



ST PATRICK'S COLLEGE

TIPS FOR WELLBEING DURING COVID-19



SPIRITUAL

- Volunteer and support others where you can.
- Take at least 10-15 minutes out of each day to pray, stop, meditate.
- At the end of each day reflect on what gives you life and purpose, and how you are feeling - possibly pray [The Examen](#).
- Talk to different people about different things - talk about music, books, art, food, sport - all that enlivens you.

Think positive. Be tolerant. Show gratitude.

ACADEMIC

- Foster independence, resilience and confidence through problem-solving and seeking answers to your own questions.
- Extend a hand to your siblings, peers or younger students with their learning.



- Take on a new hobby, develop a skill, learn a language, work on a DIY project in your own time. There are a lot of online tutorials.
- Challenge yourself to learn more about the world or a subject outside your own experience - browse TED Talks, Khan Academy, ClickView, ABC.
- Improve your approach to study with the [Study Skills Handbook](#) online, or learn about critical thinking at [PZs Thinking Routines](#), or read.

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EMOTIONAL

- You are not alone - reach out to counselling services or professional support.
- Recognise your feelings and express them appropriately.
- Visit a friend or family member who needs support or company.
- Switch off the electronic devices and connect with family members.
- Pay attention to the present moment and let go of what you cannot control.



SOCIAL

- Spend time with your family by arranging a fixed time to eat dinner together or play a board game.
- Check-in with a family member or friend you have not connected with in a while.
- Organise an online trivia or charades.
- Look out for those who are shy, vulnerable or less connected than others.
- Have lunch with friends via online apps.



PHYSICAL

- Go for a bike ride, walk or run. Walk the dog.
- Organise a weekly physical challenge like wall squat holds or push-ups with friends and family.
- Participate in an online yoga, meditation or pilates class.
- Maintain a routine of physical exercise regime - do a minimum of 30 minutes vigorous exercise every day.
- Cook and eat nutritious foods that give you energy.

