

Wellbeing Guidelines 01/03/21

Hello Everyone. I hope we are all doing well. Welcome back to some of our students. Its great to see the school coming to life again. Hopefully it won't be too long until we are all back.

Well done to all students who took part in the Art Competition. Details of the winners and some pieces of Art will be on the App this week. Thank you to all the SPHE that facilitated this competition.

Now that the weather is staring to improve, we should all be taking advantage of this as much as possible and try to get out in the fresh air.

COVID-19 Restrictions

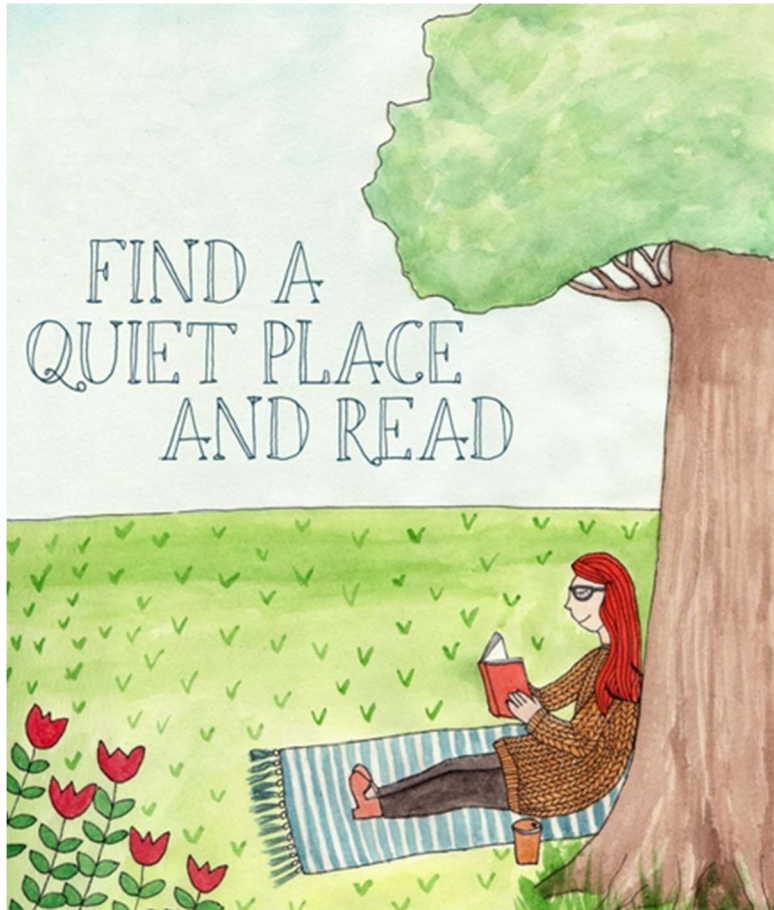
The restrictions are hard on everyone but if we all do our part to try to suppress the Virus.

Continue to:

