



Men's Health & Wellbeing

Men's Health Awareness 2025

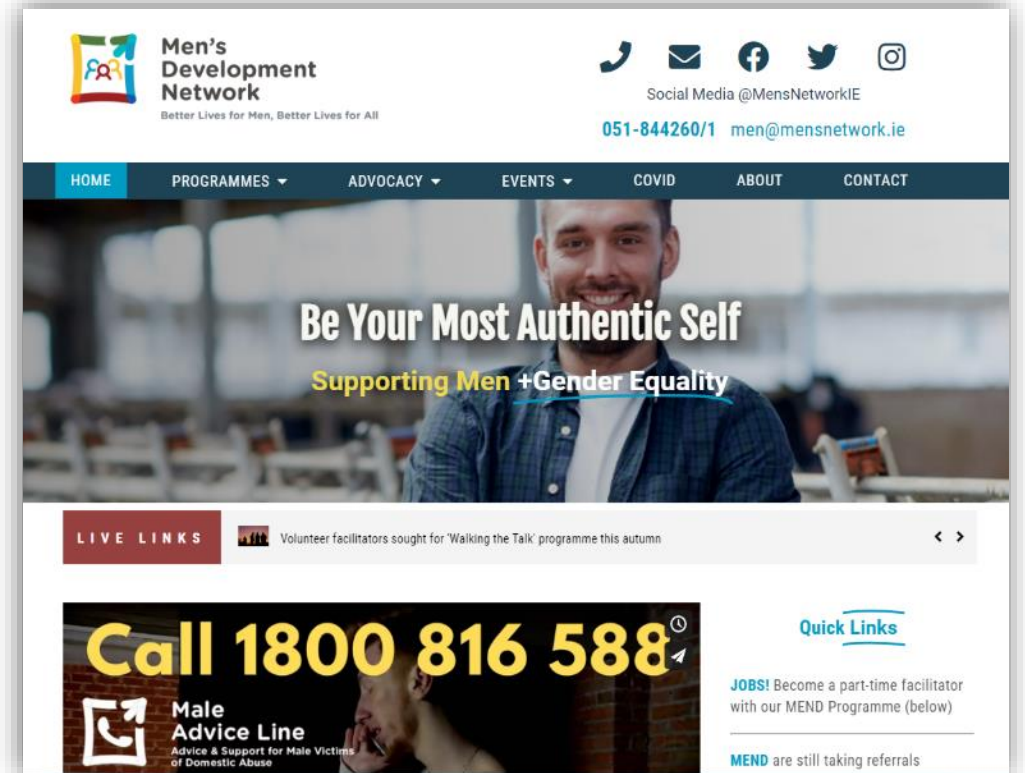
GOOD THINGS TO *KNOW*

Website

mensnetwork.ie

Social Media

[@MensNetworkIE](https://www.instagram.com/MensNetworkIE)



MEN'S HEALTH WEEK

Monday 9th - Sunday 15th June 2025



Shoulder-to-Shoulder
Connecting for Health

Find out more at:

www.mhfi.org



**What can I do to mark
this week? ...**

Men's Health Week 2025



The Toolbox for Action



25 Years of Conversations, Connections and Circles with Men



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MEN'S GATHERING 2022

**NURTURING
YOUR
WELLBEING**

Monday 24th
to Wednesday
26th October

**BALLYVALOO RETREAT
& CONFERENCE CENTRE**
Blackwater, Co. Wexford



WANT TO ATTEND?



✉ colm@mensnetwork.ie
☎ 083 0125 488



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25th Annual Men's Gathering
at Ballyvaloo Retreat and Conference
Centre, Blackwater, County Wexford
October 24-26th, 2022

MEN'S GATHERING



TEN TOP TIPS FOR MEN'S HEALTH ...



TEN TOP TIPS FOR MEN'S HEALTH ...

