

COVID-19 Wellbeing & Activity Pack

Safe at Home

Written by Cathy Hogan

You have travelled life's journey, and witnessed so much of life,
Days of great joy, and days of sadness and strife,
But you are strong and saw those days through,
Just like you will with these tough days too,

It's so hard to be without family and friends,
But never lose hope that this time will soon end,
Because it is hope that will be your shining light,
Making your darkest moments bright,

Never lose sight of big hugs and warm smiles,
Even if, for them, you must wait a while,
And if some day you feel all alone,
Just reach out, just pick up the phone,
You never know, you could make someone's day,
By just a few kind, caring words that you say.

All we want is for you to remain in good health,
That matters much more than material wealth,
Take care of yourselves as you stay safe at home,
And never forget, you are not alone.

I would like to dedicate this to all who are alone and to children.

Cocooning April 2020 by Mary Finn Artist....

All set now, I leave the house“ it’s week 4.

“In the name of the father”

Father Celsus Tierney, Begins live streaming mass
on Facebook from Holycross Abbey, as I walk our family farm in Ballycahill

Dog on lead, down the lane
towards the farm -house, where my children grew up.

Memories flood back.

I pass the 16th c castle on the right,
Hear my grandchildren playing in the yard.

They shout, “Mary, We will email you”.

“Keep a safe distance”, I can’t remember! Was it 2 meters?
the yellow Covid booklet said?

Afraid now. I would love to hug them anyway,
especially Emily who was due to receive her, First Communion in May.

And then,

I remember all those cocooning in flats, apartments
and nursing homes who can’t go out for a walk.

Holy holy holy lord God says the iphone
It’s safe now to unleash the dog, no cattle here to chase, he runs to the river, free at last.

Looking up, there’s not a plane in the Sky
And this usually a pathway between Europe and America
The birds haven’t stopped singing since I left home
Now near the forest they are melodious like a choir of angels.

Stay safe everybody says the parish priest...

I turn for home, dog back on the lead.

The cows are relaxing in the long grass, The calves are playing on new pastures .

My walking companion, Off the lead again
Runs for home. Not a care in the world.



Photos courtesy of
Noel O'Meara

A simple exercise to help stay calm in the face of coronavirus uncertainty



Martin Seligman is the Zellerbach Family Professor of Psychology in the Department of Psychology and director of Penn's Positive Psychology Center.

Credit: University of Pennsylvania. 18 March 2020

The situation with coronavirus and COVID-19 is changing daily, and such uncertainty and flux can lead to anxiety and fear.

"The human mind is automatically attracted to the worst possible case, often very inaccurately," says Martin Seligman, who founded the field of Positive Psychology and runs Penn's Positive Psychology Center. "Catastrophizing is an evolutionarily adaptive frame of mind, but it is usually unrealistically negative."

To refocus the mind, Seligman suggests a simple exercise called "Put It in Perspective," which starts by conjuring the worst-case scenario, which our minds tend to do first, then moves to best case scenario, and finishes with the most likely scenario. The idea is to redirect your thoughts from irrational to rational.

Step 1: Ask yourself: What is the worst possible situation?

This will change depending on your age and health. Seligman offers as an example his own scenario as a 77-year-old man who lives in Montgomery County, Pennsylvania, which was recently shuttered to prevent the spread of the illness. His gravest thoughts automatically go to the extreme: "I am sure to get infected, since my daughter goes to school here. Once infected, I will get a severe case, and being in my 70s I will die."

Step 2: Then force yourself to think about the best outcome

In this part of the exercise, Seligman might think, "I will not get infected, nor will any of my family. This will blow over, and we'll all be fine."

Step 3: Next, consider what's most likely to happen

As Seligman explains, his most realistic outcome is this: "I will probably eventually get infected, but like most adults my symptoms will be non-existent or mild. Even though I am in the age of risk, I am perfectly fit, so I will likely just be uncomfortably ill for a week or so and then recover."

Step 4: Finally, develop a plan for the most realistic scenario

This is different than wasting energy on something that's unlikely to occur. Rather, it's coming up with a contingency for what could be a challenging situation. Your plan will depend on your individual circumstances. For instance, do you need to secure child care if you're sick? If you have to stay home, do you have enough food and medicine? What does it mean for your job? If you fall into the higher risk group, will there be someone to care for you should you need it? Seligman has tested this exercise in many circumstances and with many different groups.

