

We hope you enjoyed the Christmas Movie Trivia. [Watch](#) the draw of the 2 competition winners who will receive some mindfulness goodies

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



We'd like to share some ideas of health & wellbeing that we found really interesting...

- Time management
- Self care
- How you positively effect others

Recommendation 1 - [How to Gain Control of Your Free Time](#)

With the inter-semester break ahead, how should you choose to spend your time? This TED talk will also help you plan for next year. As a time management expert, Laura Vanderkam has spent years looking into how successful people tend to spend their time. Here is what she discovered, time is a choice! "We build the lives we want, and time saves itself".

Recommendation 2 – [All It Takes Is 10 Mindful Minutes](#)

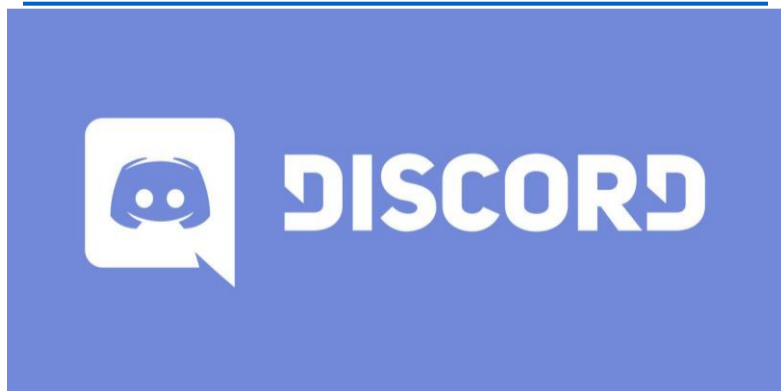
Sitting still and doing absolutely nothing for 10 minutes might sound really hard. But a daily meditation practice really can transform your mind, according to Andy Puddicombe, the cofounder of [Headspace](#). In his talk, he lays out the benefits of 10 mindful minutes a day.

Recommendation 3 – [Everyday Leadership](#)

We have all changed someone's life -- usually without even realizing it. In this funny talk, Drew Dudley calls on all of us to celebrate leadership as the everyday act of improving each other's lives. "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be?" *Marianne Williamson*

Create Connections through Societies on Discord

Watch a video to learn [What is discord and how it works?](#)



****** Online communities ******

In response to remotely learning this semester, many Societies created online communities that students can join and connect with other students 24/7. Many of these groups will stay active over the inter-semester break.

Discord is free to join. To join a society discord DM them and ask for the discord link.

- [Sci-Fi](#)
- [Programming](#)
- [Esports](#)
- [Cyber Security](#)
- [Korean](#)
- [Pool & Board Games](#)
- [DJ](#)
- [Mature Students](#)
- [International Students](#)

Stay active at home



Doing any activity around the home is better than doing none at all

Be active: to maintain heart health, muscle strength and flexibility.

It's good for your mental health too

CIT campus will close over the Christmas period. The Gym will close on Saturday 19th December and reopen on Monday 4th January.

The CIT Gym 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

Users MUST BOOK in advance via :

<https://outlook.office365.com/owa/calendar/CITGym@citcampus.onmicrosoft.com/bookings/>

Self-Care Today

Choose one activity from each column.

Go on a walk & take pictures	Write in your journal	Watch a holiday movie or show	Take a social media break	Go to sleep at a decent time
Have a long hot bath or shower	Ask for help or take a step back	Read a holiday book or story	Talk to your favorite person	Have a hot cup of cocoa or tea
Give yourself a foot massage	Put on a winter ambient scene	Play a game or put a puzzle together	Spend time alone to recharge	Relax with candles/holiday lights
Wear your warmest comfiest outfit	Focus on resting & relaxing	Work on an art or craft project	Look at holiday lights	Wind down before sleeping

BlessingManifesting



[Watch a video about Understanding Our Thoughts](#)

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

We are here to support you,

Adrian Coleman,
Societies Intern

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