



Wellbeing Week

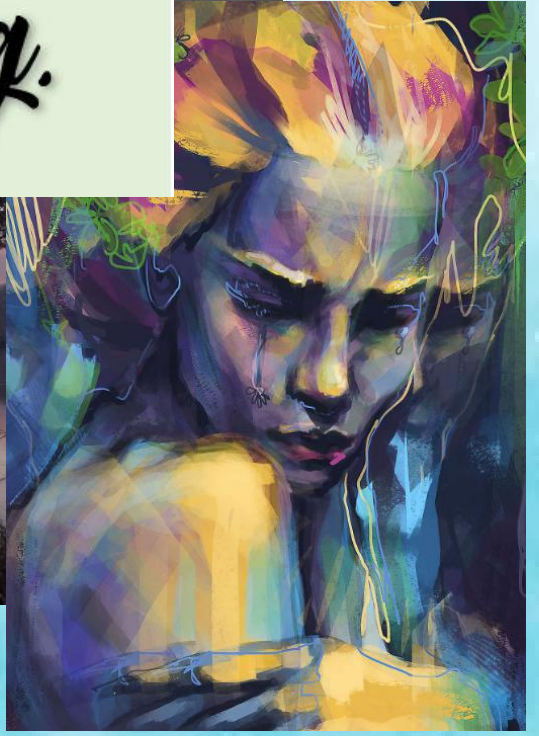
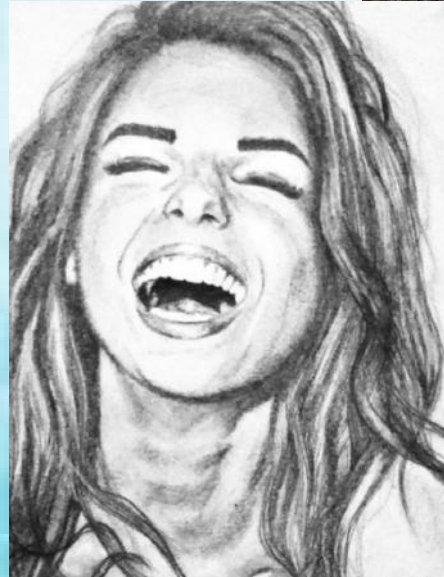
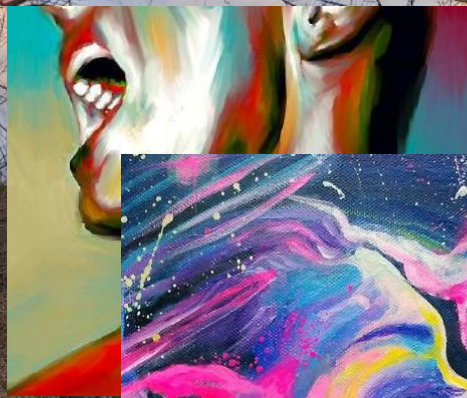
A silhouette of a person in a yoga pose, specifically the Tree Pose (Vrikshasana), is centered against a bright sun. The sun is partially obscured by the person's torso, creating a lens flare effect. The background is a blue sky filled with white, fluffy clouds. The overall scene is bright and uplifting.

Wednesday

Take Notice

Be aware of the world around you...