- TIP 01** EAT FIVE TO SEVEN PORTIONS OF FRUIT AND VEGETABLES A DAY, AND TRY NEW VARIETIES TO ENSURE ADEQUATE NUTRIENT INTAKES.
- TIP 02** AIM FOR AT LEAST 30 MINUTES OF MODERATE PHYSICAL ACTIVITY ON AT LEAST FIVE DAYS A WEEK (OR 150 MINUTES PER WEEK).
- TIP 03** DISCUSS ANY PROBLEMS THAT YOU HAVE - AS EARLY AS POSSIBLE - WITH SOMEONE THAT YOU TRUST.
- TIP 04** START THE JOURNEY TOWARDS QUITTING SMOKING TODAY - VISIT [HTTPS://WWW.QUIT.IE](https://www.quit.ie) OR [HTTPS://WWW.STOPSMOKINGNI.INFO](https://www.stopsmokingni.info)



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- TIP 05** WITH ALCOHOL, LESS IS ALWAYS MORE.
- TIP 06** MAKE SURE THAT YOU HAVE REGULAR CHECK-UPS FOR CHOLESTEROL AND BLOOD PRESSURE - ESPECIALLY WHEN YOU GET OLDER AND/OR IF THERE IS ANY FAMILY HISTORY OF HEART DISEASE.
- TIP 07** NO 'IFS' OR 'BUTS' - JUST PRACTISE SAFER SEX.
- TIP 08** KNOW WHAT IS NORMAL FOR YOUR BODY - AS THIS WILL HELP YOU TO IDENTIFY SYMPTOMS THAT NEED TO BE CHECKED OUT BY A DOCTOR.
- TIP 09** GET OUT THERE AND START TO RE-BUILD YOUR RELATIONSHIPS AND CONNECTIONS. IF THESE ARE ALREADY IN PLACE, CONTINUE TO NURTURE THEM.
- TIP 10** BE AN ACTION MAN - HAVING A KNOWLEDGE OF FIRST AID





FREE
PLEASE TAKE
A COPY

TOP TIPS FOR MEN'S HEALTH

ACTION MAN

WARNING

READING THIS BOOKLET
COULD SERIOUSLY
IMPROVE YOUR HEALTH



We Can be Champions





LIVING Well

CAN YOU IDENTIFY OTHER WAYS
THAT ARE POSSIBLY GOOD
FOR OUR HEALTH & WELLBEING?



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Better Lives for Men, Better Lives for All



