

Daily Social Media Themes for Men's Health Week 2020



Purpose of this Document

In any 'normal year', 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, 2020 has been far from 'normal' for many people!

All aspects of life on the island of Ireland continue to be shaped by the ongoing COVID-19 pandemic - which, it appears, is having a disproportionate health and wellbeing impact upon men. Individuals across the island are trying to re-build their lives, relationships, jobs, finances, emotional resilience, connections, routines ... Some people are still living with trauma and bereavement. Others are having to re-focus their priorities and find new ways of living. Everyone's physical and mental health has been impacted to some degree, and there is a need to find some new form of stable and realistic equilibrium - at least in the short-term.

This is why the theme chosen for Men's Health Week 2020 is '**Restoring the Balance**'. However, to make this happen, EVERYONE needs to do their bit to '**Be Part of the Solution**'.

When preparing for Men's Health Week (MHW) 2020, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during MHW, as well as on the days leading up to it. The themes decided upon were ...

- Friday 12th June: **It's Almost Time** - Men's Health Week: Restoring the Balance
- Saturday 13th June: **Staying Connected During and After Loss** - maintains our sense of balance
- Sunday 14th June: **Food** - it's easy to strike a balance
- Monday 15th June: **Mental Fitness** - it's always a balancing act
- Tuesday 16th June: **Heart Health** - have you got the balance right?
- Wednesday 17th June: **Cancer Prevention** - is about creating balance
- Thursday 18th June: **Quit Smoking** - restore the body's balance
- Friday 19th June: **Rethink what you Drink** - get the balance right
- Saturday 20th June: **Physical Activity** - restores your overall balance
- Sunday 21st June: **Fathers** - help their children to become balanced adults

However, anything which highlights men's health issues and needs during MHW 2020 will be very welcome on any day - so, there's no need to stick rigidly to these themes.

Social media (especially Facebook and Twitter) has become a powerful tool for organisations to spread their message. During Men's Health Week 2020, we are encouraging everyone to 'Post' and 'Tweet' to their heart's content and, when possible, to use the hashtags:

#MensHealthWeek and #RestoringTheBalance

This paper seeks to help those people who would like to support MHW 2020 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 organisation / your location.

Even loading a few things to your website / Facebook page / Twitter feed / other social media platform can, and will, make a huge difference to publicising the week. It's also an easy and free way to show your support.

Friday 12th June 2020

Men's Health Week: **Restoring the Balance**



The Final Countdown to Men's Health Week 2020 has Begun ...

We're nearly there. The clock is ticking. It won't be long now until International #MensHealthWeek (MHW). This year, it will run from Monday 15th until Sunday 21st June 2020.

In any 'normal year', men's health issues and needs are numerous and complicated. However, 2020 has been far from 'normal' for many people!

All aspects of life on the island of Ireland continue to be shaped by the ongoing COVID-19 pandemic - which, it appears, is having a disproportionate health and wellbeing impact upon men. Individuals across the island are trying to re-build their lives, relationships, jobs, finances, emotional resilience, connections, routines ... Some people are still living with trauma and bereavement. Others are having to re-focus their priorities and find new ways of living.

Everyone's physical and mental health has been impacted to some degree, and there is a need to find some new form of stable and realistic equilibrium - at least in the short-term. This is why the theme chosen for Men's Health Week 2020 is #RestoringTheBalance. However, to make this happen, EVERYONE needs to do something realistic and practical to 'Be Part of the Solution'.

