

Taking care of yourself

Some tips on Wellbeing

We all look forward to time off school, away from the daily timetable, the workload and the early mornings!! However, when we find ourselves in a situation like we are presently in we realise that being in school isn't so bad, we appreciate the freedom that lies within the structures we sometimes get frustrated by. This situation that we find ourselves in is new to us all, but we can still manage to take care of our physical and mental wellbeing by undertaking some simple tasks. Where we live might impact on what we are able to do, or the limit on which we can do it, but taking care of our mental wellbeing is as important now as all the guidelines we are given to care for our physical health.

Getting out for **daily exercise** is very important for body and mind, it might be a walk along quiet country roads or if you live in a built-up area it could be preferable to walk around your own house. Either is good for you!!

Eat well- it is easy to get lazy and start to graze too often on 'sweets and treats' if they are nearby. Try to maintain a healthy and balanced diet. Of course enjoy treats, but not one every hour!!

Talk, talk, talk- family are close by, use the time to talk to them and don't be afraid to tell them how you are finding things. They may appreciate the conversation as they may be feeling that way too.

Write it down- some people find writing out how they are feeling can have a great release, it does not have to be like a neat essay, just pour all the

thoughts, worries and frustrations out onto the page. It may also help you when you are talking things through with your family.

Below are some links that you may find helpful at the moment, if you would like to take some time out to listen to some **meditation and mindfulness exercises**. Enjoy them!!

<https://www.headspace.com/covid-19>

This link will take you to headspace.com where you can access some meditation exercises.

<https://www.walkinmyshoes.ie/campaigns/mindyourselfie/mindyourselfie-resources>

This link takes you to the 'Walk in my shoes' site run by St Patricks Mental Health Services and provides activities for young people to help them combat life's stressors and promote positive mental health in their lives.

Scroll down the page to where you will find these 'Mindfulness Exercises':

Exercise 1: Mindfulness of the breath

Exercise 2: Body Scan

Exercise 3: Leaves on a stream

Exercise 4: Dropping the anchor

Exercise 5: Notice 5 things

Exercise 6: Being Mindful of Your Thoughts

<https://www.walkinmyshoes.ie/media/1955/wellness-journal>

This Wellness Journals provide young people with a template to record

their feelings and thoughts as a once-off assignment or as a daily activity.

<https://jigsawonline.ie/>

Jigsaw online provides help to young people and their parents/ guardians. It has specific links on its home page for either young people or parents guardians. Clicking on the link will open up a host of helpful information for you.

[Beautiful Relaxing Music - Peaceful Piano Music & Guitar Music](#)

<https://www.youtube.com/watch?v=hlWiI4xVXKY>

This link will take you to some relaxing music. Playing music such as this while you take some time out can prove to be very relaxing, or play it while you are doing some mindful colouring.

<https://www.actionforhappiness.org/> - This is excellent website well worth visiting.

Additional ideas to promote Positive Mental Health:

- Declutter/ Organise Clothes
- Choose colours and paint their bedrooms or other rooms in the house.
- Weed and plant a section of the garden.
- Set up a window box to grow plants and herbs.
- Brogan's Keepy-Uppies.
- Experiment with Cooking.
- Let them teach you a thing or two about social media.
- Author Sarah Webb is running just-for-fun writing workshops online via her twitter account @Sarahwebb this week.
- Plan a dream holiday - Give them a virtual budget, let them plan travel, accommodation and activities.
- Play cards.
- Random Wiki- Using the random Wiki generator to pull a

topic at random.

- Yoga- Excellent free videos on YouTube.
- Follow a Live Wildlife Video Camera -
Philadelphia Zoo: philadelphiazoo.org/penguin-point-cam/
Explore.org: explore.org/livecams/grace-gorillas/gorilla-forest-corrido
- Puzzles/ Jigsaws
- Pull out the family photo albums and look through them.
- Exercise- Walk outside for 30 mins.
- De-stress with an in-house work out (20 jumping jacks, 20 lunges, 20 mountain climbers, run on the spot for 30 seconds and repeat x3)
- Learn how to crochet or origami through YouTube tutorials.
- Practice a make up look through YouTube channels.
- Try reading a new book. Lots of Free e-books online.
- Listen to podcasts on topics that interest you. Lots of free podcasts online.
- Keep a positivity diary - write down three positive things about the day
- Learn a dance routine from youtube or follow a Zumba class on youtube.
- Bake cupcakes and decorate them.

