

CNM WELLBEING NEWSLETTER

Issue 2
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Happy Easter

As we embark on our two week break for the Easter Holidays we would like to wish all our students, parents, teachers and staff a very relaxing, safe and happy Easter.

Easter Wellbeing

In our 1st newsletter we hope we gave you a good understanding of what Wellbeing is and what we can do to look after it.

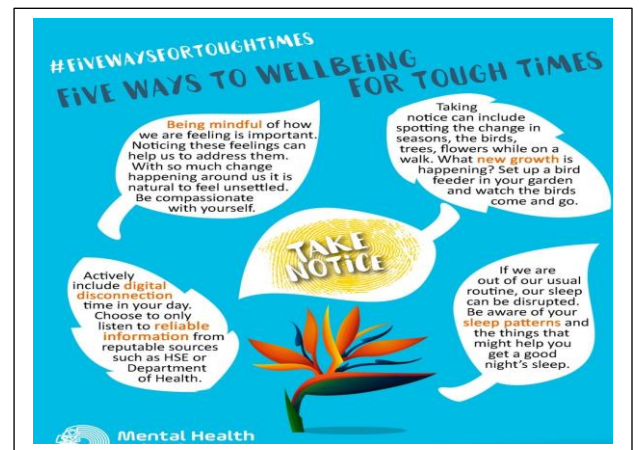
In the past few weeks we have all been challenged to look at ways of adapting to new routines at home: keeping physically active, staying on top of our school work and coping with seeing a lot more of some people and a lot less of others. Hopefully we have managed to navigate our way around technology and seeing the great positives it can bring to our lives when trying to keep connected. Many supports are still available to us through online platforms and we encourage people to use these if needed.

Here are some tips from Mental Health Ireland you can use to help keep on top of your Wellbeing during the Easter Break.





Check out www.mentalhealthireland.ie for tip no 5 and loads more information.



Easter Wellbeing Challenge



Why not try some of the following over the Easter Break:

- Cook a full meal from scratch.
- De-clutter your room.
- Slow down, sit and watch a sun set.
- Go to bed 30 minutes earlier.
- Get up 30 minutes earlier.
- Do one thing you've been putting off.
- Go an entire day without complaining.

*Happy Easter everyone,
CNM Wellbeing Committee.*