To find out more about MHW 2020 and how you can support it / get involved, visit:
www.mhfi.org/mhw/mhw-2020.html



#MensHealthWeek 2020 is almost here. Do you know everything that you need to know? If not, check out: www.mhfi.org/mhw2020toolbox.pdf #RestoringTheBalance

Interested in #RestoringTheBalance during #MensHealthWeek 2020? ... Check out the 'Challenges and Choices' Man Manual at: www.mhfi.org/challenges2020.pdf



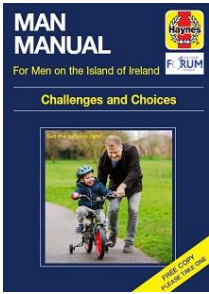
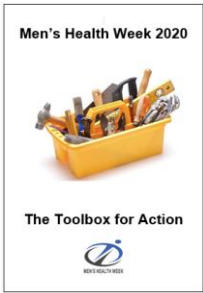



It appears that COVID-19 is having a disproportionate impact upon men. Find out more this #MensHealthWeek and start #RestoringTheBalance Visit: <https://www.mhfi.org/coronavirus.html>

[RoI] Many men have been at the forefront of containing COVID-19. During #MensHealthWeek keep up to date with what you can continue to do at: <https://www2.hse.ie/coronavirus>

[NI] Many men have been at the forefront of containing COVID-19. During #MensHealthWeek keep up to date with what you can continue to do at: <https://www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public>

Possible Images / Animation / Videos ...

	<p>Available at: www.mhfi.org/mhw2020Day1.png</p>
	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Badge2020</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#Banner2020</p>
	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#Poster2020</p>
	<p>MHW 2020 Facebook Cover Photo available at: https://www.mhfi.org/mhw/mhw-image-pack.html#Facebook2020</p>

	<p>MHW 2020 Twitter Header Image available at: https://www.mhfi.org/mhw/mhw-image-pack.html#Twitter2020</p>
	<p>Generic Facebook Cover Photo available at: www.mhfi.org/mhwfacebookcover.jpg</p>
	<p>Available at: www.mhfi.org/manual2020cover.JPG</p>
	<p>Available at: www.mhfi.org/toolbox2020cover.JPG</p>
	<p>MHW trailer video available at: https://youtu.be/PC2rKXQS5RM</p>
	<p>MHW overview video available at: https://youtu.be/MWvUAsO9POE</p>
	<p>MHW animation available at: https://youtu.be/VqiG3_0O2XA</p>

Saturday 13th June 2020

Staying Connected During and After Loss - maintains our sense of balance



Keeping Connected Matters

COVID-19 has impacted upon the lives of everyone on the island of Ireland. However, for many people, one of the most difficult things to cope with during the lock-down was the sense of isolation and disconnection. This is particularly true for some specific groups, such as carers, who are seven times more likely than the general public to say that they are always or often lonely.

We all did what we could to combat this: phone calls became a key means to check-in with relations, friends and neighbours; many people quickly learned new technology skills to maintain online communication; innovative ways to 'meet' became normal - with a mushrooming of virtual coffee mornings, family quizzes, team meetings, online courses ...

As the lock-down restrictions ease a little, it's crucial to start #RestoringTheBalance. In the first instance, we need to re-build our social connections to help us to make sense of the experience that we have shared. However, these networks will also help us to feel happier and more secure, and give us a greater sense of purpose and belonging. 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.

During #MensHealthWeek 2020, remember that maintaining, sustaining and expanding our relationships with others really does matter!



During #MensHealthWeek 2020 remember to maintain the spirit that brought us through the past few months - 'United We Stand. Divided We Fall'. This will help us to begin a process of #RestoringTheBalance. See: <https://youtu.be/n79g-SsONVE>

Strong relationships are a key pillar of healthy and happy lives. What changes can you make during #MensHealthWeek 2020 to build upon and improve your connections with others?
#RestoringTheBalance

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 #RestoringTheBalance this #MensHealthWeek





Men's Sheds make for healthier, happier men. Healthier, happier men make for stronger and richer relationships. This #MensHealthWeek think about joining your local Shed. See: www.menssheds.ie/shed-directory

[NI] Maintaining healthy family and personal relationships requires time, effort and overcoming challenges. How are you going to go about it? Perhaps you need to think about #RestoringTheBalance Visit: www.relateni.org

[RoI] Maintaining healthy family and personal relationships requires time, effort and overcoming challenges. How are you going to go about it? Perhaps you need to think about #RestoringTheBalance Visit: www.accord.ie

Carers need to maintain connections with family, friends and other carers, to take breaks from this role, and to make time for themselves. Find out about the support available at: www.carersuk.org/northernireland | www.familycarers.ie

Possible Images...