*and what you
are feeling.*





Notice the changing seasons

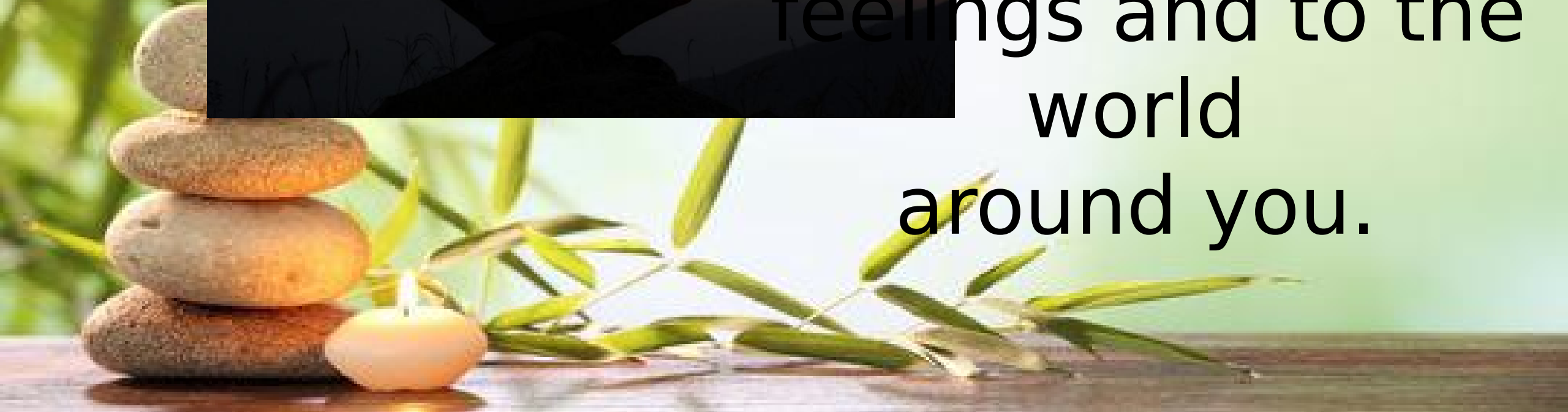


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Take it all in!!



Pay attention to the present moment - to your thoughts, feelings and to the world around you.



Mindfulness

Mindfulness involves making an effort to notice what is currently happening in your mind, body and surroundings, without judging anything.

It aims to help you:

- become more self-aware
- feel calmer and less stressed
- choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself.



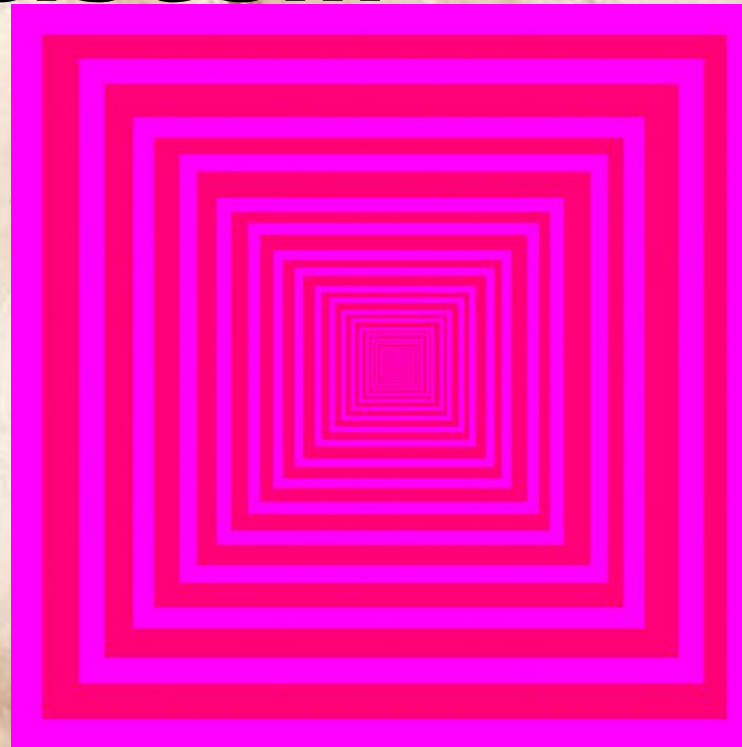
Mindfulne



Now Try each of the following breathing exercises...