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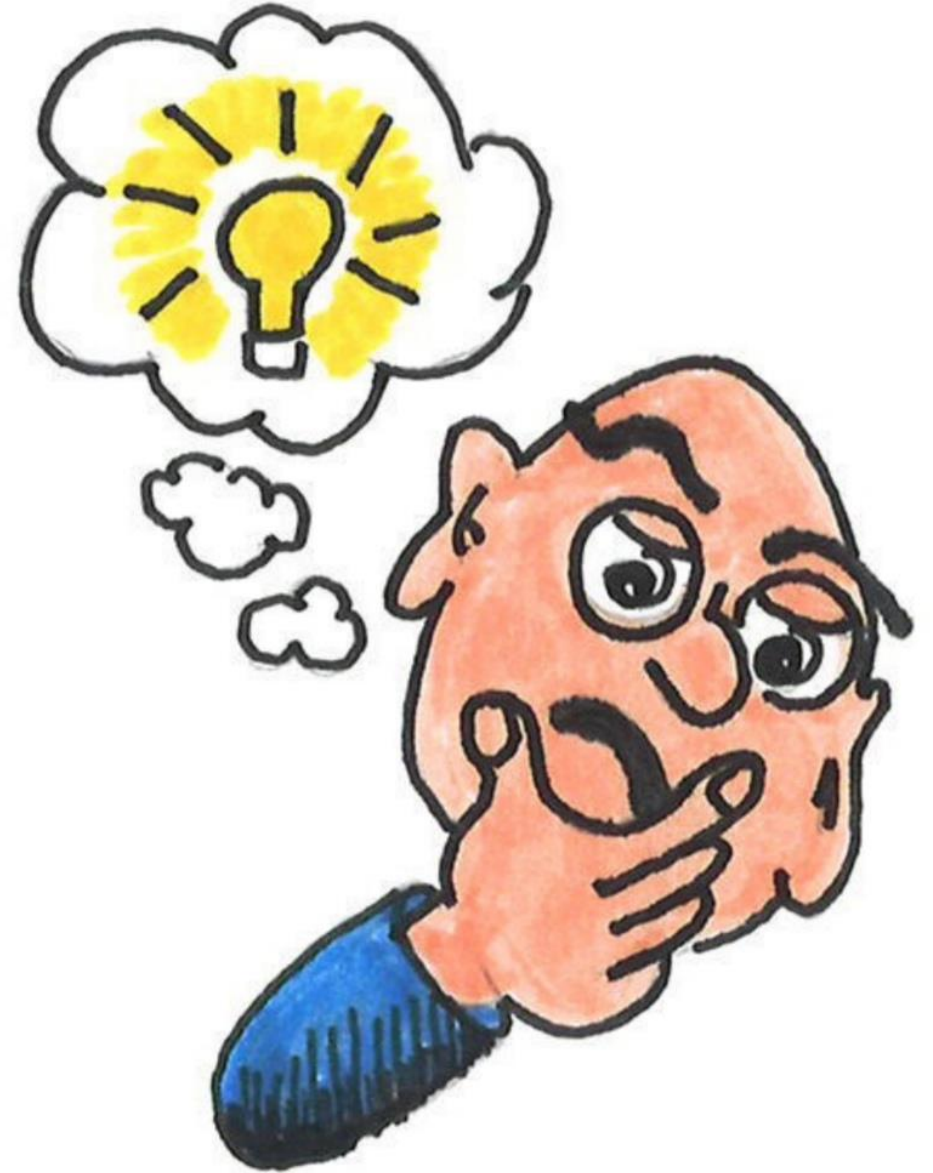
WHEEL OF WELLNESS



Physical
Psychological
Emotional
Spiritual
Personal
Professional

Listen to Yourself

*Learn to listen to
ourselves and make
connections with how
we feel / **happy – tired**
– **sad - excited***



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Learn to RELAX with Ourselves

*Learn to become more
at home in ourselves, in
our bodies, minds and
spirits – **do what we
love to do to relax***



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Express Yourself

*Learn to better express our feelings,
ideas, thoughts - appropriately*

especially with those we trust



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Connect with Others

*Learn to connect with others through involvement - **when we need support with a project, plan or issue***



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Ask for Support

*Learn to ask for
support and
**accept it
gratefully***



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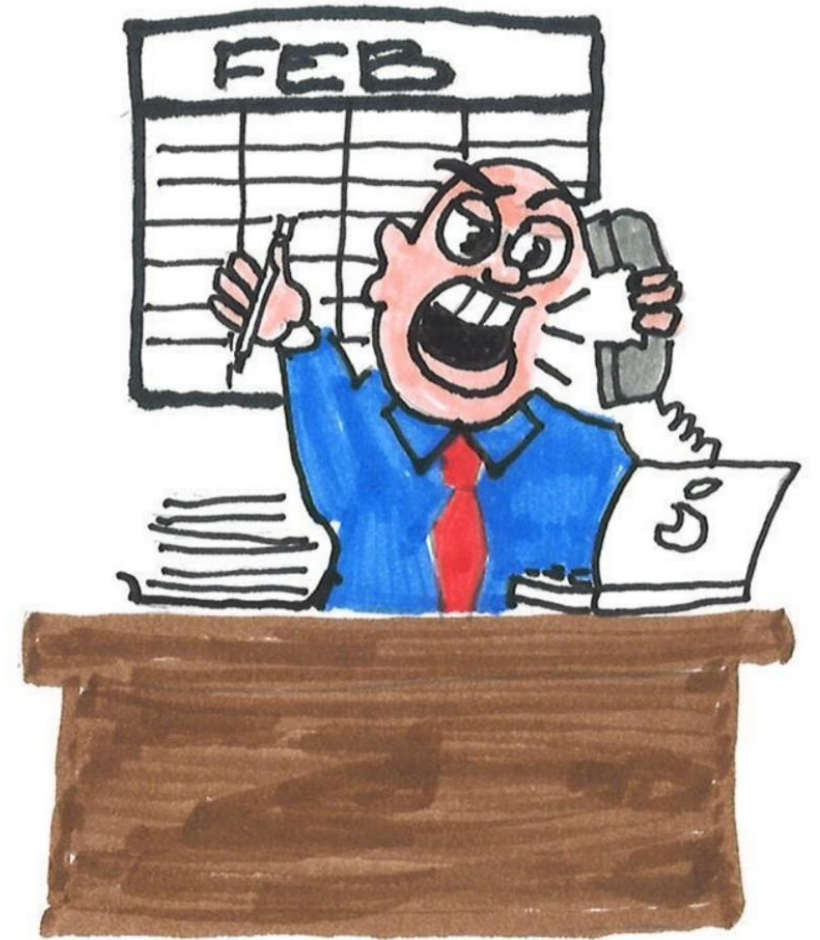