	<p>Available at: www.mhfi.org/mhw2020Day2.png</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/IMSA.png</p>

Sunday 14th June 2020

Food - it's easy to strike a balance



What we eat matters

During the COVID-19 lock-down, it wasn't always easy to go to the shops or get our hands on fresh and wholesome food. Some of us also probably did a bit of 'comfort eating' out of boredom or to cheer ourselves up. That's a sure-fire way for men to add a few extra pounds to the belly.

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

So, what men eat really matters! To find out why during #MensHealthWeek, check out:
<https://irishheart.ie/your-health/ways-to-live-better/healthy-eating> | www.choosetolivebetter.com
| www.safefood.eu/Healthy-Eating.aspx | www.enjoyhealthyeating.info

As we emerge from the present phase of COVID-19, #RestoringTheBalance in our diet is really important.



The amount of sugar in energy drinks may surprise you. Some contain up to 17 teaspoons of sugar. So, start #RestoringTheBalance this #MensHealthWeek Visit: www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Drinks/Facts-about-energy-drinks.aspx

#RestoringTheBalance Did you know that alcoholic drinks are very high in calories? This #MensHealthWeek check out www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Eating-In/Drinks/Calorie-guide-to-alcoholic-drinks.aspx and take a step towards cutting back.

Eating too much salt results in high blood pressure which can lead to stroke or heart disease: www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Seasonal-Features/Men-s-Health-Week/Shake-the-salt-habit.aspx Shake the habit for #MensHealthWeek and start #RestoringTheBalance


Men with a waist size of over 37 inches are at increased risk of some health conditions. Tighten-up this #MensHealthWeek and start #RestoringTheBalance See: www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Seasonal-Features/Men-s-Health-Week/Measure-your-waist.aspx

[RoI] Are you interested in #RestoringTheBalance 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/your-health/ways-to-live-better/healthy-eating>

[NI] Are you interested in #RestoringTheBalance 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>

Try #RestoringTheBalance during #MensHealthWeek 2020. 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: <https://irishheart.ie/your-health/ways-to-live-better/cholesterol>

Possible Images / Videos ...

	<p>Available at: www.mhfi.org/mhw2020Day3.png</p>
	<p>Available at: www.mhfi.org/Image6Safefood.jpg</p>
	<p>Available at: www.mhfi.org/Image7Safefood.jpg</p>



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www.mhfi.org/Image9SafeFood.jpg



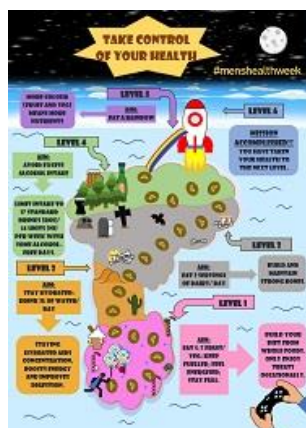
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www.mhfi.org/Image12SafeFood.jpg



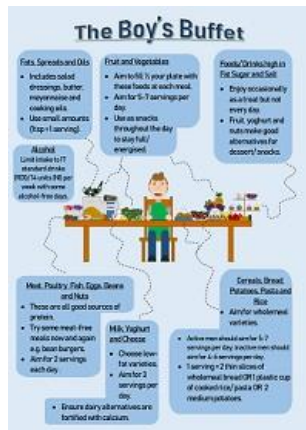
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www.mhfi.org/EnergyBalance.jpg



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www.mhfi.org/MachoMythBusting.png



