



In managing our response to the Government shutdown due to Covid-19 pandemic, we are all trying to establish new routines in new settings. During this time, **we may also need to consider learning new and additional strategies to deal** with the stress that this novel way of living engenders in us.

Below are some psychological resources and tools that can help us to manage those moments when we feel low, overwhelmed or panicked; all feelings that are very normal to feel in such uncertain times.

Quieting the mind and stilling the body

- Beaumont Hospital's Mindfulness and Relaxation Centre:

<http://www.beaumont.ie/index.jsp?p=105&n=528>

This website offers information and resources to help manage stress. There are audio exercises that can help manage physical symptoms of stress, like tight muscles, aches and pains, along with exercises that help quiet a racing mind.

The power of words

- The power of words is a HSE initiative:

<https://www.hse.ie/eng/services/list/4/mental-health-services/powerofwords/booklist/bibliotherapybooklist.html>

It helps us to navigate and identify books that might offer advice or provide solace to us, when we are going through life's difficulties. You can access available e-books at <https://www.librariesireland.ie/join-your-library>

- The Newcastle North Tyneside and Northumberland Mental Health NHS Trust offers psycho-educational booklets on how to manage a number of commonly-experienced difficulties from anxiety to poor sleep: <https://web.ntw.nhs.uk/selfhelp/>

Sleep matters

- The importance of sleep: <https://www.sleepfoundation.org/articles/healthy-sleep-tips> This website offers a brief checklist of things to review in order for you to get a good night's sleep.

You are not alone

- The HSE has provided information on mental health services and resources that are available for people during the Covid-19 pandemic: <https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>

Food for the soul

- A TRULY useful web-link from *Chatterpack* that lists so many free resources which are available and which are, as they say, 'boredom busting': <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR26snzOsGaUW3-cx698aQsXmzZ0gbnxYDhxtFxWTHX-jmPSiH-dHbEhM7A>
- Take virtual tours of art museums and galleries from your couch: <https://artsandculture.google.com/partner?hl=en>

- Visit an Irish museum: https://irelandxo.com/ireland-xo/news/ten-irish-museums-visit-virtually?fbclid=IwAR3Jo8W8uvZRZDgn7f_GH9erSyDSMJRhZIsBUqNuczSo_eN8LFvlgjy73E
- Never been to an opera, listen to the best: <https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/?fbclid=IwAR3QIHahK0wmcKo5iYQOFbAINu9fFh0C7Bi0F9E4IYcbRYS-gY0oUmcinjc>
- Read the latest from short story writers here: <https://www.irishtimes.com/culture/books/short-story>
- Read an e-book: <https://www.librariesireland.ie>

<https://www.proquest.com/blog/pqblog/2020/Coronavirus-Impacted-Libraries-Get-Unlimited-Access-to-Ebook-Central.html>
- Learn a new language or revisit an already-learned language: <https://www.duolingo.com>
- Listen to inspiring and informative talks: <https://www.ted.com/talks>

Help for Parents

- Speech, language, communication and SEND resources for parents: <https://chatterpack.net/blogs/blog>
- Get an actor to read a story to your child: <https://www.storylineonline.net>

Useful contact numbers

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| • Ballyraine Park Health Centre | 074 912 9393 |
| • NowDoc | 1850 400 911 |

- University Hospital Letterkenny 074 912 5888
- Sexual Assault and Treatment Unit (S.A.T.U.) 074 910 4436
(Open 8am-8pm/ call 087 0681964)
- The Samaritans (24hr Freephone) 116123
- AWARE (10am-10pm Mon-Sun) 1890/ 804 848
- Pieta House (24hr Freephone) 1800 247 247
- Rape Crisis (24HR Freephone) 1800 778 888