



Welcome to your second **HFCS Wellbeing Newsletter**; a collection of ideas and suggestions which you can use to support your wellbeing, and that of others.

Here are some tips for using this resource:

- The **Newsletter** uses the NCCA's Indicators of Wellbeing to explore how to support your wellbeing. The indicators are:
 - **ACTIVE, AWARE, CONNECTED, RESILIENT, RESPECTED** and **RESPONSIBLE**.
- This week the Newsletter will focus on three indicators: **RESPONSIBLE RESPECTED** and **RESILIENT**.
- Thank you to HFCS students Halle, Stefan, and Cian for their wise words.
- If you have feedback on this resource or content suggestions, please email wellbeing@hfcs.ie

UPDATE

- **ACTIVE:** The PE department has put together resources to help keep you Physically Active. You can find their suggestions here: <https://www.hfcs.ie/keeping-physically-active-at-home/>

Pádraig Meredith
Wellbeing Coordinator

RESPONSIBLE

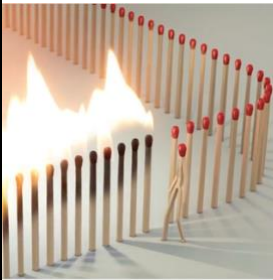
A lot can happen in a week. When the first **HFCS Wellbeing Newsletter** was released there were 169 total cases of COVID-19 in Ireland. Yesterday, there were 121 new cases, bringing the total number to 712. The HSE also announced that there had been four deaths in Ireland as a result of COVID-19. On St. Patrick's Day, Taoiseach Leo Varadkar said "This is a Saint Patrick's Day like no other. A day none of us will ever forget".

He had a special message for young people: "I know you are bored and probably a bit fed up. You want to see your friends and you might even be wishing you were back at school. You're going to have to wait a while longer for that. I hope you

remember that this time is tough on your parents as well. So I'm asking you to ask your parents at least once a day what you can do to help them. Keep up your schoolwork. Call your grandparents, and try not to fight with your brothers and sisters".

One of the most important messages in the Taoiseach's address was:

**"We are asking people to come together as a nation,
by staying apart from each other".**



Social Distancing works by reducing the number of people we are in contact with, thus, slowing down the spread of COVID-19. The government has closed schools, childcare, and education facilities, cancelled major events, closed bars, and pubs, and closed other places where there might be lots of people, such as Churches. The government asks us all to be **RESPONSIBLE** by:

1. Reducing the number of interactions we have with people;
2. Keep space of at least 1 metre (3 feet) and ideally 2 metres (6 feet) between ourselves and other people;
3. In a group or activity move chairs to 2 metres apart;
4. Don't shake hands or make close contact with others, and
5. Wash your hands often and avoid touching your eyes, nose or mouth;
6. Cough/sneeze into your elbow/tissue and **WASH YOUR HANDS**.

This week some student's shared their experience of **Social Distancing**:

"The most challenging thing about social distancing is that I'm not able to spend time with my friends, or just go to the cinema or eddies rockets with them for a brownie. I'm going for walks with my friends Rachael and Amy. We walked the Saggart mountains the other day." **Halle, 6th Year.**

"I find not going to training and being able to see my friends challenging, but I'm play football with my brothers and parents to support my wellbeing" **Cian, TY.**

"The most challenging thing about social distancing is not being able to visit family members. Something I do to support my wellbeing is draw and skate".

Stefan, 6th Year.

Kitty O'Meara wrote a powerful poem about what we can experience during **Social Distancing**:

"And the people stayed home.
And read books, and listened, and rested, and exercised, and made art, and
played games, and learned new ways of being, and were still.
And listened more deeply. Some meditated, some prayed, some danced.
Some met their shadows. And the people began to think differently".

RESPECTED

Do you feel listened to and valued? In the native Aboriginal language of Australia, *Dadirri* is a word that describes a deeply spiritual act of reflective and respectful listening. We don't have a similar word to *Dadirri* in the English language. We only have the verb "listen". We have all been in situations where someone is listening to us, but they are not *really* listening. They might be on their phone or distracted by something else, but there are also times when we are not truly listening to ourselves. Times when we are distracted and preoccupied with things which seem to be more important. This week we are going to focus on **RESPECTING** ourselves.



In 1971, songwriters Ingram and Rice were in their studio in Memphis, Tennessee when Ingram said, "folk need to learn to respect themselves!". Rice loved this idea so much that he built a funk groove around the words "respect yourself". He gave the song to the Staple Singers who released the hit single "Respect Yourself". Both "Respect Yourself", and Otis Redding's "Respect", made famous by Aretha Franklin, are confrontational songs that resonated with African-Americans during the post-civil-rights-movement 1970s, as well as women and other groups who were demanding **RESPECT** during those same years. You can have a listen to a remix

of the song here:

<https://www.youtube.com/watch?v=Ik6vb1wAEFo>

Music is one art form that focuses on **RESPECTING OTHERS** and **SELF-RESPECT**, but countless movies have been made on the same themes. There have been eight *Rocky* films since 1976 including two modern sequels, *Creed* and *Creed*

II. The *Rocky* franchise is about more than boxing. The franchise is about self-respect, integrity, self-discipline, courage, honouring and respecting your community, dignity, and doing what's right. For *Rocky*, going the distance was more important than getting the prize.