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



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



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



Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes:
www.youtube.com/watch?v=PayqDOErY20



Vinny talks about his weight loss journey, when he shed 18 stone in 24 months:
www.youtube.com/watch?v=kpcxAZj5MFM

Monday 15th June 2020

Mental Fitness - it's always a balancing act



Get Your 'Five-A-Day'

Mental health difficulties affect society as a whole, and not just a small, isolated group. Indeed, COVID-19 has made sure that almost everyone on the island of Ireland has had to face very challenging and stressful times in the past few months. There's definitely a need to start the process of #RestoringTheBalance

But good mental health is more than simply the absence of problems. It is just as important as good physical health, and maintaining mental fitness should be a priority for everyone.

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

1. **CONNECT** with the people around you - family, friends, colleagues and neighbours - in any way that is deemed to be safe, 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 an online 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 - even if that collaboration has to be on the Internet.

During #MensHealthWeek 2020 take the first small steps towards improving your mental fitness. For practical help, support, tips and advice, visit: www.yourmentalhealth.ie [RoI] or www.mindingyourhead.info [NI]



It's Men's Mental Fitness Day during #MensHealthWeek 2020. Here are some tips for small steps to improve your mental wellbeing and start #RestoringTheBalance:
www.3ts.ie/blog/mental-wellness

[RoI] If your head's all over the place this #MensHealthWeek start by visiting:
www.yourmentalhealth.ie - because it's time to begin the process of #RestoringTheBalance

[NI] If your head's all over the place this #MensHealthWeek start by visiting:
www.mindingyourhead.info - because it's time to begin the process of #RestoringTheBalance

#RestoringTheBalance 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: <https://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://seechange.ie/wp-content/uploads/2018/02/See-Change-What-is-Stigma-A5-brochure-HR.pdf>
#RestoringTheBalance

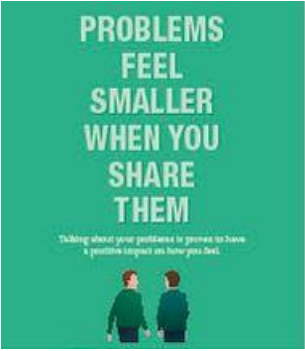




#RestoringTheBalance We all need support at some times in our lives, and it's good to talk about the things which are bothering us. The Samaritans can offer a free and confidential service to anyone who needs it this #MensHealthWeek - www.samaritans.org/your-community/samaritans-ireland-scotland-and-wales/samaritans-ireland

Possible Images / Videos ...



Available at:
www.mhfi.org/mhw2020Day4.png

	<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>

	<p>Range of mental fitness posters available at: https://www2.hse.ie/services/campaigns/littlethings/posters.html</p>
	<p>Available at: www.mhfi.org/MentalFitness.png</p>
	<p>See Change Ambassador Neil Kelders reflects upon the need to talk about what you're going through and the support you require: www.youtube.com/watch?v=B6A_NU2_Wy4</p>
	<p>See Change Ambassador Rick Rossiter talks about the importance of not hiding behind a mask and seeking help and support when you need it: www.youtube.com/watch?v=ZCviNh9gWHc</p>
	<p>Derek talks about his struggle with anxiety and the steps that he took to deal with it: www.youtube.com/watch?v=7QnIJExR0eA</p>

Tuesday 16th June 2020

Heart Health - have you got the balance right?



Would you know the symptoms of a heart attack?

During Covid-19, admissions for heart attacks and other cardiac conditions significantly fell. However, heart disease had not gone away - there was simply a drop in the number of people seeking help.

But did you know that two out of three men experience slow onset symptoms? ... This means that symptoms can be irregular and mild, becoming more continuous and intense in the weeks, days and hours leading up to a heart attack.

