

Our Wellness Toolbox for adults

Scoil Chroi Naofa, Athenry

Make a Wellness Journal

There are many Wellness journal options for adults. If you want to make your own try searching wellness journals on Pinterest and seeing what kind of journaling you feel would suit you. If you would prefer to purchase one a google search will again bring up plenty of options for many different budgets. Some handy apps to start your journaling journey are (you will find them in your app store):

-  Gratitude (encourages you to write what you are grateful for everyday)
-  Week planner (Has a very nice layout that allows you to write in your goals/gratitude items/daily affirmations etc)

Make a Calm Box



Calm boxes are not just for children!

Use Grounding Techniques to help stop Panic or calm anxiety

<https://www.healthline.com/health/grounding-techniques#soothing-techniques>

Train your mind to talk to you in a positive way



@worrywellbeing

<https://positivepsychology.com/challenging-automatic-thoughts-positive-thoughts-worksheets/>

Use music to relax

<https://www.anxiety.org/music-therapy-stress-reducing-playlist>

Try some Mindfulness and Meditation



- runs a live daily meditation on Instagram at 9am. There are also many saved meditations on their page.



- Search "The Honest Guys" on YouTube for a wealth of mindfulness and meditation activities

Apps for mindfulness and Meditation:



- Calm app: For meditations, body scans, soundscapes and sleep stories



- headspace app: For meditations, body scans, soundscapes and sleep stories

Learn some Yoga

Here are some great yoga websites

<https://theyogaroot.org/onlinestudio> (live yoga classes)

<https://yogawithadriene.com>

<https://www.aloyoga.com>

Work on our worries



Worry Tree for adults: <https://www.psychologytools.com/resource/worry-decision-tree/>

Free stress control classes: <https://www.hse.ie/eng/about/who/healthwellbeing/>

Get Creative!

A creative act such as crafting can help focus the mind, and has even been compared to meditation due to its calming effects on the brain and body. Even just gardening or sewing releases dopamine, a natural anti-depressant. Creativity reduces anxiety, depression, and stress... And it can also help you process trauma. Jul 25, 2018

[Here's How Creativity Actually Improves Your Health - Forbes](#)

Be it baking, art, gardening, DIY, cooking, baking, organisational or woodwork projects the following apps have lots of suggestions!

- Pinterest
- Instagram

Use Awe to fight anxiety:

How it works: <https://psychcentral.com/blog/how-awe-can-diminish-anxiety/>

Try visiting some of these beautiful places in Ireland to evoke the "Awe" feeling:

<https://journalistontherun.com/2017/08/27/places-to-visit-in-ireland/>

Mindful Colouring for Adults



- Download a free adult colouring book :https://www.betweensessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf
- Purchase an adult colouring book here: <http://www.books.ie/books/crafts-hobbies/adult-colouring>

Get Active

Home Workouts

- <https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>
- <https://irishcountrymagazine.ie/home-workouts-to-try-now/>
- <https://www.rte.ie/lifestyle/living/2020/0313/1122039-5-fitness-apps-to-use-if-working-out-at-home/>
- <https://goss.ie/featured-2/5-online-workout-classes-you-can-do-from-home-201585>
- <https://www.youtube.com/channel/UC-NSIvwOMzpjjSVitPGjyvA>

Cycling options:

- <https://www.osi.ie/blog/irelands-greenways-and-trails/>

Walking/hiking options:

- <https://www.galwaytourism.ie/top-5-walks/>
- <https://thisisgalway.ie/woodland-walks-galway/>
- <https://www.komoot.com/guide/25415/hiking-in-galway>