



Wellbeing Week



FUN FRIDAY
Be happy & Self
Care



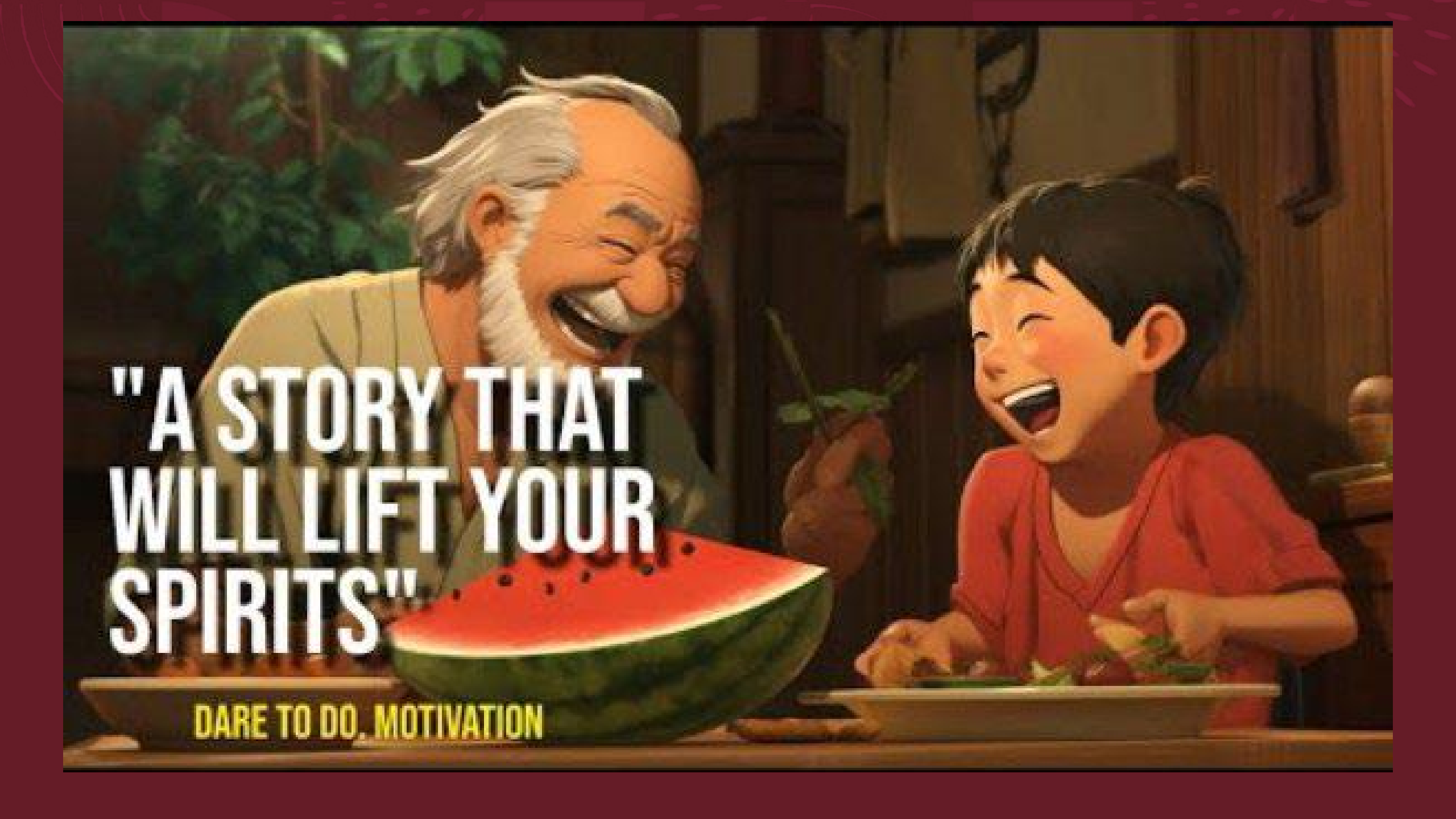
TAKE CONTROL OF YOUR HAPPINESS SEVEN HABITS OF HAPPY PEOPLE



**10 Things Happy People Spend
Zero Time Worrying About**



just learn the lesson and
then grow and move on

An elderly man with a white beard and a young boy are laughing together at a table. The man is holding a large slice of watermelon. The boy is holding a plate of food. The scene is set in a rustic, wooden interior with greenery visible in the background.

