

# Wellbeing Week 2020



## 13th to the 17th of January 2020













**‘Wellbeing is present when you realise your abilities, take care of your physical wellbeing, can cope with the normal stresses of life, and have a sense of purpose and belonging to a wider community.’**

### Activities include:

- \* Yoga
- \* Music generation
- \* Tribal Drumming
- \* Shout Out Workshop
- \* Making the most of myself workshop
- \* Pilates
- \* AA Presentation
- \* Samaritans workshop



# Summary of Events

1st Years	2nd Years	3rd years	LC1s	TYs	LCA1	LC2s
<u>YOGA</u>	<u>Pilates</u>	<u>Tribal Drumming</u>	<u>Shout Out</u>	<u>Making the most of Myself</u>	<u>Shout Out</u>	<u>Tribal Drumming</u>
						
<u>Music Generation</u>	<u>AA Talk</u>	<u>Samaritans Talk</u>	<u>Adapt</u>		<u>Making the most of Myself</u>	
						

Information Stands : Tuesday 1.30 - 3.30



Mindful Colouring -

Lunchtime Tuesday & Thursday (Room 130)



## Supports Available:

Pieta House - 061 484444

Childline - 1800 666 666

BodyWhys - 1890 200 444

CARI - 1890 92 45 67

Community Substance Misuse - 086 416 3508

Aware - 1890 303 302

Grow - 1890 474 474

Samaritans - 1850 60 90 90

LGBT Helpline - 01 670 6223

# Timetable of Events

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
<p><b><u>LCA1 (80 mins)</u></b></p> <p>9.40 - 11.00: Making the most of myself (Rm. 126)</p> <p><b><u>TY1 (80 mins)</u></b></p> <p>11.00 - 12.35: Making the most of myself (Rm. 126)</p> <p><b><u>TY2 (80 mins)</u></b></p> <p>2.00 - 3.20: Making the most of myself (Rm. 127)</p> <p><b><u>LC1 (40 mins)</u></b></p> <p><b>Adapt (Room 227)</b></p> <p>9.00 - 9.40: Caimin 9.40 - 10.20: Seannán &amp; Colmán</p> <p>10.20 - 11.00: Padraig &amp; Moibhí</p>	<p><b><u>1st Year (Half Day)</u></b></p> <p><b>Music Generation (Room 151)</b></p> <p>10.00 - 12.35: Tola</p> <p>1.20 - 3.20: Éanna</p> <p><b><u>3rd Years (40 mins)</u></b></p> <p><b>Samaritans (Room 227)</b></p> <p>9.40 – 10.20: Ailbhe &amp; Caoimhe</p> <p>10.20 – 11.00: Earnán &amp; Fearghus</p> <p>11.55 – 12.35: Lorcán</p>	<p><b><u>1st Year (Half Day)</u></b></p> <p><b>Music Generation (Room 151)</b></p> <p>10.00 - 12.35: Neasán</p> <p>1.20 - 3.20: Colm</p> <p><b><u>2nd Years (45 mins)</u></b></p> <p><b>AA (Canteen)</b></p> <p>1.45 - 2.30: All 2nd years</p> <p><b><u>LC1 &amp; LCA1 (1 Hour)</u></b></p> <p><b>Shout Out (Room 122)</b></p> <p>9.00 - 10.00 : Moibhi &amp; Cillian</p> <p>10.00 - 11.00: Seannán</p> <p>11.30 - 12.30: Padraig</p> <p>1.30 - 2.30: Caimin</p> <p>2.30 - 3.20: Colmán</p>	<p><b><u>1st Year (40 mins)</u></b></p> <p><b>Yoga (Room 151)</b></p> <p>9.00 - 9.40: Éanna</p> <p>9.40 - 10.20: Colm</p> <p>10.20 - 11.00: Tola</p> <p>11.00 - 11.55: Neasán</p> <p><b><u>2nd Year (40 mins)</u></b></p> <p><b>Pilates (Room 205)</b></p> <p>11.00 - 11.55: Donnacha</p> <p>11.55 - 12.35: Conaire</p> <p>1.20 - 2.00: Éoin</p> <p>2.00 - 2.40: Cormac</p> <p>2.40 - 3.20: Aodhán</p> <p><b><u>3rd Year (80 mins)</u></b></p> <p><b>Tribal Drumming (PE Hall)</b></p> <p>9.00 - 10.20: Ailbhe</p> <p>10.20 - 11.55:: Earnán</p> <p>11.55 - 2.00: Lorcán</p> <p>2.00 - 3.20: Caoimhe</p> <p>(Fearghus will be divided btw each group)</p>	<p><b><u>LC2 (80 mins)</u></b></p> <p><b>Tribal Drumming (PE Hall)</b></p> <p>9.00 - 10.20: Brid</p> <p>10.20 - 11.55: Íde &amp; Flannán</p> <p>11.55 - 2.00: Fiachra</p> <p>2.00 - 3.20: Ciarán</p> <p>(Síofra will be divided btw each group)</p>

## Information On Our Sessions



**Yoga** is an incorporation of meditation and breathing can help improve a person's mental well-being. Yoga creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens concentration



**Music Generation** - The Ease Project in association with Music Generation is an award winning initiative developed as a response to the surge in young people in Ireland seeking help for anxiety related issues. They use music and professional musicians to engage students, harness their creativity and then explore issues around anxiety.



**Pilates** is a physical fitness system that improves flexibility, increases muscle strength and tone, enhances muscular control of your back and limbs, improves concentration, increases body awareness and helps with stress management and relaxation



**Adapt:** ADAPT offer services to those who may be experiencing domestic abuse. This workshop will help students understand what domestic abuse is and how to take positive action if it is happening to them. Work will also be done on promoting and identifying healthy relationships.



**Tribal Drumming** - is a powerful tool for transforming individuals as it has been shown to have many emotional and social benefits. As skills are mastered and goals are achieved long held beliefs about limitations fall away and self confidence grows. It fosters a sense of belonging, team spirit and wellbeing.



**Samaritans** is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Ireland, often through their telephone helpline.



The **ShoutOut** Student workshop is an interactive, dynamic and informative hour long session where the facilitators explore LGBTQ+ terminology, scenarios where students can act as good allies, and ways in which to create a welcoming environment for LGBTQ+ students.



**Making The Most of Myself** - This workshop aims to take the students on a wellness journey to remind them of their own true potential and help them to change old thinking so they believe in themselves and the power they have to shape their lives in what ever way they want.

