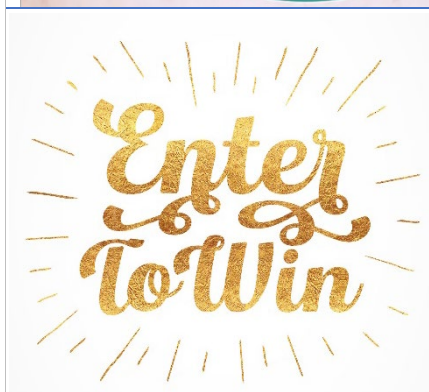
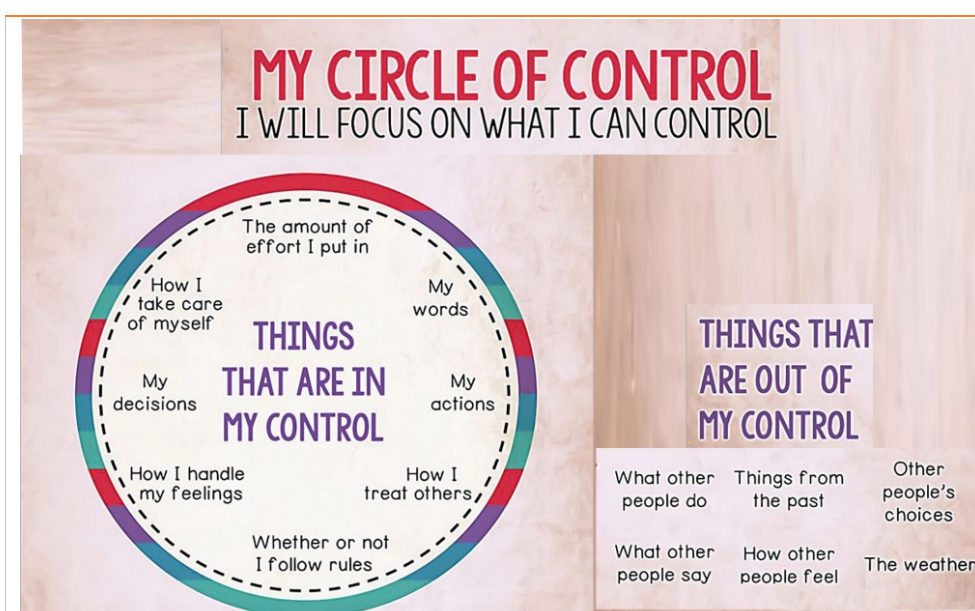
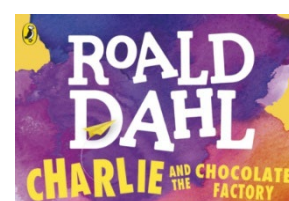




**Win some
mindful goodies
by entering our
competitions..
Pascale Lutz
Happiness Cards &
Happiness Diary 2021**



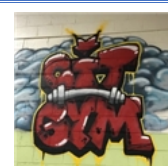
How well do you know Roald Dahl stories?

Enter our little trivia quiz of quotes
<https://forms.gle/t32p8PTMjZiAiGbV6>



Had some time for some mindful colouring? Share the Positivity and post your message on facebook or Instagram with the tag #keepwellcit. Once we have 10 entries we'll pull a prize and once you enter once you'll be in all the draws. The more you enter the better, the more you'll share the positivity!

If you haven't received your pack just yet you can still participate by downloading the sheets from the [mycit](https://www.mycit.ie) website



The Gym at CIT is FREE for all staff and students to use. It is fully equipped with cardio and weights and is open Monday – Friday 7am – 7.30pm, and Saturdays 11-2.45pm. Queries email Gym@cit.ie

- Booking slots are a maximum of ONE hour to facilitate all users,
- Users MUST BOOK in advance via : <https://outlook.office365.com/owa/calendar/CITGym@citcampus.onmicrosoft.com/bookings/>

Online Classes also continue. Yoga, Pilates, Boot Camp and Zumba.

Mindful Relaxation Wednesdays 7-8pm [Register on the CIT Events Website](#)

Bootcamp Mondays, 1-2pm. Email gym@cit.ie

Yoga Tuesday 7-8pm. [Register on the CIT Events Website](#)

Wednesday 1-2pm. Email gym@cit.ie

Wednesday 6-7pm. [Register on the CIT Events Website](#)

