

Keeping a positive mindset during these challenging times will unite us as one here in Old Bawn Community School.

“All for One and One for All”

“The greatest weapon against stress is our ability to choose one thought over another “

William James

In these unprecedented times it is paramount that we **look after our mental health** in a very positive and healthy way. Uncertainty of the unknown can create some stress and anxiety in our lives and calls for **positive measures** in addressing what we are feeling and experiencing in the moment.

Stress is unavoidable in today's world, but it doesn't have to get us down. I believe if we approach stress in the right way, it will not rule our lives. Here are ways to deal with stress and anxiety, reduce its harm and even use our daily stresses to make us stronger.

Remember “ We are not Alone “. Old Bawn Community School is a **SCHOOL COMMUNITY** that has come together, will stick together and support one another during these challenging times.

Strategies for managing stress and anxiety

Attention

- ★ Pay attention and be aware of what is going on in your body.
- ★ Be able to “**Name It, Tame It and Claim It**”
- ★ When necessary do the breathing exercise **7/11** (breath in 7 and exhale 11).
- ★ Use mindfulness apps and **5 minute body scans** for (access through YouTube) if and when necessary.
- ★ When feeling anxious or stressed go to your **HAPPY PLACE** and observe how your body begins to relax when in your HAPPY PLACE.

Reflection

- ★ Take some time out and **reflect** and see what your triggers are that are causing anxious thoughts and feelings in your life at the moment.
- ★ When reflecting it might help to **write things down, talk to someone and self-monitor.**

Exercise

- ★ To channel anxious thoughts or feelings **be creative** by partaking in some physical exercise (keeping in mind social distancing), art, music, a project etc....

Healthy Lifestyle

- ★ To reduce feelings of stress and anxiety it is important that we **pay attention to our lifestyles.**
- ★ Take a moment and ask yourself :
 - ◆ Have you got **healthy relationships**?
 - ◆ Are you maintaining **social contact** with people over the phone and email?
 - ◆ Are you **eating** healthily?
 - ◆ Are you **sleeping** well?
 - ◆ Are you **exercising** enough?

“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers “

Fred Rogers