getirelandwalking.ie | www.outmoreni.com | www.IrishTrails.ie | www.parkrun.ie | www.choosetolivebetter.com/content/getting-active



[RoI] 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 #ConnectingForHealth

[NI] 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 #ConnectingForHealth

Men of all ages and abilities are encouraged to enjoy the outdoors during #MensHealthWeek. There are 900+ trails waiting to be discovered, so start #ConnectingForHealth and 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 #ShoulderToShoulder

[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 #ConnectingForHealth

Think about #ConnectingForHealth this #MensHealthWeek and join a local 5k parkrun. Walk, jog, run, volunteer or spectate - the choice is yours. See: <https://www.parkrun.ie> #ShoulderToShoulder

Possible Images / Video ...



Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025



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

	<p>Available at: www.mhfi.org/ParkRun.jpg</p>
	<p>Available at: www.mhfi.org/GetIrelandWalking.png</p>
	<p>Available at: www.mhfi.org/PhysicalActivityStats.jpg</p>
	<p>Available at: www.mhfi.org/IrishTrails.jpg</p>
	<p>Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes: https://youtu.be/PayqDOEry20</p>

Sunday 15th June 2025

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 - #ShoulderToShoulder with other dads.

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.mhfi.org/WhatGoodAreDads.pdf for #MensHealthWeek 2025.

It's #MensHealthWeek 2025. Fathers play a key role in improving their children's outcomes. This local briefing paper highlights how: www.mhfi.org/TheDadFactor.pdf #ConnectingForHealth #ShoulderToShoulder

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 #ShoulderToShoulder

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

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

#MensHealthWeek 2025 ends today. Thanks to everyone who made it so successful. In the year ahead, remember to stand #ShoulderToShoulder always #ConnectingForHealth

Possible Images ...

	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2025</p>
	<p>Available at: www.mhfi.org/TheDadFactor.jpg</p>
	<p>Available at: www.mhfi.org/BriefingPaper3.jpg</p>
	<p>Available at: www.mhfi.org/FatherImpact.jpg</p>
	<p>Available at: www.mhfi.org/DadsAndKids.JPG</p>

MEN'S HEALTH WEEK

Monday 9th - Sunday 15th June 2025



Shoulder-to-Shoulder Connecting for Health

Find out more at:

www.mhfi.org



**Good luck with all your social media work during
Men's Health Week 2025!**