



# MY COVID-19

# TEEN WELLNESS PACK

*plus a handy card of useful supports to keep with you.*

## MENTAL HEALTH REMINDER

Mental Health is always important, but it is especially important during times like this

<p><b>GET DRESSED</b></p> <p>Even if it is just into comfort clothes, this will help you feel more productive and less in a rut .</p>	<p><b>REACH OUT</b></p> <p>Reach out if you need to and remember to check in with your friends and family. We are all in this together.</p>
<p><b>STAY CONNECTED</b></p> <p>Even though we cannot go visiting, make sure you stay connected. A good way is video chatting or even a phone call. This will help you and the people you are talking to feel less isolated.</p>	<p><b>DO YOUR HAIR / /MAKE UP</b></p> <p>Even if you're not going anywhere this can help you feel 'normal' in a very chaotic time. People also often feel relaxed when doing hair or make up and you deserve that.</p>
<p><b>BE CREATIVE</b></p> <p>Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.</p>	<p><b>UNPLUG</b></p> <p>Everyone everywhere is talking about the virus. Turn off your devices and get some well-deserved time away. Watch a movie or comedy.</p>
<p><b>GET SOME FRESH AIR</b></p> <p>Fresh air will help you not feel so cooped up or "stuck" in your home. Getting outside would be best but even standing at a window will be beneficial.</p>	<p><b>EAT NEW HEALTHY RECIPES</b></p> <p>If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy</p>



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# A Different Meaning for Pandemic

**P** Be Present, This Too Will Pass

**A** Accept Your Feelings, All Our Feelings Are Okay

**N** Nurture Your Needs, Your Relationship With Yourself Is The Most Important Relationship In Your Life

**D** Discover What's Good, There Are Moments of Joy In Everyday

**E** Engage with What You Enjoy, Be Creative, Try A New Activity

**M** Mind Each Other Be Helpful To Those More Vulnerable At This Time

**I** Is this True? Our Thoughts are Not Facts, Reach Out If You Need Help

**C** Connect Social Distancing, Staying In Touch With Friends

# Things I Can Control

So I will focus on these

Finding fun things to do at home 

Limiting my social media

Turning off the news

My own Social Distancing

My Kindness & Grace

My Positive Attitude

How I follow HSE recommendations

## Things I Can't Control

so I can let go of these things

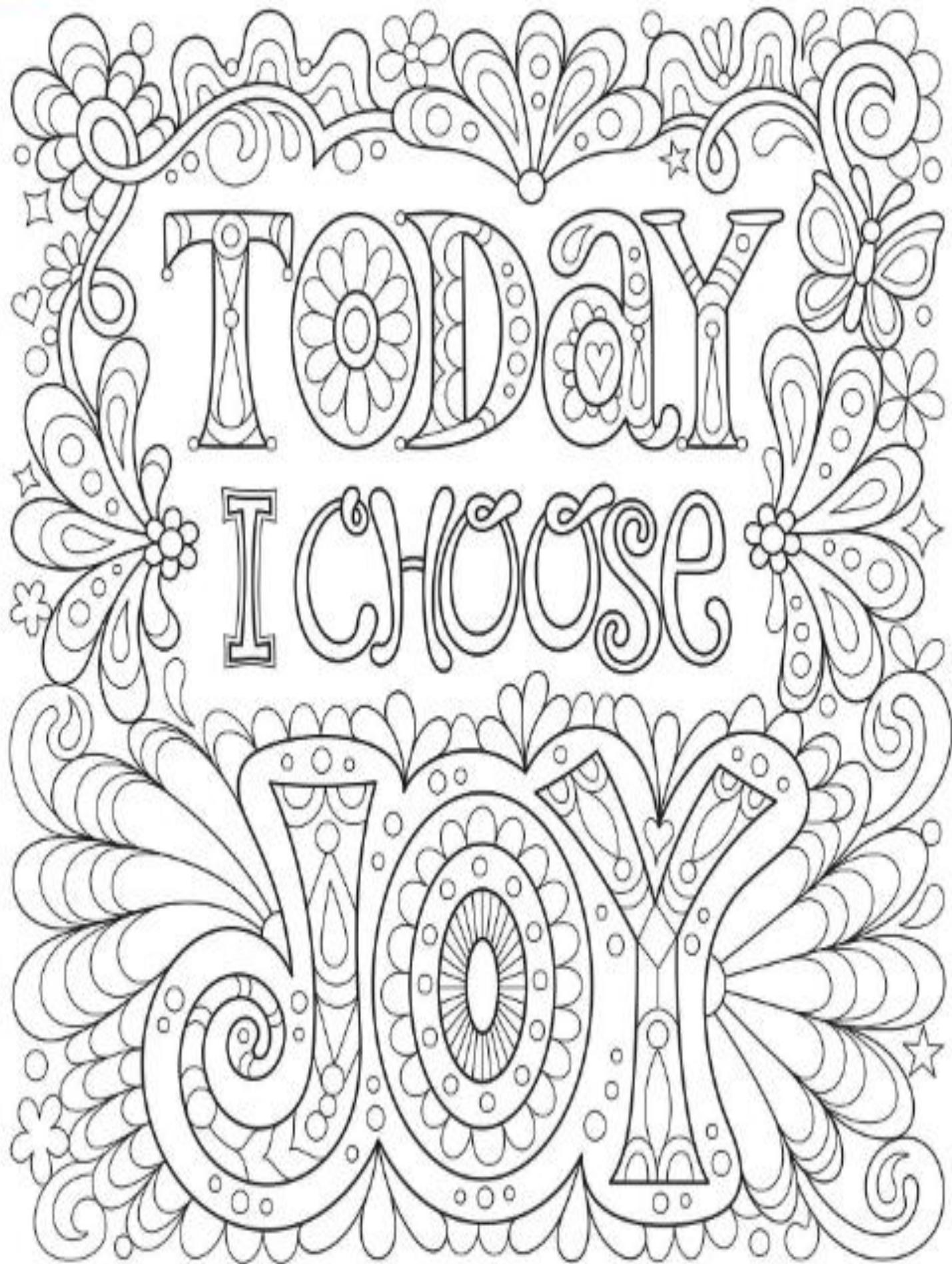
if others follow the rules of Social Distancing

