



Congratulations to the Rodal Dahl winners. Watch the draw of the 2 competition winners who will

recive some mindfulness goodies

<https://youtu.be/4RrmZB91VTU>

Enter our new competition for another chance to win Pascale Lutz Happiness Cards & Happiness Diary 2021



How well do you know Christmas Movies?

Enter our little trivia quiz of quotes

<https://forms.gle/692VscM9ogGARzFA>

Everyone who submits their details will be entered into this weeks draw, no matter how many questions you get right or wrong.

### Stress Survival guide

crazyheadcomics

#### BODY

- healthy sleep
- move your body
- get your nutrients
- deep breathing
- relax muscles
- take a lil nap
- listen to calming music
- take a bath

#### MIND

- talk about what's stressing you out
- keep a stress journal
- prioritize your time, write lists of what needs to be done, and when.
- break big tasks into smaller steps
- set healthy habits and rituals
- ask for some help
- consider seeing a counselor if it's too much

#### SOUL

- engage in positive self talk
- practice saying "no" more
- take a hiatus from social media
- accept that stress is a normal part of life
- try mindfulness
- let yourself rest if you're close to a burnout- your mental health comes first

Not everyone has a mental illness but we all have mental health and we owe it to ourselves to manage our stress, overwhelm, and everyday anxieties.

BlessingManifesting

### Collaborative Playlist

\*\*\* Positivity CIT ++++



Scan to find the list



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

Almost 3 hours of good tunes added to our playlist.

Thanks to everyone who contributed and hope you are enjoying it. Have a song that makes you feel good and want to share it with everyone? Add it to the playlist 😊

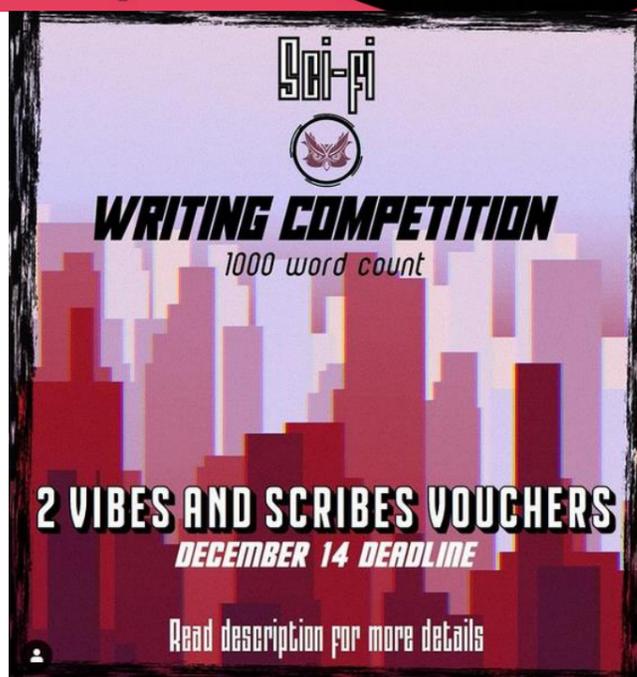
## Create Connections through Societies

CIT Comedy

presents...

# Anthony Riordan

LIVE on Facebook at 6pm Monday 7th of December



### \*\*\*\* Monday \*\*\*\*

Comedy – Facebook livestream with Anthony Riordan at 6pm  
 Christian Union – Small groups from 7-8pm & Zoom Baking Night with the Cork International Student Café at 8pm, both on Zoom  
 Pool & Board Games - Weekly games night 6.30pm – 10pm on Discord  
 Dance – Jazz Workshop with Damien Guthire at 7pm on Zoom

### \*\*\*\* Tuesday \*\*\*\*

Mature Student – scribbl.io on at 8pm  
 Christian Union – Small groups from 5-6pm on Zoom  
 Yoga - Online Class at 7-8pm <https://bit.ly/3emYX95>

### \*\*\*\* Wednesday \*\*\*\*

Anime & Manga – Death Parade at 6:30pm on Discord  
 Yoga Crawford & CSM - Online Class at 6-7pm <https://bit.ly/34Rn8cS>  
 Mindful Relaxation – class at 7-8pm <https://bit.ly/3kPeJft>  
[LGBT\\* - Bonkers Christmas Bingo with UCC LGBTQ Society, check their social media for more details](#)

### \*\*\*\* Thursday \*\*\*\*

DJ – Meeting at 7pm on Discord

### \*\*\*\* Friday \*\*\*\*

Christian Union – Small groups from 8-9pm on Zoom  
 Sci-Fi – 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 detail  
 Programming Society Giveaway, check out their Social Media for more detail

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

## Physical

I'm going to give you some social-distancing friendly self-care ideas! For Physical Self-Care:



Try to do yoga a few times a week



Take a walk around your neighborhood



Start a new skin care routine



Look up home workout videos



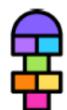
Focus on drinking water



Order from your Farmer's Market



Order delivery from a new restaurant



Do a fun childhood activity

The Gym is 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](mailto:Gym@cit.ie)

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.

Bootcamp Mondays, 1-2pm. Email [gym@cit.ie](mailto:gym@cit.ie)

Yoga Wednesday 1-2pm. Email [gym@cit.ie](mailto:gym@cit.ie)

Yoga & Strength for Sport Thursday 1-2pm. Email [gym@cit.ie](mailto:gym@cit.ie)

Pilates Tuesday 1-2pm. Email [gym@cit.ie](mailto:gym@cit.ie)

Zumba Dance Friday, 1-2pm. Email [gym@cit.ie](mailto:gym@cit.ie)

Final week of the society run classes for semester 2. Will resume in late January/February

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

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

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

# Things to Remember

- ♥ It's okay to feel your feelings.
- ♥ You don't have to be in control of everything. It's okay to let go a little bit.
- ♥ You are doing the best you can and even if that doesn't seem like enough, it is enough.
- ♥ You've been through a lot in your life and you can get through this too.
- ♥ Try to greet every day with gratitude for something, even if it's a small thing.
- ♥ If you have trouble turning your mind away from anxious thoughts – work on coping skills.
- ♥ You are so loved.
- ♥ It's okay to reach out and ask for help if you are struggling.

[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
<a href="mailto:Student.Services@cit.ie">Student.Services@cit.ie</a>	<a href="mailto:suwelfare@cit.ie">suwelfare@cit.ie</a>	<a href="mailto:access@cit.ie">access@cit.ie</a>	<a href="mailto:info@citsocieties.ie">info@citsocieties.ie</a>	<a href="mailto:chaplaincy@cit.ie">chaplaincy@cit.ie</a>	<a href="mailto:sport@cit.ie">sport@cit.ie</a>	<a href="mailto:Gym@cit.ie">Gym@cit.ie</a>	<a href="mailto:AHealthyCIT@cit.ie">AHealthyCIT@cit.ie</a>
					