**"A STORY THAT
WILL LIFT YOUR
SPIRITS"**

DARE TO DO. MOTIVATION



THINK ABOUT WHAT YOU ARE GRATEFUL FOR!

[CLICK ON THE LINK:](#)

[Gratitude - Tackle Your Feelings](#)

Self Care

SELF CARE IS ABOUT CARING FOR YOURSELF TO ENSURE THAT BOTH YOUR PHYSICAL AND EMOTIONAL NEEDS ARE MET.

IT IS SO IMPORTANT THAT YOU TAKE THE TIME TO DO THINGS THAT HELP YOU LIVE WELL AND IMPROVE BOTH YOUR PHYSICAL AND MENTAL HEALTH.

WHEN IT COMES TO YOUR MENTAL HEALTH, SELF-CARE CAN HELP YOU MANAGE STRESS, LOWER YOUR RISK OF ILLNESS, AND INCREASE YOUR ENERGY.

SELF CARE EXAMPLES...

PRACTICE MINDFULNESS.
GET A GOOD QUALITY NIGHT'S SLEEP
GO FOR A WALK
PLAY VIDEO GAMES.
LISTEN TO MUSIC/PODCAST.

READ A BOOK.
DO A RANDOM ACT OF KINDNESS
REFLECT ON THINGS YOU ARE GRATEFUL FOR.
EXERCISE/STRETCH
JOURNAL/MINDFUL COLOURING



Time to write...

Take out your journal or a copy!

*Reflect on this week's activities and
write down 3 things that you can put
into your Coping Skills Toolkit.*





stormbreak



**LEARN
ABOUT
SELF-CARE**

SELF-CARE

Caring for Our Mental Well-Being



The background of the slide features a vibrant, multi-colored gradient from green to purple. Overlaid on this are black silhouettes of a band performing. On the left, a guitarist is shown in profile. In the center, a drummer is captured mid-stroke with two drumsticks raised. To the right, a bassist stands with their back to the viewer. In the foreground, the silhouettes of a crowd are visible, with several hands raised in the air. The overall scene is dynamic and energetic, representing a live music performance.

Today's activities:

Live Music in the Assembly Hall

**'Wall of Sound' in the 1st Year area
(1st years will share the last sound thing a person did for them!)**



**A BIG THANK YOU TO EVERYONE WHO TOOK PART IN WELLBEING
WEEK THIS WEEK!**

**PLEASE REMEMBER THAT THERE ARE SUPPORTS
AVAILABLE FOR ANYONE WHO NEEDS THEM:**

- **TUTOR**
- **YEAR HEAD**
- **GUIDANCE COUNSELLORS**
- **CHAPLAIN**



Scoil Mhuire Wellbeing Week 2024 Friday Newsletter

Today's Schedule of events ...

9:30 Daily
Wellbeing
Announcement

Breaktime Activities

Live Music in the
Assembly Hall
Video recap of the
week

Trad Session in the
6th year outside
covered area (Yeow!)



Other initiatives running today ...

Please be sure to check out the 'Wall of Sound' in the 1st year area. Thanks to Ms McHugh and her 1st year group for creating this.

Go raibh maith agaibh

A big thank you to everyone who took part in Wellbeing Week this week - please remember that there are supports available for anyone who needs them.

From the Amber Flag and Staff Wellbeing Week Committee

Theme of the Day ...



Fun Friday

Scoil Mhuire
Community School



Friday's feelgood fact

Laughing heavily everyday
has been shown to
support your immune
system



Thank
you!