

# HEADSTRONG

START BY DOING WHAT'S NECESSARY, THEN DO WHAT'S POSSIBLE, AND  
SUDDENLY YOU ARE DOING THE IMPOSSIBLE - SAINT FRANCIS OF ASSIS



To mark our digital return to school our Headstrong Mental Health Committee want to encourage our school community to stay healthy and well during this time.

Check out our [Headstrong Inspiration Wall](#) (see bottom of page) for links to podcasts covering themes of how to manage anxiety and how to build better habits, links to virtual tours of space stations and the Seven Wonders of the World, learn how to bake, see how physics and astronomy shape our world in Minute Physics videos...and so much more.

## STRESS, HOW TO COPE

Take action - a few quick and easy tasks.

Set realistic goals.

Create a task list - ticking items off as they are done.

Be kinder to yourself - kind thoughts lead to better outcomes.

Talk out your problems with someone.

Ask for support if you are unsure where to begin.

## HEALTHY EATING ROUTINE

Drink water - hydration is key.

Try to keep to regular times for 3 meals and 2-3 snacks.

Try to eat more nutritious food.

Using the extra time, learn to cook - see links on our Inspiration Wall to help you get started.

Make a list of the meals you're going to make so it can help you plan for the week.

Try to cook something new each week, a valuable life skill.

## CONTACT DETAILS

Anything we can help with please get in touch:

Guidance Counsellors:

[mcumiskey@presentationcollegecarlow.com](mailto:mcumiskey@presentationcollegecarlow.com)

[tosullivan@presentationcollegecarlow.com](mailto:tosullivan@presentationcollegecarlow.com)

Useful links

[www.pieta.ie/contact](http://www.pieta.ie/contact)

[www.childline.ie](http://www.childline.ie)

[www.samaritans.org/ireland/how-we-can-help/contact-samaritan](http://www.samaritans.org/ireland/how-we-can-help/contact-samaritan)



## HEADSTRONG INSPIRATION WALL

Scan the QR code to access the Headstrong Inspiration Wall.

Or visit: <https://padlet.com/mcumiskey/2ljhksoruyjeyo6c>