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Cooperate with Others

*Learn to plan, think and act
more in **cooperation with
others rather than alone***



☐ RIGHT
☒ WRONG

Find YOUR Tribe

*Learn to find and
engage with our
Group -Tribe and
Companions **it will**
support us with living
happier and well*



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Be a Better Support

*Learn to be a better
support to others
listening well to what
others say
– friends colleagues*



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Express Your Joy

*Learn to live in the
sheer delight of
**expressing our
happiness** about the
things that bring us joy*



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Express YOUR Sadness

*Learn to know where
we can **express our
sadness, upsets,
setbacks and grief***



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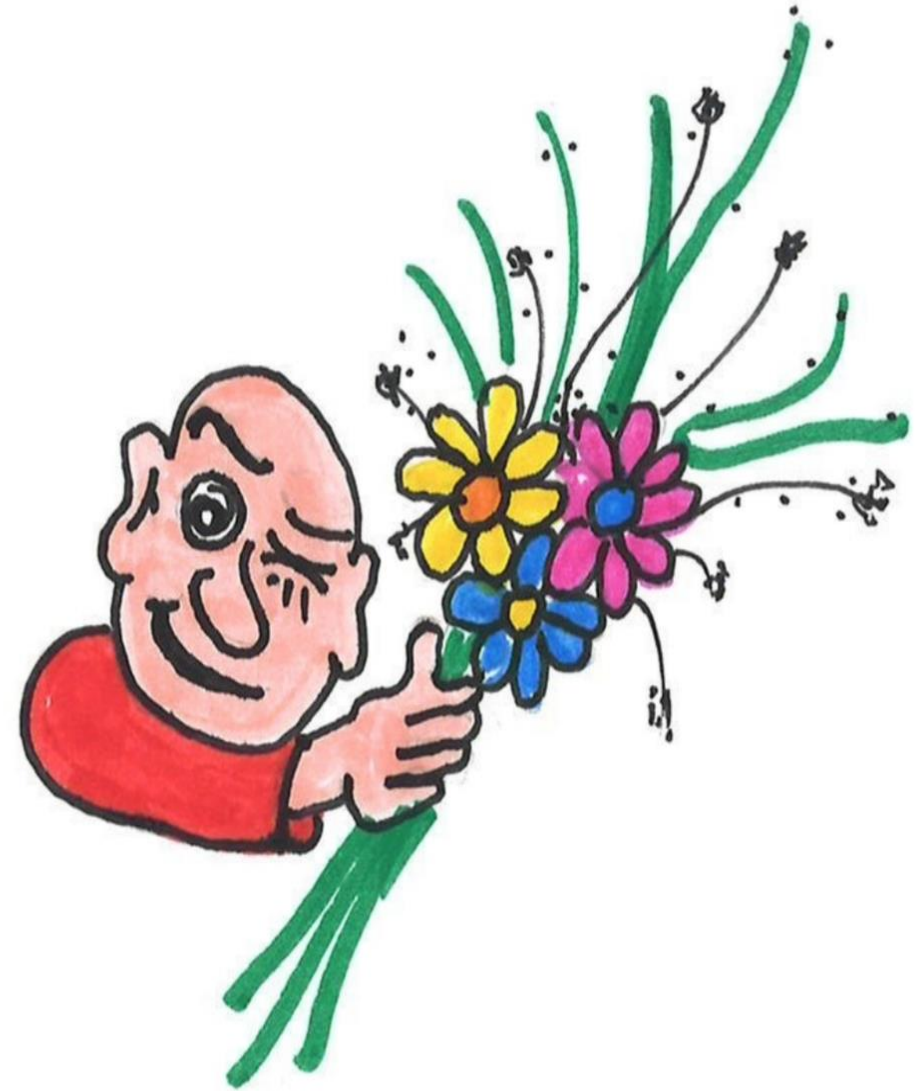
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Be Grateful