A Different Meaning for Pandemic

P Present be present in your day by using your senses

- 1 Touch as you go about your daily activities, feel your clothes and air on your skin..
- 2 Taste as you enjoy your meals, take time to savour the flavours, the textures..
- 3 See actively all around you. Notice the colours, the movements, do you see anything new?
- 4 Smell the scents around you, breathe deep and really take in the scents, do you like them?
- 5 Hear as you communicate with others and listen attentively to background sounds around you.

A Affirmations Positive affirmations lead to positive thinking

- I am doing my best
- I choose to be happy and love myself today
- I will not worry about things I cannot control
- I will be kind to myself and others today
- I am grateful for all that I have

N Nurture your **Needs** What do you need right now?

- Basic needs, food, shelter, sleep, my health, my family's health, feeling safe, friendships, connections, feeling confident, positive, and focused, acceptance of what is needed right now from me.
- HALT – Am I Hungry, Angry, Lonely or Tired?
- STOP – Stop what I am doing, Take time out, Observe how I am feeling, Plan to Proceed as is best for me

D Discover not every day is a good day, yet, there is good to be found in every day. Discover 3 good things you are grateful for e.g., positive connections with friends and family, positive outlook – this too will pass- getting out for a walk in the beautiful weather, cooking healthy food...

E Engage with what you **enjoy**, now could be the time to do the thing you enjoyed doing in the past, puzzles, writing, reading, watching movies, board games, cards, etc

M Me Time finding time in each day just for you is really important, it will energise you and make you feel healthier and happier putting you in a better position to love and support the people you care about in this very challenging time.

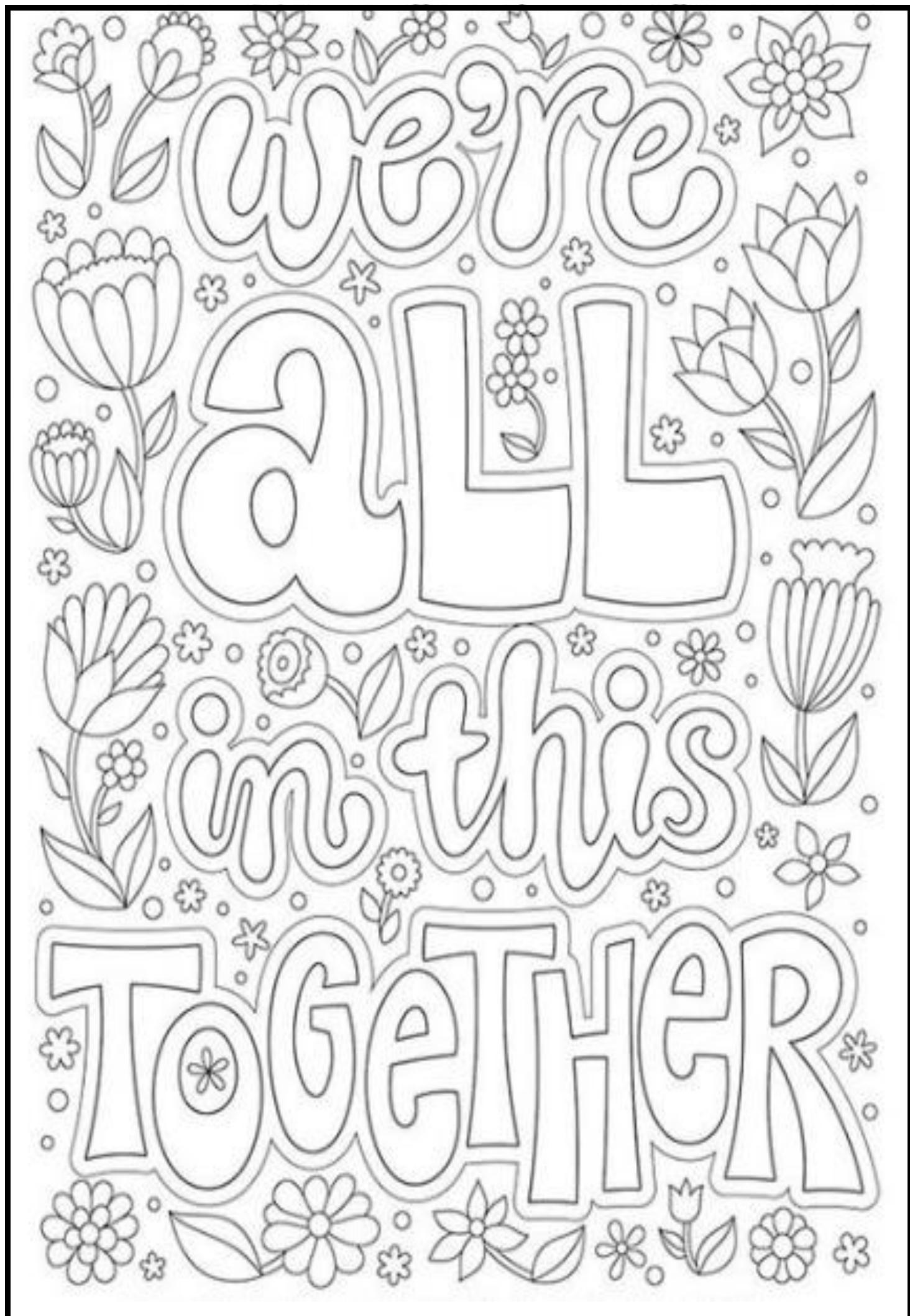
I Intention consider how you would like your day to be and create your intention. Positive intentions lead to a positive attitude and keep one grounded in the present moment.

