

## Guidance/Self Care

### The storm will pass

While we are facing unprecedented times and facing uncertainty as the Coronavirus pandemic evolves it is crucial that students remain positive and focused. Be gentle with yourself and see it as an opportunity to dig deep and find your inner strength. Working from home presents new challenges but students in Pres have the resources and the resilience to meet these challenges. Teachers in our school have really stepped up to the mark to ensure your learning can continue on online platforms. There is a wealth of online resources available-e.g Edco has made its ebooks and digital resources available for free online. Outside of following HSE protocols, the best thing that students can do is to look at the school closure as an extended study break. You will have to do some form of exam or assessment so whatever happens it is better to be prepared.

- Get into a routine if you are not in it already because having a structure to your day is extremely important
- Study in a quiet room with no distractions.
- Commit to a number of hours study each day.
- Follow your school timetable to keep you focused. Incorporate homework/ revision in to your study plan.
- Stay hydrated, eat healthy food and boost your immune system.
- Connect with nature.
- Rediscover your favourite music to lift your spirits.
- Write down ten things you feel grateful for and why?
- Accentuate the positive and eliminate the negative,
- Reach out and talk to your family about your worries and concerns.
- Enjoy washing your hands-remember all they do for you.
- Shower and maintain good hygiene-you will feel better.

### A sample day might look like this-

- Rise at 8 /have a shower /breakfast /do 5-10 mins yoga([www.rachelposner.com](http://www.rachelposner.com))
- Study from 9-10-take a 10 minute break.
- Study from 10.10 -11.Take a 15 minute break here.
- Study from 11.20 to 12.30
- **Lunch** from 12.40 to 1.15.
- Study from 1.20 to 2.20 and take a 5 minute break.
- Study from 2.30 to 3.30
- Take time here to take some exercise.e.g a walk or a run.(40 mins recommended per day)
- **Relax** by listening to Mindfulness websites e.g [www.mindful.org](http://www.mindful.org) and [www.niallbreslin.com](http://www.niallbreslin.com).
- Get 8 hours sleep every night.
- Keep in touch with your friends as ye are all in this together. Face time one another and stay connected.
- ***Please don't spend excessive time on social media.***

Remember how capable and resilient you all are and you will rise to the challenge that you are presented with. This situation is the new normal. You need to pace yourselves as we do not know what the future holds. In the meantime, mind yourselves and mind your loved ones.

***"You cannot forever escape from the storm: You must learn to stand up to it"***

***Mehmet Murat Ildan.***

