



A.M.D.G.

## CRESCENT COLLEGE COMPREHENSIVE S.J.

### WELL-BEING SUGGESTIONS

1. Create a regular routine to make it feel like you are still attending school. Set an alarm, shower and get dressed every day. Get into the right routine of eating well and getting consistent sleep as soon as possible.
2. Follow your teachers' advice or plan for each specific subject where applicable.
3. Create a separate study space in your home, if possible.
4. Decide on a timetable and write out a copy of it. Plan your learning hours and subjects in advance and be disciplined. Don't just include the subjects you like! Make sure to schedule activities that you enjoy and also things that give you a sense of satisfaction.
5. During your timetabled "school time" make sure you avoid unnecessary distractions. Don't let your phone control you, control it. Pretend you are in school and so don't reach for your guitar in the middle of a class.
6. For examination classes use the past exam questions as a guide for revision of topics. Attempt to answer the questions initially, without the aid of books or resources to check what exactly you know and what you don't know. Make use of the official marking schemes on examinations.ie.
7. Set up groups to stay in contact with your peers and friends. Have regular video calls with your classmates. Avoid feeling isolated. Take the lead in this action.
8. Exercise - build this into your daily routine. Where possible get out in the fresh air but be mindful of the 2m distance between you and other people, go for a run/walk/cycle and remember that you can do this with your family. There are plenty of effective indoor workout routines that you can do using YouTube videos.
9. Take a break from the media coverage of Covid-19. It is understandable that you may feel overwhelmed reading or hearing about the outbreak. Remind yourself that isolating ourselves is playing a part in reducing the spread of Covid-19 in Ireland. We are making a positive impact through this act. It could also be helpful if we consider keeping a daily diary of our contact with other people. This could potentially be useful for contact tracing, if needed.
10. Remember that every other student in Ireland is in the very same position as you. While this period is out of our control, we can turn this time into a positive opportunity. We can make progress with study or projects, learn a new skill or take up a new hobby using the wealth of resources that are available online, do a clear out of old clothes etc, catch up on reading using resources like BorrowBox (online library

facility), help out at home and get fit and active. Be kind to each other, talk to each other about how you feel, and take care of yourselves and your family.

11. Join the Morning Prayer on Teams, there are reflections to suits all Faiths and None, which give meaning and perspective to your day.