During #MensHealthWeek 2020, take the first steps towards protecting yourself. Know the symptoms of a heart attack and stay safe. Start #RestoringTheBalance

For more information, visit: <https://nichs.org.uk/information/conditions/heart-conditions> | <https://irishheart.ie/heart-and-stroke-conditions-a-z/heart-attack>



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

[RoI] Prevention is better than cure. During #MensHealthWeek start #RestoringTheBalance and take practical steps to look after your heart health! Begin by visiting: <https://irishheart.ie/your-health/ways-to-live-better>

STOP - it could save your life. Do you know the symptoms of a heart attack experienced by men? If not, find out this #MensHealthWeek and start #RestoringTheBalance
[use either the 'Top 10 Signs' or 'STOP' graphics which follow]

Listen to your heart, not your head during #MensHealthWeek 2020! Get going on #RestoringTheBalance and check-out 'A Man's Guide to Heart Health' at: <http://irishheart.ie/wp-content/uploads/2017/01/AMansGuideToHealth.pdf>

Possible Images ...

	<p>Available at: www.mhfi.org/mhw2020Day5.png</p>
	<p>Available at: www.mhfi.org/HeartAttackSymptoms.png</p>
	<p>Available at: www.mhfi.org/MensHeartGuide.png</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=tcggc8MKpUc</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 17th June 2020

Cancer Prevention - is about creating balance



During #MensHealthWeek 2020, people in Ireland are being asked to start the process of #RestoringTheBalance and to do practical things - no matter how small - to be part of the solution. Cancer awareness and prevention is an area where this can be realistically achieved.

Did you know that 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 | www.actioncancer.org/Cancer-Info/What-is-Cancer |
www.bowelscreen.ie



During #MensHealthWeek men are being asked to start #RestoringTheBalance in order to improve their health. Find out how to spot cancer early and reduce risk in this Manual for Men: https://www.cancer.ie/sites/default/files/2019-10/spot_cancer_early_-_manual_for_men_2017.pdf

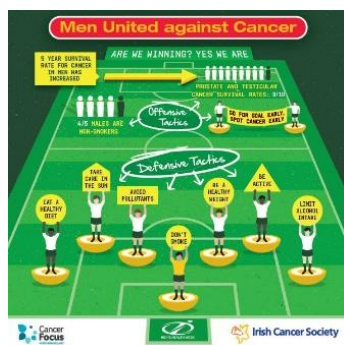
[RoI] #RestoringTheBalance Men are more likely to develop bowel cancer compared to women, but are less likely to do a free home test which could prevent it. Don't get left behind. If you are aged 60-69, register for the test today: www.bowelscreen.ie/bowel-screening.130.html
#MensHealthWeek

#MensHealthWeek 2020: Did you know that 1 in 3 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 #RestoringTheBalance

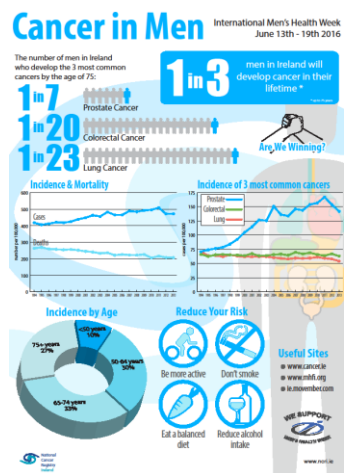
It's #MensHealthWeek Are you aware that almost half of all cancers could be avoided? Here's 12 small steps to reduce your risk: <https://cancerfocusni.org/cancer-prevention>
#RestoringTheBalance

Possible Images ...