**Bubble
breathing
exercise (0:53):**

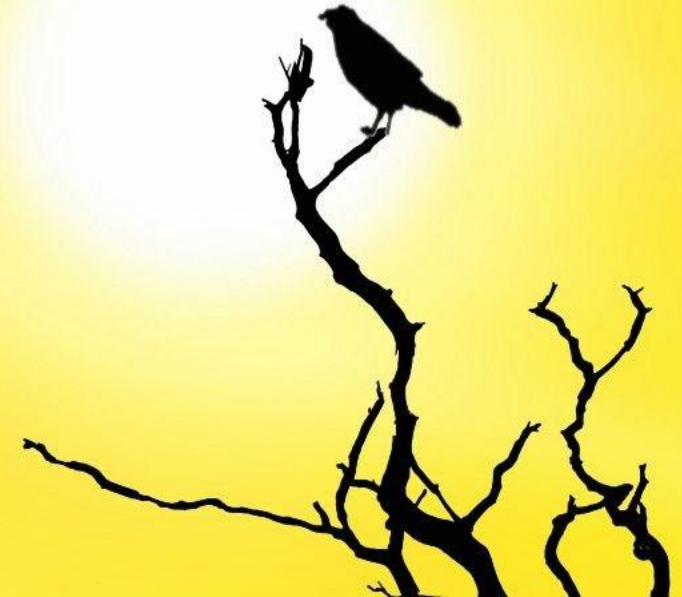


**Box breathing
exercise
(1:04):**

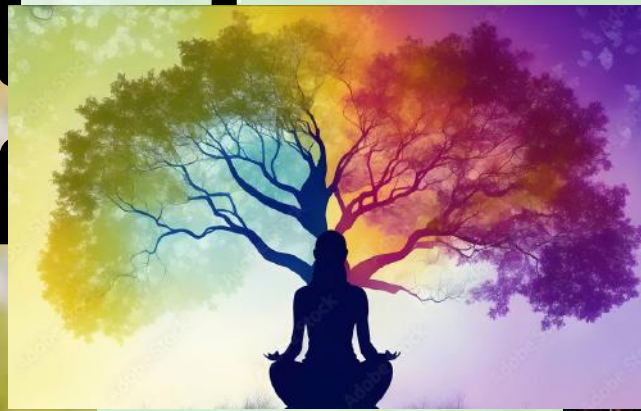


**5-4-3-2-1
Grounding
Technique
(1:30):**

**Now
try a
body
scan!**



**How to
mind**



Breathe



Listen



Write





1. Breathe: Try Box/Bubble breathing - this can help you to become calm and relaxed.

2. Listen: Take at least 5 minutes every day to totally switch off from the world around you.

Listen to the meditation shared in this PowerPoint, or alternatively look up the following apps and podcasts:

- Calm app
- Headspace
- Spotify “Where Is My Mind”/ “Wake Up Wind Down”/ “Mindful In Minutes”

3. Write: Write down how you're feeling; what positives have you had today, what struggles have you had, what are you grateful for.

Taking the time out of your day to acknowledge your feelings will enable you to take control of your own wellbeing. It will help focus

Time to

Take out your journal or a
write
copy!

Write down the answers to the following questions:

1. How are you feeling?
2. What positives have you had today?
3. What struggles have you had?
4. What are you grateful for?





Wednesday

Take Notice

Scoil Mhuire Wellbeing Week 2024 Wednesday Newsletter

Today's Schedule of events ...

9:00–9:30

5th Year Talk – Study
and exam tips, time
management



9:30 Daily

Wellbeing

Announcement

Daily Break/Lunchtime
Activities and
Initiatives

Friendship Bracelets,
Mindful Colouring,
Inspirational Posters,
Relaxing Music



Fancy yourself
as a budding
photographer??
Read below!

Theme of the Day ...

The best go forward



Take Notice

Scoil Mhuire
Community School

Wednesday's feelgood fact

The word 'fluffle' is a collective
noun for a group of rabbits



Other initiatives running today ...

Photography Competition! Take a photo of something that brings you joy and email it to lilymccarthyflood@scoilmhuireclane.ie to be in with a chance to win a prize!

The Time Capsule task is still ongoing with 1st and 6th years

As today's theme is don't forget to slow down today and practice your Box & Bubble Breathing Exercises.