

The image is a vibrant, artistic illustration. At the center, a large, glowing yellow sun is held gently in the palm of a brown-skinned hand. The hand is adorned with a delicate floral garland featuring pink, purple, blue, and orange blossoms with green leaves. The background is a light, airy blue with soft, golden rays emanating from the sun. The entire scene is framed by a soft pink border at the top and bottom, which is decorated with small, shimmering gold and white patterns. The overall mood is warm, positive, and celebratory.

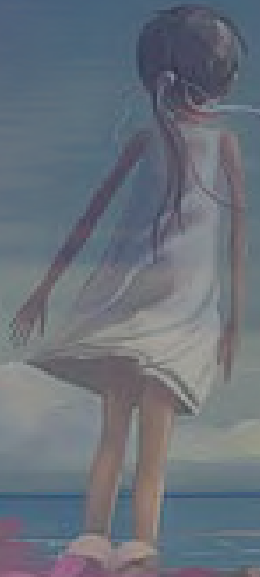
Wellbeing Week

Introduction to Wellbeing Week

RESEARCH SHOWS THERE ARE FIVE SIMPLE THINGS YOU CAN DO AS PART OF YOUR DAILY LIFE – AT WORK, AT SCHOOL, AND AT HOME – TO BUILD RESILIENCE, BOOST YOUR WELLBEING AND LOWER YOUR RISK OF DEVELOPING MENTAL HEALTH ISSUES.

These simple actions are known internationally as...

The Five Ways to Wellbeing



The Five Ways to Wellbeing are...



CONNECT

KEEP LEARNING

GIVE

TAKE NOTICE

BE ACTIVE

Connect

Strengthening relationships with others and feeling close to and valued by others, including at school and at work, is critical to boosting wellbeing.

Keep Learning

Being curious and seeking out new experiences in school and at work and in life more generally, positively stimulates the brain.

FIVE WAYS TO WELLBEING





Give

Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

Take Notice

Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

Be Active

Being physically active, including at school and at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.



MONDAY

CONNECT and KEEP LEARNING

When you are at school, or at home, it is important to be able to connect with other people.

Having good friendships helps us to have positive mental health, and healthy social and emotional wellbeing!

Watch the next video to learn about the importance of a healthy friendship.



HEALTHY FRIENDSHIPS



Healthy friendships

... Relationships education

How to be a good friend and develop healthy relationships...



Be kind

Show support

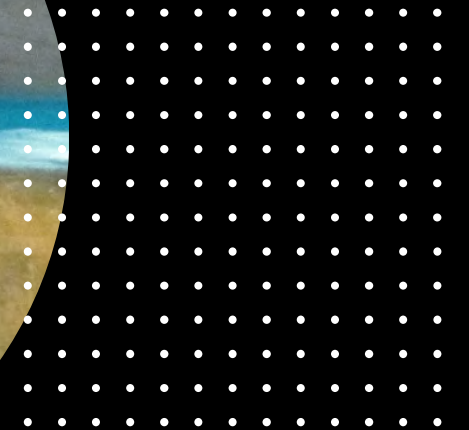
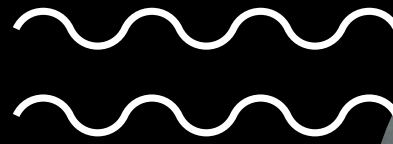
Be patient


Don't judge

Listen

Try to understand

Check in





WATCH THE VIDEOS ON THE NEXT FEW
SLIDES TO LEARN TIPS ON HOW TO
SUPPORT A FRIEND WHO MIGHT BE
STRUGGLING.

SHOWING SUPPORT



RUOK? DAY™

**HOW TO TALK TO
SOMEONE WHO'S
STRUGGLING**

btn
EXPLAINERS

SHOWING SUPPORT



Learning

Learning new skills can improve your mental wellbeing by boosting **self-confidence** and raising self-esteem, helping you to build a sense of **purpose**, helping you to **connect** with others.





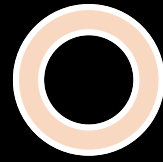
Spending time on something **creative** – whether learning to kayak or taking up coding – has threefold **benefits**.

It acts as a **distraction** from stress; it allows you the **headspace** to reassess your problems; it builds up self-esteem and **confidence** when you meet and overcome your challenges.



Try out a new activity today and talk to someone you have never met before:

- Room 23 - Friendship bracelets
- Room 24 - Quiet space to chill
- Room 25 - Poster making
- Room 26 - Relaxing music
- Room 27 - Mindful colouring



MONDAY

connect
& keep Learning



Scoil Mhuire Wellbeing Week 2024 Monday Newsletter

Today's Schedule of events ...

9:30

Wellbeing
Announcement &
Powerpoint for all
teachers



10:00

Garda Neil
McKenna Talk for
3rd Years

Break & Lunchtime
Activities and
Initiatives

Friendship
Bracelets, Mindful
Colouring,
Inspirational
Posters, Relaxing
Music

Theme of the Day ...



***Connect and keep
learning***

Scoil Mhuire
Community School

Monday's feelgood fact

Sea otters hold hands while they
sleep to prevent one another from
floating away