	<p>Available at: www.mhfi.org/mhw2020Day6.png</p>
	<p>Available at: www.mhfi.org/CancerInfograph2018.jpg</p>
	<p>Available at: www.mhfi.org/ICSmanual.png</p>
	<p>Available at: www.mhfi.org/BowelScreenInfograph.png</p>



www.mhfi.org/CancerGamePlay.JPG



Available at:
www.mhfi.org/NCRI2.png



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

Thursday 18th June 2020

Quit Smoking - restore the body's balance



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! This situation is worsened in these times of COVID-19, and there is some evidence to suggest that smoking can increase the impact of the virus (see: <https://www.who.int/news-room/q-a-detail/q-a-on-tobacco-and-covid-19>). However, the good news is that these smoking-related deaths are preventable. So, make #MensHealthWeek 2020 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 and #RestoringTheBalance. There's loads of help available. Start 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 and start #RestoringTheBalance. Find out more at: www.stopsmokingni.info

[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 and start #RestoringTheBalance. Find out more at: www.quit.ie






#MensHealthWeek 2020: 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! #RestoringTheBalance

#RestoringTheBalance - 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 2020 ... 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 #RestoringTheBalance

[RoI] It's #MensHealthWeek 2020 ... 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> #RestoringTheBalance

Possible Images / Videos ...

 <p>A vertical cigarette stands on a small pile of ash. A green box with white text says "KICK THE HABIT". At the bottom left, it says "#RESTORINGTHEBALANCE". At the bottom right, there is a logo for "HSE & HEALTH WEEK".</p>	<p>Available at: www.mhfi.org/mhw2020Day7.png</p>
 <p>A man in a light blue shirt is smiling and holding a large red sign that says "QUIT!" in white letters. Below the sign, it says "We can help". Further down, it asks "Are you ready to try to QUIT smoking?" and states "Getting help and support will double your chances of success." At the bottom, there is a logo for "HSE" and a button that says "Your QUIT GUIDE starts here".</p>	<p>Available at: www.mhfi.org/HSEStopSmoking.JPG</p>
 <p>On a black background, white smoke rises. Text on the left says "1 IN 2 SMOKERS WILL DIE OF A TOBACCO RELATED DISEASE DON'T BE THE 1". On the right, there is a white button that says "Find out more".</p>	<p>Available at: www.mhfi.org/PHASmoking.JPG</p>
 <p>A red circle with the word "Stop" in white, above the word "Smoking" in white. Below the circle is a green banner with the text "helping you to quit" in white.</p>	<p>Available at: www.mhfi.org/StopSmoking.png</p>
 <p>A man with grey hair, wearing a grey suit and a patterned tie, is speaking.</p>	<p>Dave Allen talks about giving up smoking: www.youtube.com/watch?v=7FweG226aiw</p>
 <p>A man with a grey beard and glasses, wearing a blue shirt, is speaking.</p>	<p>Paul O'Kane offers advice on how to stop smoking: www.youtube.com/user/Buckalic40</p>

Friday 19th June 2020

Rethink what you Drink - get the balance right



Rethinking your Drinking

Many men in Ireland like a drink, but problems start if you drink too much too often. #RestoringTheBalance is crucial.

There's 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. In these times of COVID-19, we need to try to limit anything which might, possibly, make our current situation worse.

However, while data indicates that there was a greater level of alcohol purchased during the coronavirus lock-down, it also shows that many men actively sought to reduce their drinking during this time. This is a great piece of news for #MensHealthWeek

It's important to rethink what we drink, and to learn about how alcohol can impact on our health, wallet, weight and relationships. Start by visiting: www.askaboutalcohol.ie [RoI] or <http://drugsandalcoholni.info> [NI]



[RoI] #RestoringTheBalance 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 & restore your wellbeing. During #MensHealthWeek find out more at: www.askaboutalcohol.ie

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[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
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[RoI] In these difficult times, many have sought comfort in drink. But this will only add to your stress, as alcohol is a depressant and will aggravate your ability to cope. Start #RestoringTheBalance during #MensHealthWeek Find out more at: www.askaboutalcohol.ie

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During #MensHealthWeek 2020, measure how your drinking is impacting on your health, your wallet and your weight. Use the online calculator at: www.askaboutalcohol.ie/your-drinking/drinks-calculator #RestoringTheBalance

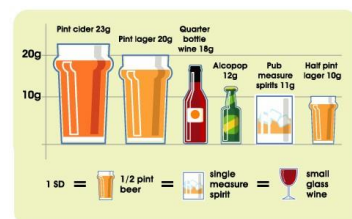
Possible Images / Animation ...



