

Little Things To  
Increase Happiness:

1. We're all different, but the one thing we have in common is that none of us are perfect. Many things make us who we are - everyone has something to offer and everyone is entitled to live a happy and fulfilling life. Be happy and be yourself. "Ní bhíonn saoi gan locht"
2. Allow yourself time to do things that you enjoy.
3. Get involved. Join in on community activities. They will be of social benefit as well as physical. It takes courage to meet new people, but it can make a big difference to how you feel.
4. Research shows that keeping active helps protect both your physical health and your mental health. Regular exercise will help you sleep and relax, look and feel better. A half hour walk most days can make all the difference to your wellbeing.
5. Spend time with people who make you feel happy and good about yourself.
6. Get a good night's sleep. You will feel many benefits from being rested; you will feel sharper in school and will have more energy.
7. Never feel you have to deal with a problem alone. There is always someone to listen to you who cares about you. "Is ar scáth a chéile a mhaireann na daoine"

## DO YOU NEED HELP?

It's important to know that

### IT'S OK NOT TO FEEL OK

Talking to someone can make a huge difference during difficult times

SUPPORT SERVICES - Talk to:

A Teacher, Mentor, Tutor, Year Head, Guidance Counsellor, Deputy Principal or Principal

Samaritans – Tel. 091 561 222 (Helpline if you're feeling sad or depressed)

TeenLine – Tel 1800 833 634 (Free helpline for teenagers to talk openly about their problems)

Childline – Tel 1800 666 666 (24 hour service for children and young people up to 18 years of age)

Headstrong – Tel 01 660 7343 (Supporting young people's health and wellbeing)

Jigsaw – Tel 057 9352871 (Supports the mental health of young people)

SOSAD - Tel 057 9346704 (24 hour emergency support for anyone affected by suicide or depression)

Aware – Tel 1890 303 302 (Supports those directly affected by depression)

Pieta House - Tel 0505 22568 (Provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm)



## Positive Wellbeing Week

### March 13-16 2017

## Monday

9.35-10.35 Guest speaker: Gráinne Walsh - 3rd yr, TY

Zumba : 11.50 - 12.50 6th yrs

Zumba : 1.45 - 2.45 2nd yrs

## Tuesday

Jigsaw Offaly - mental health promotion workshop.

9.35-10.15 - 2nd yr

10.15-10.55 - 1st yr

11.10-11.50 - 3rd yr

11.50-12.25 - TY, 4th yr

12.25-1.05 5th yr

11.10-12.25 Guest speaker: Niall McNamee - 6th yr

## Wednesday

11.10-11.45 Healthy eating and nutrition workshop by Carina Haverty - 3rd yr, TY

1.15-1.45 Operation Transformation walk / jog

1.40-2.15 Yogalates

2.15-2.55 Yogalates

2.55-3.35 Yogalates



## Thursday

Non-uniform day

Guest speaker Flan O'Mara: Real Talks 9.35-10.35 - 2nd yrs

11.10-12.10 - 5th years

Presentation about the importance of mental health and wellbeing and building greater resilience to pressures.

11.10-1.05 Movie time - 1st and 4th years "Inside Out"

1.35-3.35 Concert



Show off YOUR true  
colours!