



Donabate CC Guidance Newsletter

Issue 1

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In This Together



Feeling alone?

Social distancing is an important tool to help our community and be part of keeping Ireland safe.

It can also leave us feeling lonely.

Remember our 5 ways to Wellbeing

Connect, Take notice, Keep Learning, Give & Get Active

So if you're feeling alone, maybe write a letter, send a text, have a video chat. Reach out and connect with someone.

We are in this together.

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“ Self-care is simply looking out for yourself. Doing the things that make you feel good.”

- Linda, Jigsaw Clinician

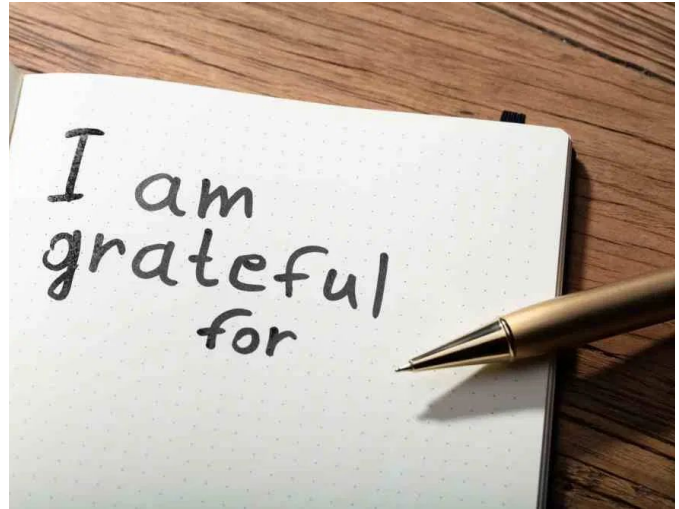
This video, produced by Jigsaw has some very simple ways to look after yourself during this time of social distancing.



Some quick self-care tips to try this week:

Every night before you go to sleep, write down three things that you are grateful for. These could be big or as small as a great cup of tea.

In the morning when you wake up, read over your list and start your day feeling positive



Take some time to write 'break' activities on a whole bunch of post-its and put them in a jar (or just write them in your phone!).

Some ideas:

- Go for a walk & listen to a podcast
- Read a chapter of a positive book
- Bake something
- Draw something
- Video call a person you haven't heard from in a while
- Straighten / gel your hair (those grooming schedules might be slipping!)
- Offer to help around the house
- Do a workout



When you're feeling bored, at a loss what to do, take a piece of paper from the jar and fill your time with something positive, constructive and intentional.

The following websites have up to date and relevant mental health support should you need it.

www.pietahouse.ie

www.jigsaw.ie

www.mentalhealthireland.ie

Remember to reach out to your One Good Adult if you're feeling overwhelmed,

Ms. Whelan, Guidance Counsellor DCC

Ms.Chaloner, Guidance Counsellor DCC



kwhelan@donabatecc.ie
achaloner@donabatecc.ie

[READ MORE ABOUT WHAT'S GOING ON IN DCC ON OUR SCHOOL'S FACEBOOK PAGE](#)