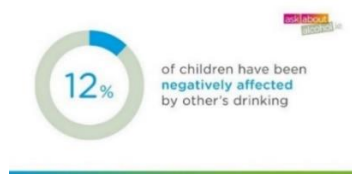
Available at:
www.mhfi.org/mhw2020Day8.png



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

Saturday 20th June 2020

Physical Activity - restores your overall balance



The COVID-19 lockdown meant that many of us had to stay at home and to lead much more stationary lives. Now it's time to start #RestoringTheBalance

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'!

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 an online class ...

For ideas, and inspiration to get you started, check out: www.getirelandwalking.ie | www.walkni.com | www.IrishTrails.ie | www.cycleni.com



[RoI] Daily walking is the easiest way for men to get moving and active. @GetIrelandWalking offers tips and advice for anybody who wants to start walking during #MensHealthWeek Find out more at: www.getirelandwalking.ie Start #RestoringTheBalance





[NI] Daily walking is the easiest way for men to get moving and active. Find tips, advice and routes for anybody who wants to start walking during #MensHealthWeek at: www.walkni.com Start #RestoringTheBalance

Interested in #RestoringTheBalance ...? #FindYourTrail encourages men of all ages and abilities 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 To begin #RestoringTheBalance find one near you at: www.sportireland.ie/Participation

[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, see: www.cycleni.com Start #RestoringTheBalance today.

Possible Images / Animation ...

	<p>Available at: www.mhfi.org/mhw2020Day9.png</p>
	<p>Available at: www.mhfi.org/WalkingGroups.jpg</p>
	<p>Available at: www.mhfi.org/ParkRun.jpg</p>
	<p>Available at: www.mhfi.org/GetIrelandWalking.png</p>



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



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



Walk, run, bike and paddle your way around Ireland with 'Find Your Trail':
<https://vimeo.com/138325788>



We all Run: <https://vimeo.com/119848629>



Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes:
www.youtube.com/watch?v=PayqDOEry20

Sunday 21st June 2020

Fathers - help their children to become balanced adults



Happy Father's Day!

Today is Father's Day. Interestingly, when asked 'what is the best thing that has ever happened to you in your life', many men will say 'BECOMING A FATHER'. However, during the COVID-19 lockdown, BEING A FATHER was also central to the world of men - as they rose to the challenge of keeping their children safe, delivering home-schooling, organising play time, reassuring their kids that everything will be OK ...

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. This, therefore, is the perfect time to highlight this crucial input and to celebrate the input of men to raising children. Why not start by checking out: www.mhfi.org/TheDadFactor.pdf

Today also marks the end of #MensHealthWeek 2020. Thanks a million to everyone who was able to 'be part of the solution', and who made the time to celebrate the week and begin the process of #RestoringTheBalance



Happy Father's Day! Have you ever thought about 'what good are dads?' If not, start #RestoringTheBalance and check out: www.fatherhoodinstitute.org/uploads/publications/71.pdf for #MensHealthWeek 2020

It's #MensHealthWeek 2020 ... Fathers play a key role in improving their children's outcomes. This local briefing paper highlights how: www.mhfi.org/TheDadFactor.pdf #RestoringTheBalance

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

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

#MensHealthWeek 2020 ends today. Thanks to everyone who made it so successful. Why not think about continuing to 'be part of the solution' and #RestoringTheBalance in the year ahead?

Possible Images ...

	<p>Available at: www.mhfi.org/mhw2020Day10.png</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/WhatGoodAreDads.jpg</p>
	<p>Available at: www.mhfi.org/FatherImpact.jpg</p>
	<p>Available at: www.mhfi.org/mhw_logo_facebook.jpg</p>