

Wellness Week 2015

Student Council Events

Monday 27th April

Introduction to Wellness Week

Tuesday 28th April

'Silly Sock Day' - no charge

Lunchtime

1st & 2nd Years Canvas Thumb Printing.

'Happy Hockey' in Sports Hall.

Wednesday 29th April

Wellness Talks

Lunchtime

3rd & 4th Years Canvas Thumb Printing.

Thursday 30th April

Lunchtime

5th & 6th Years Canvas Thumb Printing.

Lunchtime Concert- Theme of 'Sisters'.

Friday 1st May

Year Book Photographs for all students.

Lunchtime

Canvas Thumb Printing for anyone who missed it.

LORETO COLLEGE

1 WEEK

WELLNESS CHALLENGE

1. Try a new activity this week, or take back up something you gave up.
2. Spend 5 minutes of quiet time everyday to just 'be in the moment' .
3. Eat well and exercise more if you feel you need to.
4. Spend quality time with your family and set aside 15 minutes everyday to do something you love to do.
5. Treat yourself to something nice...because

You 're Worth It!!



LORETO COLLEGE WELLNESS WEEK 2015



27th April - 1st May



LORETO COLLEGE WELLNESS WEEK 2015 — LET'S ALL MAKE IT HAPPEN!!

Wellness Week 2015



What is Wellness?

Wellness is a positive approach to living. It involves actively finding ways to be happy, healthy and confident. Overall Wellness is a combination of Social, Emotional and Physical Wellness.

- **Social Wellness** is the ability to connect with other people in our world such as our family, friends and classmates.
- **Emotional Wellness** is the ability to understand ourselves and cope with the challenges life can bring.
- **Physical Wellness** is the ability to maintain a healthy quality of life that involves a balanced diet and exercise.

Ten Tips To Improve Overall Wellness

1. Value Yourself:

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favourite activities and try to do something you love every day.

2. Take Care of Your Body:

Taking care of yourself physically can improve your overall wellness. Be sure to:

- Eat nutritious meals and enjoy some nice treats.
- Drink plenty of water.
- Exercise regularly, aim for 30 minutes every day.
- Get enough sleep – Turn off Netflix & your phone and get some well-deserved sleep! :)

3. Surround Yourself with Good People:

Spend time with people who make you feel good about yourself. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a local club or a new group at school.

4. Give to Others

Volunteer your time and energy to help someone else. It might be a grandparent or an elderly neighbour. You'll feel good about doing something to help someone in need.

5. Learn how to Handle Stress:

Acknowledge when stress levels are too high and practice good coping skills: Take a walk, exercise, play with your pet or try journal writing as a stress reducer. Remember to smile. Laughter can boost your immune system, ease pain, relax your body and reduce stress.

6. Take Time Out

Relaxation exercises can improve your state of mind and outlook on life. Take a break from your busy life to enjoy 5 minutes of quietness every day to just 'be in the moment'.

7. Set Realistic Goals:

Think about what you would like to achieve academically and personally in the next few years. You'll enjoy a great sense of accomplishment & self-worth as you progress toward your goals.

8. Make Small Changes:

Routines make us more efficient & enhance our feelings of security & safety, but a little change of pace can rejuvenate us. Alter your jogging route, plan a weekend activity with your family, take a walk in a different park, put up some posters or try a different café.

9. Try Something New.

Trying new things can allow us to experience and see our world differently. You could take up acting or dance lessons, join a new club in school, learn a new language, or take up a new instrument.

10. Ask for Help When You Need it:

Seeking help is a sign of strength. Talking about a problem you are having can help you find your own solutions. Contact your Teacher, your Year Head, Ms. O'Keeffe, or Ms. Fitzpatrick if you would like to talk to someone in school. We're here to help you. Check out www.guidanceonthegreen.com - Personal Guidance - for more information.