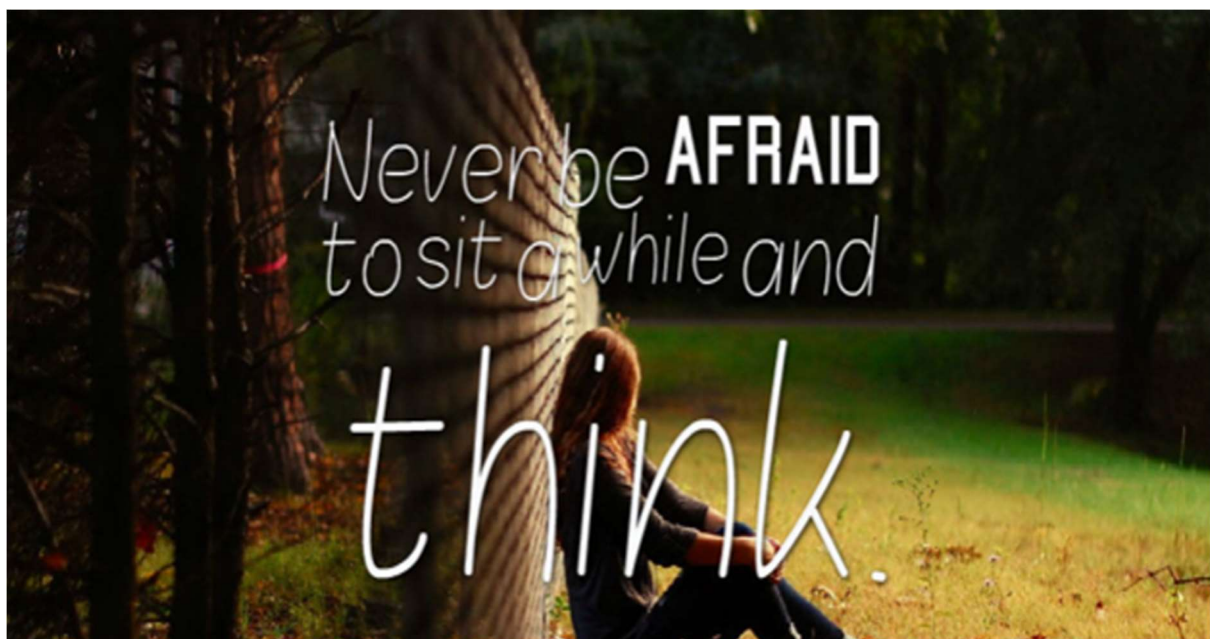
- Keep your distance.
- Wear a face covering.
- Wash your hands.
- Cover coughs and sneezes.
- Self-isolate if you have symptoms.

Wellbeing Tools

Some of the following wellbeing tools will help you if you're finding the time long. Its important to take time for yourself, once you're finished your schoolwork!



Take some time for yourself and Just relax.



Take time to appreciate the deeper things.

We feel good when we are doing things that carry a lot of meaning. For example, you could take a mindful walk and take in the nature around you. Taking time for ourselves mindfully is one of the most important things you can do and will help relieve stress and worry.

Spiritual Self-Care

- Meditate for 10 minutes daily.
- Pray.
- Take a walk in the park.
- Eat lunch outside on the grass.
- Do a random act of kindness.
- Mindfully observe an object that you find beautiful.



As always, if there is anyone having any issues, please contact your year head or Tutor who are happy to help.

Please keep an eye on the School App this week for the Wellbeing Initiatives – Mindful Monday, Workout Wednesday and Feel-Good Friday.

We hope you all have a lovely week.

Kind Regards

The Wellbeing Team

5 Useful Mindfulness **EXERCISES**

MINDFUL HAND AWARENESS EXERCISE

Grasp your hands really tight and hold for a 5 to 10 seconds, then release and pay attention to how your hands feel. Keep your attention focused on the feeling for as long as you can.

MENTAL FOCUS EXERCISE

Stare at any object and try to remain focused on just that object for as long as possible. Keep a mental watch on when your mind starts to wander, then just bring it back to the object. The longer you can remain focused, the more your mindfulness will increase.

MUSICAL STIMULI EXERCISE

Listen to your favorite song and pay attention to how it makes you feel. What emotions stir? What memories come up, and how do those memories make you feel? Engage the emotions and see where they lead.

UNDIVIDED ATTENTION EXERCISE

Do something around the house that you've never done before and do it with utter and undivided attention.

FULL SENSORY AWARENESS EXERCISE

Wherever you are, just stop and look around when safe to do so. Become aware of everything that your senses pick up. How do you feel? Do you feel over-stimulated? Do you feel anxious? Make a mental note and keep observing without judgement.



Many more at:
www.practicingmindfulness.com

We hope you have a good week.

Kind Regards

The Wellbeing Team