*Learn to be more
grateful for the people,
spaces, things that
support us to live well*



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Physical Activity reduces health risk by:

1. Making **immune system** stronger
2. **Shortening time it takes food** to move through intestines – bowel
3. Altering **body composition** – reduced body fat
4. Changing **hormone levels**

SET ACHIEVABLE REALISTIC GOALS

- ***Gardening,***
- ***Woodwork,***
- ***Walking***
- ***Painting***
- ***Window Cleaning***
- ***Physical work***

All can be part of Exercising



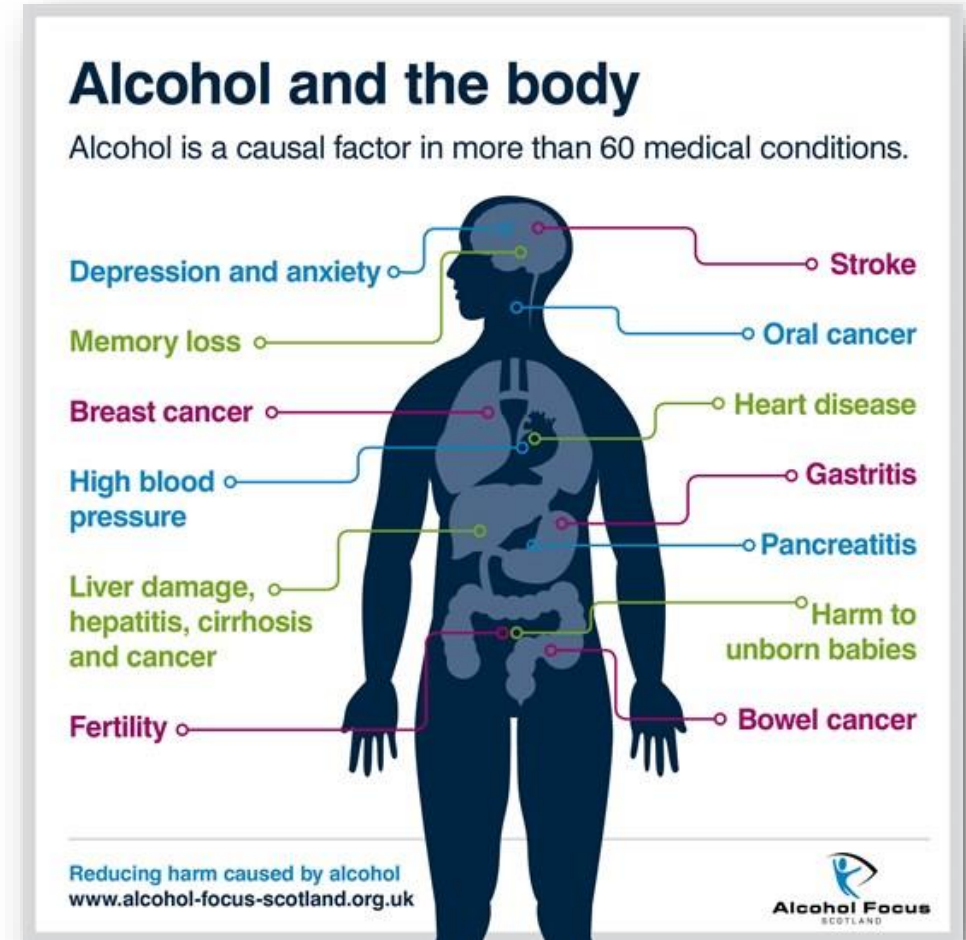
Mindful of the Foods we Eat

- Food is hugely important for your health – Our brains need a mix of nutrients to stay healthy and function well, just like the other organs in your body.
- *Keeping an eye on our portions – sweets.....*
- A Healthy Ireland Survey showed that men's diets are generally *fats, sugars and processed foods*, as well as *lower than recommended levels of fruit and vegetables*.



