

April 2020

Ardcoil na Tríonóide

Wellbeing Newsletter



Dear Parents and Students,

As the Taoiseach, Leo Varadkar, announced additional measures from midnight on Friday 27th March 2020 to curb the spread of the Covid-19 virus throughout our community and country we are faced with further challenges to our everyday living. We are being asked to make huge personal sacrifices so that lives will be saved. Through our families, Ardscoil is linked to so many in Athy. Now more than ever we need to find ways to keep occupied, healthy and well while being confined to home.

Throughout the past weeks and into the foreseeable future we remain connected through Google Classroom as teachers and students embrace remote learning. Third and sixth years face further uncertainty. But through all of this we remain positive, knowing this too will pass and we can look forward to better days ahead. In the meantime we do our best to protect ourselves, those around us, our neighbours and friends.

In this newsletter we offer some suggestions from good practice on how to nourish our mental health and wellbeing along with some practical tips and links to a variety of activities we can engage in.

Ways to wellbeing in tough times

Ways to Wellbeing are used all over the world to help people take positive action to improve their wellbeing. These are simple and practical steps that we can take every day to boost our mood and outlook, even when faced with unfamiliar challenges.

Connect

Social distancing is different to social isolation. We can do many things to stay connected with our friends and family even if we cannot see them in person. Some of us may already be keeping in contact with grandparents and other vulnerable members of our family in this way.

Emailing, calling, texting or even writing letters are great ways to keep in touch. Set aside some time each day to catch up with an old friend or



relative. Make a plan and set aside some time to chat. Make an effort to actively maintain social contact groups using Skype, Zoom, Text, Telecall or WhatsApp.



Have a Check-in Buddy - A friend you feel comfortable with that you can reach out to and talk to. Set a time to video chat and talk about how you are feeling

Most of us at present are getting to grips with remote learning through our Google Classroom. We need to create a good routine, starting and finishing at regular times, taking short breaks. Work to make steady and sustainable progress. In this way we will not get overwhelmed. Make time to connect with friends and be with family.

In these restricted times, many families are discovering ways to reconnect with each other through board games, playing cards, baking, cooking or eating together or just watching a film or box set together. Whatever feels right for your family.

Be Active

Get as much sunlight, fresh air as you can - meditation, yoga, pilates in your back garden taking advantage of the current good weather. Create a routine that breaks from study and remote learning to do something active. Here are a few suggestions which all can be done at home as a family or on your own at home if you need some time out.

Good Youtube channels to check out:

1. The body coach. –HITT workouts, these are mainly high intensity cardio workouts that can be done at home
2. PE with Joe Wicks
<https://www.youtube.com/watch?v=-8o8wMgAT-Y>
3. Just Dance – dance that you can follow from the tv, good for Cardio and co-ordination
4. Kayla Itsines – use her free one, full body workouts
- 5.. Skip'n'rope.com – skipping workouts



details of the day – the scent of coffee, a child’s smile or a favourite song on the radio. When we stand in that moment, our brain gets an opportunity to process the pleasure, boosting our serotonin levels – the feel good hormone that helps elevate mood and keeps us calm.

Prayer too can calm our troubled hearts, giving us time reflect and find hope.



Lord, Fill us with compassion and concern for others, young and old,
that we may look after one another in these challenging days.

Bring healing to those who are sick with the virus and be with their families.

May those who have died rest in your eternal embrace. Comfort their family and friends.

Strengthen and protect all medical professionals caring for the sick and all who work in our medical facilities.

Give wisdom to leaders in healthcare and governance that they may make the right decisions for the well-being of people.

We pray in gratitude for all those in our country who will continue to work in the days ahead in so many fields of life for the sake of us all. Bless them and keep them safe.

Link to

<https://www.catholicbishops.ie/2020/03/16/prayer-resources-for-use-during-the-coronavirus-pandemic>

Give

Giving back is an opportunity to provide people who need it with some of our unique skills, information or advice. Young people have a wide range of digital skills which could be shared with isolated relatives or neighbours to keep them connected and well.

For now we are restricted in our physical contact but we can give and help remotely.

Giving can also include something as simple as making someone a cup of tea, or telling a joke, helping out with jobs or tasks at home.

Give yourself the space and time to look after yourself. This could be making a healthy meal, doing something you enjoy, or taking 20 minutes to yourself if the house is crowded.

Be kind to yourself and to those around you, we will need to be patient and together we will come through this challenging time.



Sleep

If we are out of our usual routine, our sleep can be disrupted with intrusive concerns or changes in our usual life pattern.



Be aware of your sleep patterns and the things that might help you get a good night's sleep. Aim to keep a good routine by going to bed and getting up at the same time each day.

Aim to get between 6 and 8 hours sleep for adults, 8 – 10 hours for younger adults and 10-12 hours for children.

If the uncertainty of the current situation is causing you to lose sleep, talk about your worries with friends and family rather than trying to cope alone.

A Coping Calendar helps to sum it all up

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	<p style="margin: 0;">“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>				

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Some competitions and challenges you might like to try at home

General Competitions

<https://www.competitions.ie>

Writing Competitions:

<https://www.poetryireland.ie/writers/opportunities/ballyroan-poetry-competition>

<https://www.creativewriting.ie/writing-competitions/>

Art and Photography Competitions:

<https://www.creditunion.ie/news/art-competition/>

<https://www.worcester-bosch.ie/environment-2020/childrens-art-competition>

<https://photos.examiner.ie/2020-readers-photography-competition>

Maths and Science Challenges

<https://www.mathsweek.ie/2019/maths-at-home/>

<https://www.stem.org.uk/enrichment/competitions-challenges>

Music:

<https://www.prsformusic.com/m-magazine/news/young-songwriter-competition-2020-is-now-open-for-entries/>

<https://www.hooley.ie/categories/singer-songwriters/>

<https://www.songwritingcontest.co.uk/>

Books: for free books to stream

<https://stories.audible.com/start-listen>

