

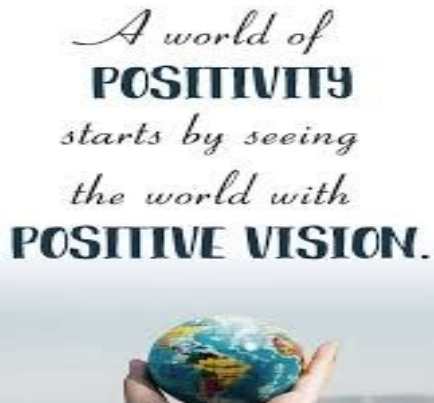
## COLÁISTE CHIARÁIN HEALTH & WELLBEING

### ‘Harnessing the Power of Positivity’

The world we are currently living in is framed by a constant everyday conversation surrounding the Coronavirus pandemic. This can risk the emergence of pessimistic visions that create nothing but unnecessary fear and worry in us. Since no one can predict with certainty what is going to happen, such thoughts are better to be avoided. They will not prevent anything and just worrying about something that may never even occur seems pointless if you look at it from a rational point of view.

Evidence suggests that optimism is important in coping with difficult life events. This means that optimists are generally happier with their lives than pessimists. Optimists are also able to recover from disappointments more quickly by attending to positive outcomes to a greater extent than negative ones.

The power of positive thinking is remarkable. In fact, the idea that one's mind can change one's world seems almost too good to be true. Healthy, happy people think about what they want, and how to get it. In this way developing and adopting a positive mindset can bring constructive changes into your life.



#### Simple Everyday Steps to Positivity

**1. Pick a personal mantra—and repeat it.**

It might feel strange at first but talking to yourself is an easy trick that can help. “We’re often harder on ourselves than we would ever be to someone else, so talk to yourself like you would to your best friend e.g. “When one door closes another one opens”.

**2. Pay less attention to negative thoughts.**

Ever found yourself lost in a loop of worry and concern? Tend to overanalyse everything? That is called rumination, which is the process of continually thinking about the same dark scenario. Learning to recognise such thoughts for what they are—just thoughts—can aid you in pulling yourself together.

**3. Be kind to yourself.**

Cut yourself some slack when something unpleasant happens in your life. During such times it is important to let yourself feel and show yourself the same compassion and support you would others.

**4. Change your language.**

Words make a big difference in how you feel, and, in the way, others perceive you. One of the biggest ways we transfer stress is verbally. Jump-starting a conversation with a positive statement can set the tone to a more positive place.

**5. Start a daily gratitude practice.**

Research shows that expressing gratitude can increase joy, which in turn can increase gratitude. By simply jotting down three things you are thankful for each day can hold huge benefits for oneself.

**6. Go outdoors.**

Spending time in nature has been proven to boost positive thinking. If going outside for a stroll is not an option, try adding more indoor plants around your workplace or even watching nature scenes on YouTube whenever anxiety or stress builds up.

**7. Consider meditation.**

Setting aside time to practice mindfulness and meditation plays a big part in becoming more positive. Being mindful for just a few minutes a day teaches us that everything changes, making it easier to have hope in dark moments.

**8. Journal about your “best self.”**

Numerous research studies have reported that the more you write about an improved version of yourself, the more likely you are to become it.

**9. Give back to others.**

Volunteering can boost happiness and make you feel fulfilled. Consider getting involved at school or within your local community.

**10. Practice random acts of kindness.**

By doing something kind for a stranger, you are proving to yourself that kindness exists in the world. One never knows when they may need to be on the receiving end.



# COLÁISTE CHIARÁIN HEALTH & WELLBEING

## Something New to Try: Journaling

Journaling involves the practice of keeping a diary or journal that explores thoughts and feelings surrounding the events of your life..

### Benefits of Journaling

1. Helps to keep your thoughts organised
2. Improves your writing skills
3. Helps you to set and achieve goals
4. Allows yourself to self-reflect
5. Helps to boost your mood and reduce symptoms of stress and anxiety
6. Helps to improve your memory



Get yourself a new notebook/ copy or just some

blank pages. Set aside 20 minutes to write whatever thoughts come to your mind on a topic. Put on some relaxing music to create a calm and relaxing space.