Avoid excess alcohol

- Men can often drink alcohol to **change their mood** Research shows a high proportion of men drink **more than the recommended maximum**.
- Sometimes we drink to deal with **fear or loneliness**, but the effect is only temporary.
- **Impact on others** ... partners, children, friends, co-workers.



Take enough Sleep



- Sleep is a crucial part of our daily lives.
- A good routine as highlighted so far can really support better quality sleep.
- Sleep is a great restorer – reprimed the body, mind and spirit.
- *AS HIGHLIGHTED – A combination of exercise, diet, positive engagements with others and contributing to creating a better environment for all can also be support for better restful sleep*



TODAY
Take
ONE SMALL STEP

**TAKE ONE SMALL
STEP FOR POSITIVE
ACTION**



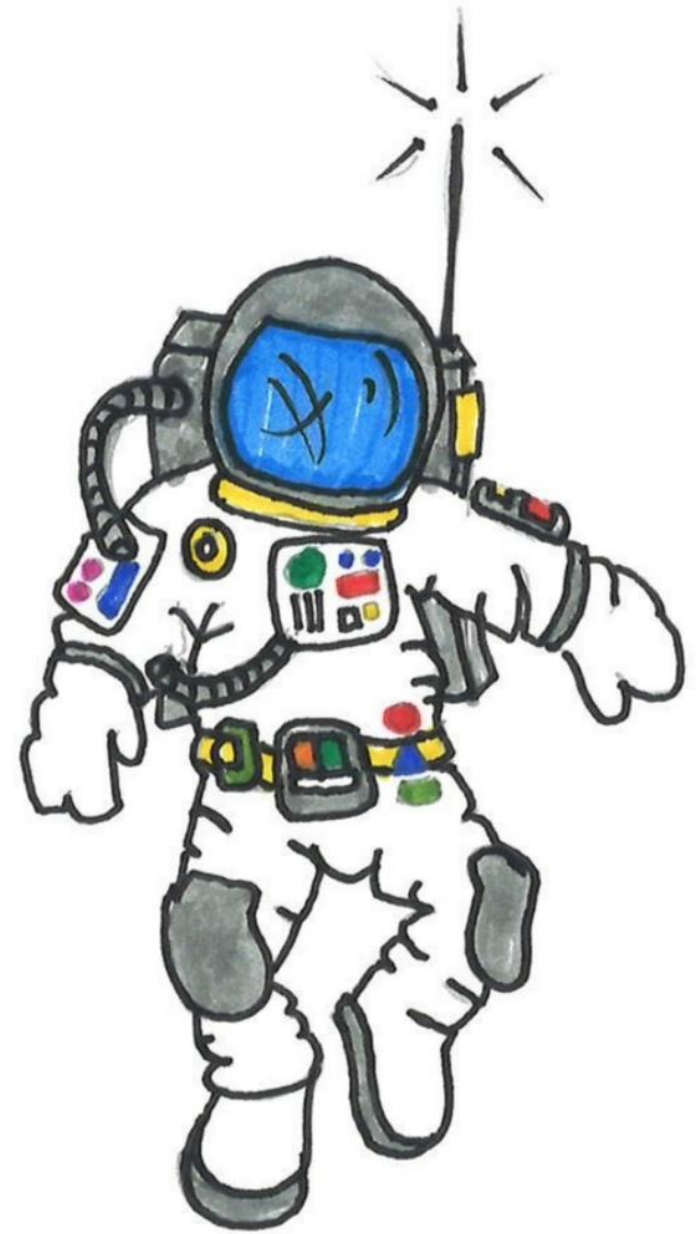
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BECOMING OUR BEST SELVES *THROUGH VOLUNTEERING*

