

COLÁISTE CHIARÁIN HEALTH & WELLBEING

Developing New Routines For Summer 2020

We can all agree that the end of this school year has been very different to any other. Your teachers are all very proud of how you have engaged and completed your assignments and assessments. And you all deserve a well-earned break. However, schoolwork has given you a sense of purpose and a focus for each day in these challenging times and some of you may be wondering how you will fill your time in the coming summer months. It is crucial during this time to continue to follow healthy daily routines in looking after your physical and mental health and wellbeing in order to get us through lockdown.

Forming Healthy Routines for Summer 2020:

- 1. Sleep:** Try to go to bed and sleep at the same time every night, preferably before 12pm and aim to get up at the same time every morning at a reasonable time. Poor sleep routines increase stress and anxiety which is not good for our mental health.
- 2. Diet:** Eating healthy is also important. Eat 3 balanced meals throughout the day and snack on nourishing food such as fruit, vegetables, nuts and seeds. Avoid foods high in sugar and fat as they can lead to unnecessary weight gain. Avoid eating when bored.
- 3. Exercise:** Some form of exercise, whether mild to moderate, should be a part of your daily routine. Aim for 30 minutes daily. This is a great opportunity to try out new exercises.
- 4. Try something new:** Fill your day with things to do to keep active and to add interest to your day. Avoid the boredom by using your time productively to start something new or develop a skill or talent that you already have. There are so many classes and tutorials available online for free, so hopefully you will be inspired to try something new. Maybe you could help do some chores around the house, make your bed, hang out the washing, prepare the dinner. If you've younger siblings bring them for a walk/play a game with them.



I am also challenging you to find a new purpose to your day or to learn a new skill or challenge or improve on a talent/ skill you already have. Use this time now as you may not get such an opportunity to do things you have wanted to do for a long time. There are so many free classes and tutorials online to sign up to where you can learn new skills or improve fitness lev-

Here are some Ideas for New Challenges and Skills to Learn or Improve On

Learning a new instrument	Trying a new sport	Make up Tutorials
Learning new dances and dance routines	Improving fitness levels	Drawing/ Painting/ Pottery
Learn to bake and cook. Try out new recipes.	5k/ 10k walk/ run challenges	Photography
Meditation/ Mindfulness	Reading and writing stories	Knitting/ Crotchet
YouTube/ Insta accounts	Yoga/ Pilates	Sudoku/ Crosswords
	Filming/ Editing Videos	Sign Language

Tips to Staying Motivated Through Lockdown

It has been an interesting and challenging time for us all and I'm sure for some of you there are days that are filled with mixed emotions and that is completely normal. Here is a list of some ideas you might like to try to look after your health and wellbeing at this time.

1. Get up, make your bed and start your day with some light exercise

By making your bed you've already achieved something at the beginning of the day. This also creates a calm workspace for activities throughout the day.

2. Organise your space

Try to do different tasks in different areas of your room/house. Try to keep this space neat and tidy. Take pride in this space. A messy space can be a messy mind.

3. Set a schedule/plan

Plan your week ahead. What needs to happen this week for it to be a good week? Make this time productive. Take on a new challenge or develop existing skills and talents.

4. Gratitude: It's not what's gone but what is left that I can be grateful for

When you wake up and put your two legs out of bed say grateful to be healthy. Find the victories or the joy in each day. It is hard to have joy in our lives without gratitude.

5. Starting/ Learning something new

What skills would I like to be able to do or I have always wanted to do. Or what skill or talent do I already have that I would love to improve on or do better in (see list above for suggestions).

6. Focus on today and forget about the long-term future

A lot of decisions at this time are out of our control so try not to worry about the future and live in the now. Remember you can only deal with one thing at a time so stick to the present. What am I excited for today? The little things we do each day have a big effect over time to our health and wellbeing.

7. Stay connected

Keep in touch with friends. We are not meeting or seeing too many people these days but find ways of keeping in touch and checking in with each other. We are all experiencing this situation differently so check in with friends we haven't heard from in a while.

8. Be gentle on yourself

Do what you feel you need to do right now to look after yourself at this time.

TIPS TO HELP **teens** COPE DURING **COVID-19**

Maintain a daily **routine** with consistent sleep, activity and study patterns.

Stay **connected** with others and try to find moments of humor.

Talk to people you feel **comfortable** with about your feelings or worries, then give yourself permission to stop worrying.

Limit the amount of time you spend talking about or watching news media or social media.

Be **kind** to yourself and each other. We'll work through this together.