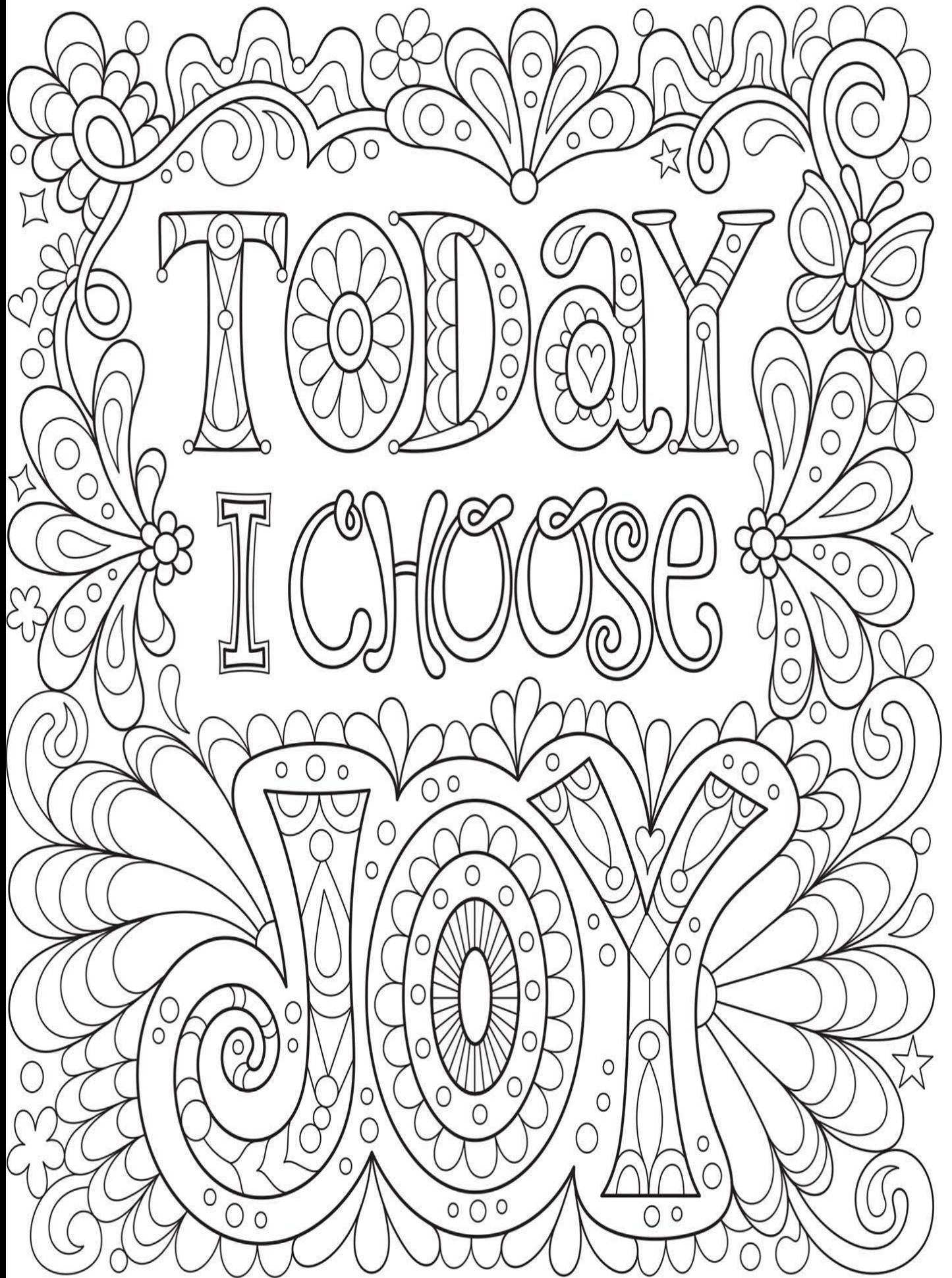
C Connect with **Compassion** Social distancing does not mean social isolation, connect with your friends and family, , everyone has their own unique story, yet we are all essentially the same, bring empathy into our everyday life.