AN OPTION/Action worth considering
TOWARD BECOMING OUR BEST SELVES
WHILE PERSONALLY BENEFITING OUR HEALTH & WELL-BEING



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Níos Fearr
á Forbairt

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Benefits of Volunteering: What are they?

The impact of volunteering on health & well-being of the volunteer Published May 2017

- Feeling useful purposeful and valued
- Feeling friendship and social interaction
- Feeling happiness and enjoyment
- Personal growth and development
- Feeling connected to community or group, sense of belonging
- Increased Self Confidence
- Feeling good about myself, a sense of purpose and structure
- Feeling fortunate, perspective on life, gratitude
- Feeling more tolerant and open



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Story of Geese

- Fly in Formation
- Honk from the back
- Support each other
- Fly much further together (72%)
- Move from front to back
- SYNERGY
- Fly down to mind a sick goose





THOMASTOWN MEN'S SHED

convergent

Euronet
WORLDWIDE

ATM



● INTERNATIONAL MENS DAY

November 19

Friendship (For the Men)

To sit
To talk
To listen
To laugh
To deepen friendships
To learn new skills

To drink the tea, to rest, to share the story
To see and do what can be done with joy

To give to others with a cheerful wave
To make a living difference.....

To truly live
with grateful hearts
each blessed day

TOGETHER.



Poem copyright Lorcan Brennan
Image: Thomastown Men's Shed Mural,
Co. Kilkenny - *The Singing Wall*



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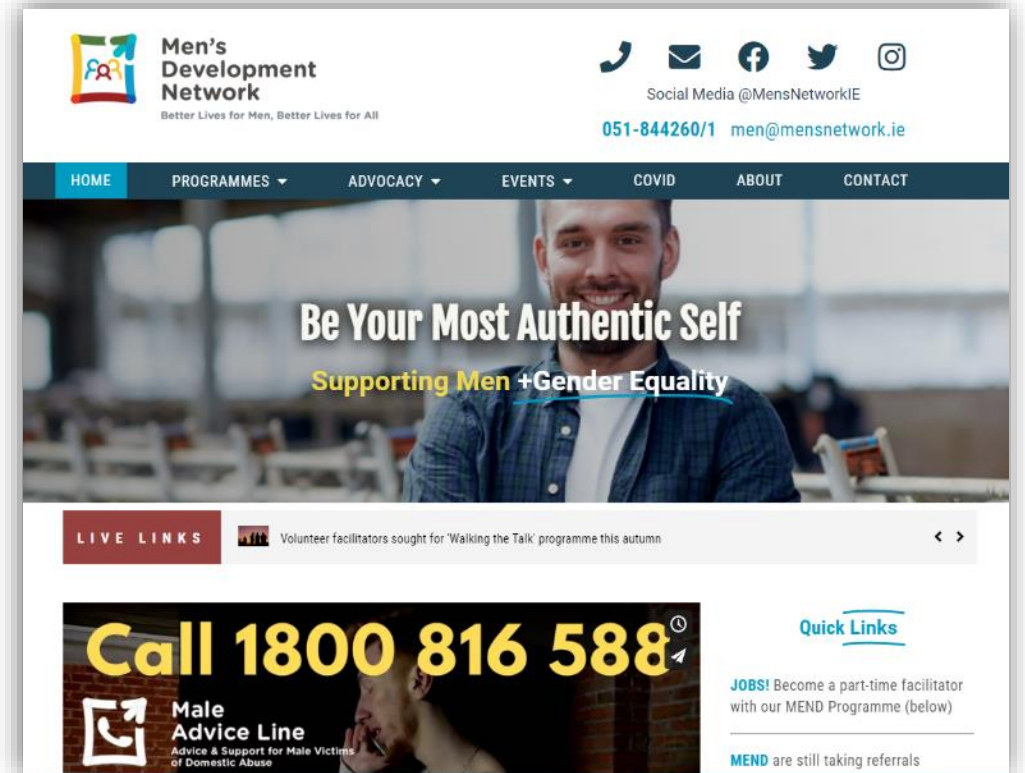
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Go Well