*Here is a list of topics to explore. Pick one a day.*

- **List 20 things that make you smile** - what makes you smile, makes you happy

- **What does success look like to you?** - By this time next year what would you like to have achieved to say it was a successful year

- **List 3 wins and 3 disappointments in the last year** - what did you achieve and then list what disappointments you experienced. Take the joy in the wins and what you can learn from your disappointments.

- **What my perfect day looks like?** Describe what your perfect day would look like if you could plan it. Who would you spend it with? What would you do? How would you feel at different times of the day?

- **My Happiest days** - pick 2 -3 of your happiest days in the recent years and write about why they brought you happiness and joy.

## Monthly Meditation

"Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there -buried under the 50,000 thoughts the average person thinks every day."

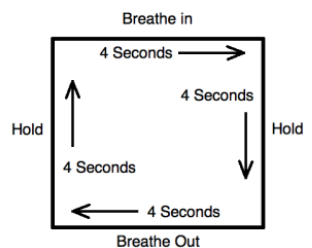
Deepak Chopra



## Box Breath Technique - 5 minutes everyday

Box breathing, also known as square breathing, is a technique used when taking slow, deep breaths. It can heighten performance and concentration while also being a powerful stress reliever. It's also called four-square breathing.

This technique can be beneficial to anyone, especially those who want to **meditate** or **reduce stress**.



## COLÁISTE CHIARÁIN HEALTH & WELLBEING

### Nutrition advice during the COVID-19 outbreak

Good nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. Therefore, you should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs. Drink enough water. Avoid sugar, fat and salt to significantly lower your risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer.



**Recipe Idea!**

#### How then can we mindfully make good food choices?



- ◆ Make a **schedule** or a daily meal plan. A schedule is more predictable for you and for everyone in your household.
- ◆ Consider **apps to stay connected** around a meal. Skype, Zoom, or FaceTime with family and friends. Share recipes or even cook virtually together.
- ◆ **Plan** for groceries. Try to buy fewer processed, high-salt or high-sugar snacks.
- ◆ **Load up** on fruits, vegetables, whole grains, healthy fats, and lean proteins.
- ◆ Save money. **Skip** the high-sugar drinks and juices; instead flavour water with edible citrus or berries.
- ◆ Plan and enjoy an **occasional** comfort food for a weekly treat — pick a day and enjoy whatever you want, just not all your favourites on the same day!
- ◆ **Manage your environment.** If chocolate and biscuits are simply not in the cupboard, then you cannot eat it.

#### Lunch Option - Healthy Chicken Goujon Wrap

This easy healthy chicken wrap is easy and fun to make for all age groups. Chicken provides protein for growing children and teens. Tomatoes, lettuce and cucumber are high in many vitamins and iron for strong immune systems at this time. Wrap provides carbohydrates for energy for those studying at home.

##### Ingredients

- 6 Baked Chicken Goujons
- 6 lettuce leaves
- 1-2 medium tomatoes
- ¼ Cucumber
- 2 Wholemeal Wraps
- Garlic Mayonnaise
- 2 tbsp Low Fat Mayo
- 1 clove garlic
- 1 tbsp olive oil
- Pinch of Salt
- ½ lemon



##### Method

-Bake chicken goujons on a lined baking tray in a hot oven according to the times on the packaging.

-Wash the lettuce in cold water and pat dry using a clean tea towel.

-Wash and slice the tomatoes and cucumber on a chopping board with a small sharp knife.

##### Garlic mayonnaise

-Put the mayonnaise into a small bowl.

-Peel and crush the garlic. Add it to the mayonnaise.

-Squeeze the juice from the lemon using a juicer. Measure out 1 teaspoon and add to the mayonnaise along with the oil and salt. Stir well.

##### Assembly

-Lay three lettuce leaves on each wrap. -Cut the chicken goujons into even slices and arrange them over the lettuce, along with the tomatoes.

-Drizzle over the garlic mayo.

-Fold over the base of the wrap before rolling it up securely.

**Enjoy!**

