

# Looking after your Mental Health during the Coronavirus School Closure

## St. Ciaráns' CS Guidance and Chaplaincy Service

Even though our school is physically shut, please remember that the Guidance Counsellor and Chaplain are available to help via the following emails:

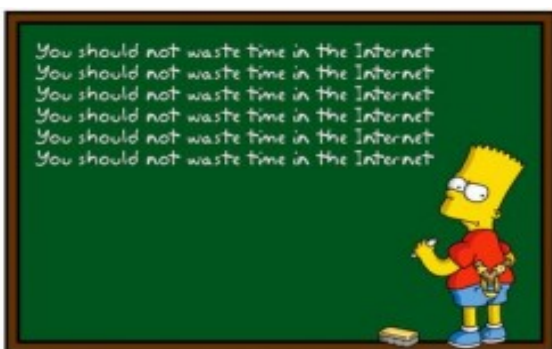
**Email:**

**Mr. Wright:-** [swright@stciaranscs.ie](mailto:swright@stciaranscs.ie)

**Mr. Oates:-** [doates@stciaranscs.ie](mailto:doates@stciaranscs.ie)

This can be a worrying time for students, their parents/guardians, other family members, teachers and all members of our school community. It is important to take care of your mental, physical and emotional wellbeing.

### Tips to Practice Self-Care during the Coronavirus School Closure – For Students (from Spunout)



#### **Tip 1: Reduce your Social Media Time**

Social media platforms are filled with news, facts and even rumours related to the Coronavirus. Spending too much time scrolling through this information can make you feel scared and anxious. Take a break from social media.

## Tip 2: Switch up your Newsfeed

Some of us may find it very difficult to disconnect from social media. If that is you, why not change up your newsfeed to receive more positive news? Accounts like @the\_happy\_broadcast on Instagram only posts positive news concerning the coronavirus and inspiring messages that can give you lots of good vibes and enlightenment.

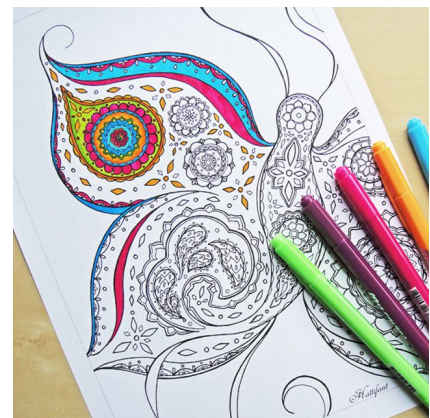


## Tip 3: Start a new TV show, a new Book or a new Podcast

There are plenty of ways to lift your spirits during this time. Why not start reading a book that you had your eye on for ages or start watching a new Netflix series?

Chloe Boland from Spunout.ie shares the following recommendations for teens on Netflix: *One Day at a Time*, *The Good Place*, *The Bold Type*, *The Fosters* and *RuPaul's Drag Race*. She also highlights the following as among some of her favourite podcasts: *I'm Grand Mam* and *Bite back with Roz Purcell*.

**Tip 4: Get Creative** Being creative is a great way of releasing stress. It can help you to switch off from the constant news updates in relation to the Coronavirus. Doing some colouring can help you to relax and put your mind at rest. You do not have to have amazing artistic ability to colour. You could also try out some creative writing, drawing, painting or even cooking, whatever works for you.





### **Tip 5: Get Some Exercise**

Yes, training is cancelled, and gyms are closed. However, that does not mean that you cannot get in some exercise. You could go for a jog in your local park or even walk your dog. These are great ways to clear your head. YouTube has lots of videos on easy to follow yoga, pilates and aerobic exercises that you could do at home.

### **Tip 6: Stay Connected**

Keep in touch with your friends and family. Our school may be closed but this does not mean that you cannot contact your school mates through social media and have a good chat with them.