WORKSHOP RESOURCES

Volunteer Ireland Research Findings

- According to CSO Data Ireland has over 1 million Volunteers
- We are ranked Number 1 in Europe.....
- No 10 in the world for volunteering on the “World Giving Index”
- Research points to 9 Key benefits that come from Volunteering
- According to Mental Health Ireland Good Mental Health is characterised by- *Positive Relationships, Contentment, Connection with other people and Community amongst them*
- What contributes to positive impact of volunteering- *contributing, being involved, finding purpose, making a difference, seeing results, enjoyment, personal choice*



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Possible Incremental Steps to Becoming our Best Selves & Staying Well as Men

- *Learn to listen to ourselves and make connections with how we feel*
- *Learn to become more at home in ourselves, in our bodies*
- *Learn to better express our feelings, ideas, thoughts*
- *Learn to connect with others when we need support with a project, plan or issue*
- *Learn to ask for support and accept it gratefully*
- *Learn to plan, think and act more in cooperation with others than competitively or alone*
- *Learn to find and engage with our tribe and companions that support us with living well*
- *Learn to be a better support to others through listening well*
- *Learn to know where we can express our griefs and sadness*
- *Learn to live in the sheer delight of expressing our joy at being alive*
- *Learn to be more grateful for the people, spaces, things that support us to live well*
- **TAKE ONE SMALL STEP**

VOLUNTEER IRELAND RESEARCH 2017

Strong link between volunteering and positive health and Feeling useful, purposeful and valued and good about doing something practical, making a worthwhile and meaningful difference

1. Feeling **friendship**, social interaction, meeting new people and getting to know people
2. Feelings of **enjoyment**, happiness, fulfilment and contentment, positive energy and a buzz
3. Feeling a sense of **personal growth and development**, an opportunity to learn and practice (new) skills, professional development, e.g. English language, building CV, enhanced employment opportunities etc.
4. Feeling **connected to community** and a sense of **belonging**, socially included and being part of a team
5. Feeling an increased sense of **self confidence**, which can come from any number of sources including positive social interaction, enhanced skills, e.g. English language.
6. Feeling better mentally, **feeling good about myself**, a sense of purpose and structure, uplift in mood and a zest for life
7. Feeling fortunate, a sense of meaning and perspective on life, **gratitude and appreciation** for life's blessings
8. Feeling more **tolerant and open** to people and their diversity

A Connected Island June 2018 Task Force on Loneliness

Implications of Loneliness on our Health & Well-being



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Public Health Risks linked to LONELINESS

(A Connected Island Page 8)

- Loneliness, comparable to smoking
- Obesity
- Twice as likely to die
- Risk of Heart Disease
- Mental Health Disorders
- Depression
- Hospitalisation



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Living WELL as Men & Boys

Aim

- Have supported participants to reflect on what it means to live WELL (Health & Wellbeing).

Learning Outcomes

- Will have identified key social & personal determinants that support personal Health & Wellbeing
 - Will have identified where we have experienced those values, qualities and principles active in ourselves or other men
- Will have signposted the men to relevant national Health & Wellbeing Services & Resources

Social Determinants of Health



The Determinants of Health (1992) Dahlgren and Whitehead



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