ILLUSTRATION JENNIFER ORKIN LEWIS

flow







Give it a go

S	A	P	P	S	F	O	J	N	S	M	O	S	S
U	H	C	H	F	C	U	L	E	G	I	I	A	L
S	P	C	O	E	U	E	H	S	H	N	L	N	I
N	O	L	N	L	E	F	H	C	F	D	I	N	C
O	E	T	E	P	F	R	I	O	F	F	E	N	N
I	M	R	C	H	A	I	S	N	N	U	C	J	E
N	S	E	A	O	M	E	S	N	G	L	N	O	P
A	S	T	L	T	I	N	E	E	H	L	E	U	P
P	M	H	L	O	L	D	L	C	N	N	I	R	M
M	I	G	S	S	Y	S	Z	T	P	E	L	N	A
O	L	U	C	L	M	H	Z	I	F	S	I	A	S
C	E	A	N	A	N	I	U	O	N	S	S	L	S
N	S	L	L	E	R	P	P	N	C	G	E	S	O
R	N	H	T	G	N	E	R	T	S	S	R	L	E

FRIENDSHIP
 FUN
 FAMILY
 STRENGTH
 CONNECTION
 JOURNALS
 LAUGHTER
 PHOTOS
 PENCILS
 CARE
 PHONECALLS
 COMPANIONS
 SMILES
 PUZZLES
 MINDFULLNESS
 RESILIENCE
 POEMS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1119884/>



Photos courtesy of Noel O'Meara

Find Nature

S	U	S	E	R	S	U	N	S	E	T	S	L	A
S	S	R	B	D	R	S	R	E	W	O	L	F	N
A	A	R	I	S	S	I	S	R	I	V	E	R	S
N	D	S	R	E	S	R	E	P	D	N	R	W	O
D	S	O	D	V	A	U	E	N	D	O	O	U	A
I	E	O	S	A	A	T	R	S	F	O	T	G	I
E	N	B	I	E	A	R	T	S	D	D	O	B	R
U	O	H	S	L	O	N	W	S	O	E	S	I	E
N	T	O	S	O	W	O	T	O	S	E	A	R	S
S	S	R	E	S	C	A	R	O	S	H	S	D	I
I	R	S	R	E	R	S	V	F	S	F	R	S	R
E	O	E	H	I	L	L	S	E	O	S	H	O	N
U	D	S	O	O	R	R	R	X	S	S	R	N	U
C	L	O	U	D	S	F	S	D	E	E	R	G	S

PETALS
HORSES
OUTDOORS
STONES
FOXES
CLOUDS
WOODS
SAND
BIRDS
SUNSET
TREES
RIVERS
LEAVES
COMS
HILLS
FRESH AIR
FLOWERS
WAVES
BIRDSONG
SUNRISE

Play this puzzle online at : <https://thewordsearch.com/puzzle/1119838/>



Photo courtesy of Mary Finn

Call me I am here *Written by Cathy Hogan*

The sun rises, But the darkness remains,
And you're tired of fighting, Again and again,
When you heart is hurting, And your head's full of fear,
Call me...I am here.

When you can't face the world, And you can see no light,
When you're lost and lonely, Both day and night,
When you've cried so much, And you're all out of tears,
Call me... I am here.

When the road seems too long, To travel alone,
When you can't take that step, Beyond your comfort zone,
When you wish someone, To walk with you was near,
Call me... I am here.

When you think it is wrong, To need a helping hand,
Or you feel nobody, Will understand,
Remember the days, When down through the years,
You said Call me.. I am here.

We all fall down, And need to stop,
To find new strength, To get back up,
An outstretched hand, A hug and a smile,
Show us that our battles, Are all worthwhile,
In each other's darkness, We can be the light,
Walking hand in hand, Making the world seem bright
So when you're lonely, And it seems no-one is near,
Call me... I am here.