[Tusla Child and Family Agency](#) continue to provide services and supports to children, young people and families including Child Protection and Welfare services. You can **[report](#)** a concern for a child's welfare or protection or contact **[An Garda Siochana](#)** for out of hours

The **[Department of Employment Affairs and Social Protection](#)** has issued a range of measures to provide income support to people affected by COVID-19 (Coronavirus). queries or concerns, or for emergency situations. Community services such as Family Resources Centres are contactable by phone.

Wellbeing Resources

Staying healthy and well is important, particularly now when we all need to mind ourselves and each other a little more. We have included a list of resources for children, young people and families while we work together to stay safe.

Gets the Facts on COVID-19:

Go to websites below for updates, information and advice:

HSE.ie

- www.hse.ie
- Find health services in your area.
- @HSElive or 1850 24 1850 for information

Department of Health

- www.gov.ie
- @roinnslaite

Department of Education & Skills

- www.education.ie
- @Education_Ire
- Child-friendly Posters and education updates



5 Ways to Wellbeing

- Stay Connected** (by phone, FaceTime, email, social media) with friends, family and services.
- Be active** (regular exercise like walking, or cycling) ; **Eat Healthy** (fruit, vegetables, and water) and **Get Sleep!**
- Take Notice** (be aware of how you are feeling, talk to someone you trust).
- Keep Learning** (learning or developing talents or skills; or studying)
- Giving** (such as a phone call or text to a loved one just to check in).

Talking to Children about Covid-19

Stay Calm - Take some time for yourself or talk to another adult, if you need to

Talk to your Child - Ask your child what they know, and how they are feeling. Be open and honest.

Answer Questions - Share simple age-appropriate facts and information that you know from trusted sources like the HSE.

Create a Safe Environment - Reassure your child, and talk to them about what you and they are doing to stay safe (e.g. hand washing)

Daily Routines - Keep a daily routine to manage consistency and stability. Mix it up with learning, movement, relaxation, creative and play time

Limit use of social media and get the facts at www.hse.ie

Try a Relaxation or Mindfulness App like "Headspace"

Routines can be mixed with Morning Time, Reading, Maths, School Work, Brain Breaks, Creative Time, Walks, Music, Relaxation, etc.

Parents and Children can practice breathing exercises to stay calm

Reach out remotely for support - to someone you trust, or a service.

Service Type	Service Name	Contact Details	Description
Mental Wellbeing	This can be a stressful and confusing time for all, including children, young people and parents. For supports, please go to www.yourmentalhealth.ie or visit crisis support . Some text and phone lines for children and parents are available below:		
	Childline	1800 666 666 Message on childline.ie Text TALK to 50101	Support children and young people up to 18 years of age.
	TeenLine	1800 833 634 www.ISPCC.ie	National active listening service for children and young people up to the age of 18 in Ireland.
	Spunout	Text SPUNOUT to 0861800280	For young people aged between 16 and 25.
	Jigsaw Online	Talk to Someone	For young people 12-25 who would like to ask a question about mental health.
	Turn 2 Me	turn2me.org	One to One online counselling for people 18+.
	Parentline	LoCall 1890 927 277 or 01 8733500	Confidential helpline for parents which offers support, guidance and information on all aspects of being a parent.
	Pieta House	1800 247 247 Text 51444 www.pietahouse.ie	A suicide support service providing phone and text support.
Learning and Education	While schools are closed, it's important that children and young people have opportunities to continue learning. All the teachers in St. Brogan's Below are some additional online resources that may be useful for parents or caregivers during this time. Ideas for planning and scheduling at home during school closures can be found here .		
	Scoilnet	scoilnet.ie	Useful resources for primary and secondary school students to access curriculum support

Khan Academy	khanacademy	A U.S. based website to help children continue to practice literacy and numeracy. No account is needed to practice the exercises.
Studyclix	studyclix.ie	For Junior and Leaving Cert Students revision and subjects.
World Book	World Book Link via Scoilnet	From pre-primary to secondary and beyond, World Book has a database for every learner at every level for an immersive learning experience.
Twinkl	twinkl.ie/school+closure	1 month free resources for primary school learners while schools are closed.
BBC Bitesize	www.bbc.co.uk/bitesize	A UK website for primary, secondary and over 16 year olds to use to learn, revise and access curriculum topics
Help My Kid Learn	helpmykidlearn	To support 0-12 year olds to learn by age.
National Association for the Education of Young Children	NAEYPC	Tips and ideas on fun activities with children
National Council for Curriculum and Assessment	NCCA	Resources and tips for parents on fun activities that will help child development