Yoga & Strength for Sport Thursday 1-2pm. Email gym@cit.ie

Pilates Tuesday 1-2pm. Email gym@cit.ie

Zumba Dance Friday, 1-2pm. Email gym@cit.ie

***** Positivity CIT ++++
Collaborative Playlist**



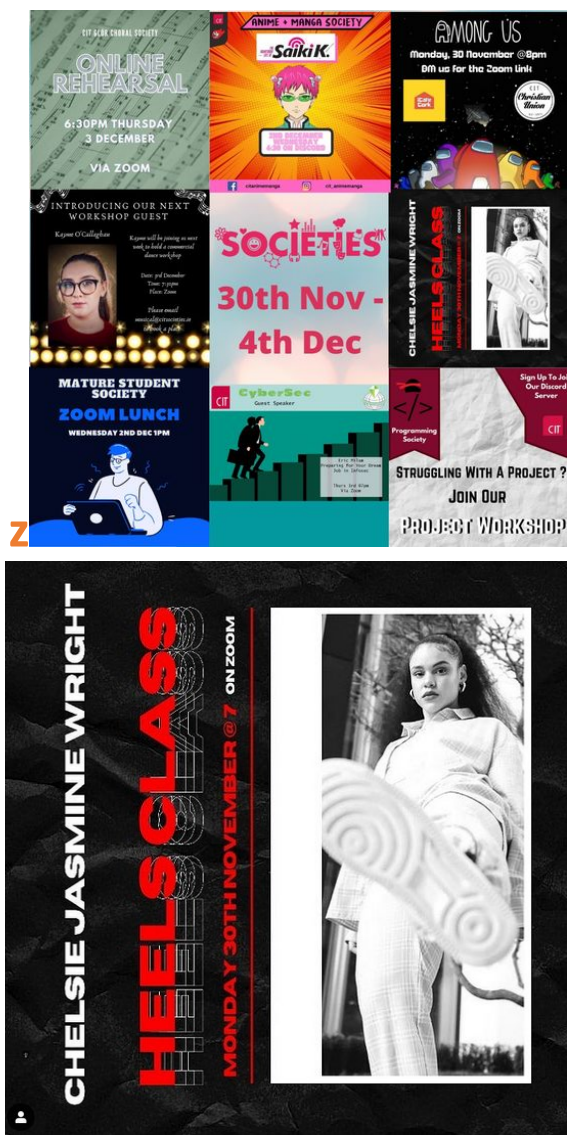
Follow our CIT playlist to listen... but we are hoping that you will contribute and add a song to the list... Have a song that makes you feel good and want to share it with everyone, add it to the playlist 😊



Or click on this link

<https://open.spotify.com/playlist/5KTMZvObUGgXCxvTo8wRtd?si=MILknfYQTmqY0P2b2IFk6Q>

Create Connections
through Societies



**** Monday ****

Christian Union – Small groups from 7-8pm & Among Us with the Cork International Student Café at 8pm, both on Zoom

Pool & Board Games - Weekly games night 6.30pm – 10pm on Discord

Dance – Heels Class with Chelsie Jasmine Wright at 7pm on Zoom

**** Tuesday ****

Yoga - Online Class at 7-8pm <https://bit.ly/3emYX95>

**** Wednesday ****

Mature Student – Zoom Lunch at 1pm on Zoom

Marketing – Guest Speaker Alison Desmond, 1pm on Zoom

Anime & Manga – The Disastrous life of Saiki K screening at 6:30pm on Discord

Mindful Relaxation – class at 7-8pm <https://bit.ly/3kPeJft>

**** Thursday ****

Glór– Online Rehearsal at 6.30pm on Zoom

3D Design – Meeting at 6.30pm on Discord

DJ – Meeting at 7pm on Discord

Musical – Commercial Dance Workshop with Kayme O’Callaghan at 7.30pm on Zoom

Cyber Security – Preparing for your Dream Job in Infosec with Eric Milam at 7pm on Zoom

Programming – Project Workshop at 7pm on Discord

Christian Union – Online Workshop with International Student Ministry – Ireland at 7.30pm

**** Friday ****

Christian Union – Small groups from 8-9pm on Zoom

CIT Sci-Fi Society – Games night at 6pm on Discord

****Weekend****

Sci-Fi – The Mandalorian Screening Saturday at 6.30pm on Discord

****All Week****

Sci-Fi Writing Competition, check out their Social Media for more Details

Online communities you can join at any time. Join up online and they'll send you discord links or DM them. <http://societies.cit.ie/join>

Sci-Fi, Pogramming, Esports, Cyber Security, Korean, Pool & Board Games, DJ, Mature Students, ISS



Emotional

Emotional, Social, Spiritual, and Mental Self-Care Ideas



Make a jar of positive messages



Stay on top of your self-care



Set boundaries in your life



Keep your self-talk positive

[Watch a video about Practising Self - Care](#)

On Behalf of all the staff involved in the Health & Wellbeing Initiative.

We are here to support you,

CIT Student Leaders

Student Services	CITSU	Access	Societies	Chaplaincy	Sports	Gym	A Healthy CIT
Student.Services@cit.ie	suwelfare@cit.ie	access@cit.ie	info@cit Societies .ie	chaplaincy@cit.ie	sport@cit.ie	Gym@cit.ie	AHealthyCIT@cit.ie
				