Predicting what will happen

The actions of others

How long this will last

The amount of toilet paper in the shops







## **Six Daily Questions to Ask Yourself While Social Distancing**

Sheltering in place and the new routines that come with it can be disorientating. Here's a list of questions that will help you check in with yourself every day.

### **1. What am I grateful for today?**

Take time every day to make a list. Add to it throughout the day.

### **2. Who am I checking in on, or connecting with, today?**

It's not *social distance* we need, but rather *social solidarity* while we maintain *physical distance*.

### **3. What expectations of "normal" am I letting go of today?**

Figure out what is actually important to you in this moment and focus on that.

### **4. How am I getting outside today?**

Nature, fresh air, and sunshine are good for our nervous systems

### **5. How am I moving my body today?**

Crisis heightens fear and anxiety. The more we can shift out of our heads and into our bodies, the more grounded we feel.

### **6. What beauty am I creating, cultivating, or inviting in today?**

So, lets write about our lives and draw our dreams (Time Capsule?)

# COMPLETE THIS WORDSEARCH

## STAY CONNECTED - STAY SAFE

G	S	I	D	S	P	G	N	Y	S	O	S	E	R
I	P	G	A	R	E	T	R	S	C	E	B	T	E
N	F	S	T	P	R	R	S	S	A	G	W	T	P
G	S	N	E	I	S	S	F	T	R	U	S	T	O
R	F	S	L	U	O	N	N	A	E	E	N	T	R
S	H	A	R	I	N	G	P	O	F	R	R	E	T
B	O	N	N	S	A	G	T	R	U	N	A	S	I
E	I	R	O	T	L	S	A	A	L	E	N	N	N
K	C	Y	B	E	R	B	U	L	L	Y	I	N	G
I	R	O	S	E	T	I	S	E	R	U	C	E	S
N	C	Y	N	O	I	T	A	M	R	O	F	N	I
D	A	S	A	F	E	B	R	O	W	S	I	N	G
S	R	E	G	N	A	R	T	S	S	Y	S	A	I
F	I	S	T	P	A	S	S	W	O	R	D	S	E

CAREFUL  
INFORMATION  
STRANGERS  
PERSONAL  
TRUST  
SECURE SITES  
CYBER BULLYING  
SAFE BROWSING  
PASSWORD  
BE KIND  
SHARING  
REPORTING



**Mark Prendergast** Kodaline guitarist Mark Prendergast told Irish radio station RTE 2fm on 24 March that he had a "very, very dry cough" and had tested positive "I'd never had a cough like it before. .. I was a little bit panicked," he said. "Maybe three, four days later I got a fever that lasted for four or five days. Overall my experience wasn't as bad as it can get. So I'm kind of lucky."

[www.skynews.com](http://www.skynews.com)



'This is serious. Think about social distancing'

**Idris Elba** The British actor **confirmed he had contracted COVID-19** on Twitter on 17 March. The actor said he felt fine and had no symptoms but had been isolated since he found out that he may have been exposed to the virus. In a tweet he said: "This morning I tested positive for COVID-19. I feel ok. "I have no symptoms so far but have been isolated since I found out ... Stay home people and be pragmatic. I will keep you updated on how I'm doing. No panic." [www.skynews.com](http://www.skynews.com)

*Produced by NTDC, SICAP, Margo O'Donnell-Roche,  
Roscrea Youth Counselling Service, Mary Grace & Kickback Youth Café  
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