Supports for older people

Age Friendly Roscrea

Roscrea Communication Network has been set up, with calls on a daily basis, keep in contact, keep connected, keep informed, keep in the loop. Join the network ring 0505 22550

Alone

Alone provide a COVID-19 support line for older people. Call 0818 222 024 (from 8am to 8pm, seven days a week). Visit www.alone.ie

Seniorline

Confidential listening service for older people provided by trained older volunteers. Call 1800 804 591 (lines are open every day from 10am to 10pm).

Visit www.thirdageireland.ie/seniorline for more information

Age Friendly Ireland

Age Friendly Ireland have compiled a list of all Local Authority Community Response Forums, and their contact helpline numbers - these are available to support vulnerable members of communities affected by COVID-19 restrictions. Visit www.agefriendlyireland.ie for more information and access their daily newsletter.

Tipperary County Council

Contact number for vulnerable citizens during Covid-19 0761 06500 or covid19@tipperarycoco.ie

Produced by North Tipperary Development Company

SICAP - Margo O Donnell-Roche & Sona Real Life Positivity - Siobhan Connelly-Hogan & Age Friendly Roscrea

Simple Exercises from your HSE Physiotherapist for you to do during Covid -19 Cocooning phase



Follow the 8 daily exercises overleaf,
then tick the boxes below when each
session is completed. Please complete
all 8 exercises twice daily (AM and PM).

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	AM	PM	AM	PM	AM	PM	AM	PM
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Let's begin!

1 Knee Strengthening

- Sit tall in a chair with your back well supported.
- Straighten your right leg fully and bring your toes up towards you.
- Hold for 5 seconds.
- Lower the leg slowly.
- Repeat up to 10 times - as you are able.

(If you have a 1kg weight at home you could strap this onto your ankle and you will get a greater benefit from this exercise)



2 Arm Strengthening

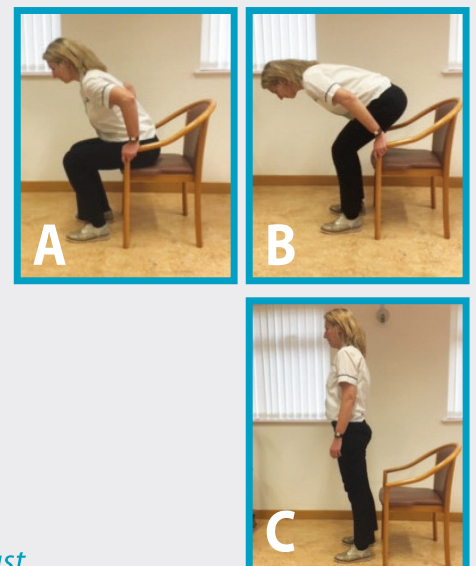
- Sitting tall.
- Hold a tin securely in each hand.
- Lift one arm over your head at a time.
- Replace onto your lap.
- Repeat up to 10 times - as you are able.



3 Sit to Stand

- Put your chair against the wall.
- Move your bottom forwards in your chair.
- Bring your feet behind your knees.
- Lean forwards bringing your head over your knees.
- Push off with both hands to stand up.
- Step back until you feel the chair against your legs.
- Bend in the middle, reaching back for the arm rests and slowly sit back down.
- Repeat up to 10 times - as you are able.

(When you get good at this exercise you can try to do it using just one hand or no hands to push yourself up)



4

Calf Raises

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Place your feet hip width apart.
- Lift up onto your toes slowly.
- Lower your heels back onto the ground slowly.
- Repeat up to 10 times - as you are able.



5

Toe Raises

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Keep your feet hip width apart.
- Place your weight onto the back of your foot
- Lift your toes and front of your feet off the ground.
- Keep your bottom tucked in.
- Lower your feet back to the ground slowly.
- Repeat up to 10 times - as you are able.



6

Hip Strengthening

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands.
- Keep the exercising leg straight and the foot facing straight forward.
- Lift the leg out to the side slowly.
- Return your leg to the starting position slowly.
- Repeat up to 10 times - as you are able.

(If you have a 1kg weight at home you could strap this onto your ankle and you will get a greater benefit from this exercise)



“If you feel unwell on any day, don’t push yourself to complete these exercises.”

7

Balance Heel Toe Standing

- Hold onto a sturdy chair or your kitchen sink with two hands and look ahead.
- Place right foot directly in front of the left foot.
- Hold this position for 10 seconds.
- Change feet and hold for 10 seconds.



8

Balance One Leg Stand

- Hold on to heavy chair or kitchen sink with 2 hands and look straight ahead.
- Stand on your right leg.
- Hold for 10 seconds.
- Repeat on the left leg.



Congratulations! You've completed the 8 exercises. Don't forget to go to page 13 and tick the box!

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