

Wellbeing

Wellbeing Newsletter December 2020

The countdown is on to the holidays! Despite the challenges we faced as a school community, we have had a very positive & successful first term in school. We are aware that this has been a hard time for many people in these unprecedented times and we hope that everybody is doing okay. Hopefully, the break will provide families with the opportunity to spend quality, enjoyable time with loved ones.



The holiday period can be a difficult, overwhelming time for some people. Self care during this time is important; the HSE website has a [page](#) with some advice that might be useful.

Allow yourself to take some time out during the holiday season. If you are feeling drained in any way, find yourself a quiet space to breathe. Take time to rest and restore your energy. Christmas might be all about giving, but that means giving to yourself too.

The HSE Health & Wellbeing has launched a new, free, online programme called Minding Your Wellbeing, focusing on the promotion of mental wellbeing.

More information can be found here: [Minding Your Wellbeing](#)



Some more tips to support your wellbeing during this time: [10 tips for wellbeing this Christmas](#)

We hope that you find the tips & advice in our newsletter helpful.

Meditation

Developing a meditation practice can have a powerful impact on our lives & well-being. If we consistently build mindfulness into our days, even when nothing seems to be happening, we will see the benefits.

"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

Here are some ways to integrate mindfulness practice into your busy life:

- Take three deep breaths and pay attention to how it feels
- Feel your feet on the ground
- Take a few steps and notice the sensations in your feet and legs
- Stop and take a few seconds to listen to sounds in the room

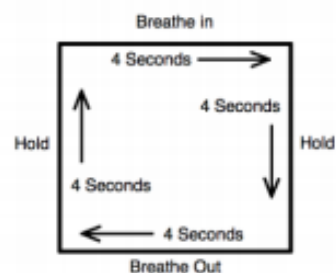
How to Meditate

- 1 Get comfortable.** Sit in a way that's accessible to you: seated in a chair, or legs crossed on the floor, or even lying down.
- 2 Focus on your breath.** Notice where you feel your inhales and exhales: the nose, chest, or belly. Follow the rise and fall of the breath.
- 3 Notice when you're lost in thought.** When you notice your mind trailing off, see if you can shift your attention back to simple in-breaths and out-breaths.
- 4 Treat yourself kindly.** How you speak to yourself in that moment when your mind wanders is an essential part of the practice. Be kind. Begin again.

More tips & advice on how to practise meditation can be found here: [mindful.org](https://www.mindful.org)

A nice meditative exercise: Box Breathe Technique

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.



Our **Learn Together** value this month is *Peace*.



Meditation is a wonderful way to bring you peace of mind. This month we will be talking about peace with children in school, particularly how we can develop a sense of inner peace.



We will be discussing how:

- ◆ Peace is being quiet inside.
- ◆ Peace is having good feelings inside.
- ◆ Peace is feeling relaxed and safe.
- ◆ Peace is when people get along
- ◆ Peace is having positive thoughts for myself and others.



“Peace must begin with each one of us. Through quiet and serious reflection on its meaning, new and creative ways can be found to foster understanding, friendships and cooperation among all peoples.” - Javier Perez de Cuellar, Former Secretary General of the United Nations

Wishing you all peace, health & happiness this Holiday Season.



Remember to check out our school's [Wellbeing Page](#) which can be found under the **Resources** tab on our main [School Website](#)

This page is regularly updated with resources & activities you could use at home as a family. Our monthly Newsletters are also posted here.