The same is true in the *Creed* franchise, where Adonis Johnson is first seen as a child in a juvenile detention centre and carries a secret burden of the pain and desire of a lost soul trying to find himself. The movie *Creed* is not just about dignity, but community; it's not only about doing the right thing but doing it for the right reason. The movie imagines the world as we might dream it could be. Probably my favourite moment in *Creed* is the "one step at a time" scene. In this scene, Creed is encouraging Rocky up the steps, mimicking the support and encouragement Rocky gave Creed to turn his life around. At times, even the strongest of us need to stop and take a breath, to accept a helping hand, and to reflect on the now. You can find a link to this scene here:

<https://www.youtube.com/watch?v=jv6-p4kphmc>

Here are Ten Ways to practice Self-Respect this week:

1. Don't settle for less than you deserve.
2. Get in touch with who you *really* are.
3. Forgive yourself for your mistakes & forgive those who have hurt you.
4. Surround yourself with positive people.
5. Work on building up confidence.
6. Be honest with yourself (and others).
7. Take good care of your body.
8. Exercise and inspire your mind.
9. Speak positively about yourself.
10. Don't compare yourself to others.

RESILIENT

Every time I think about **RESILIENCE**, the lyrics of a Chumbawamba song pops into my head "I get knocked down, but I get up again. You're never gonna keep me down". **RESILIENCE** is our capacity to recover from difficult life events; our ability to be able to withstand adversity and bounce back. When thinking about **RESILIENCE** the question we should ask ourselves is: **Do I believe that I have the coping skill to deal with life's challenges?**

Life's challenges are often associated with change. Change is constant in our lives, but it can often feel unexpected, unwanted, and too sudden. Covid-19 has changed our lives in quite dramatic ways in a very short space of time. Covid-19 challenges our **RESILIENCE**. The Chinese word *change* is made up of two symbols - one meaning *danger* and another meaning *opportunity*. When we are faced with change our ability to be able to cope, depends on whether we view change as either dangerous or as an opportunity.

As children, our ability to be creative and to play taught us how to cope with stress, how to problem solve, how to enjoy life, and built our capacity to be **RESILIENT**. When we practice creativity and play, our thinking expands and our connection with both ourselves and others deepens.

There are eight different types of "play personality" and no matter what age you are, you fit into one or more of these categories (Brown, *Play*, 2010):

- **The Joker:** Makes people laugh, plays practical jokes.
- **The Kinaesthetic:** Loves to move, dance, play sports, hike, etc.
- **The Explorer:** Meets new people, seeks out new experiences
- **The Competitor:** Loves all forms of competition, loves to keep score.
- **The Director:** Has fun planning and executing events and experiences.
- **The Collector:** Enjoys the thrills of collecting objects and experiences.
- **The Artist/Creator:** Finds joy in working with their hands or making things.
- **The Storyteller:** Uses their imagination to create stories.

Questions to reflect upon:

1. What is your most dominant play personality or personalities?
2. Think of a couple of examples of how you demonstrate this personality?
3. Which play personality would you like to explore?
4. Think of your close friends. What are their play personalities?
5. How do you think your "play personality" helps support you to be **RESILIENT**?

Practicing mindfulness can also help support your **RESILIENCE**. The following apps can be very helpful in reducing stress and anxiety. The apps have free content as well as premium content via in-app purchases unless indicated below.

- **Calm:** One of the best-known mindfulness apps.

- **Aura:** Aura offers a number of three-minute personalised meditations aimed at reducing stress and anxiety.
- **Headspace:** Headspace offers mindfulness exercises and guided meditation as well as a range of other wellbeing content.
- **Breethe:** Breethe focuses on de-stressing and sleeping better.
- **Smiling Mind:** This is a free Australian app which focuses on encouraging you to complete 10 minutes of mindfulness per day. The app also has a space dedicated to young people.
- **Buddhify:** This app offers calm, clarity and kindness to all parts of your life. Please note the cost of this app costs €5:49 to download.



Our language has the potential to say so much about how we experience emotions. However, Irish people tend to most commonly share only two emotions: *I'm fine* or *I'm grand*. Most of the time, we are neither fine nor grand. Tim Lomas, a researcher in the UK, has spent years collecting hundreds of words from different languages that describe experiences or emotions which we have no words for in English. Here are some of them:

In Finnish, the word *Sisu* describes someone who has extraordinary determination in the face of adversity - it's similar to the word **RESILIENT** but much stronger. In the native Aboriginal language of Australia, the word *Dadirri* describes a deep act of reflective and **RESPECTFUL** listening.

In China, the word *Kào pǔ* describes someone who reliable and **RESPONSIBLE**. The Inuit word *Inuuqatigiittiarniq* describes someone **RESPECTFUL** to others, thus helping to build stronger and healthier communities.

Weekly reflection:

*There are so many words to describe how we feel;
Yet sometimes we struggle to share.
Why not try to share how we **really** feel this week,
And ask others how they are **really** feeling.*