



Winter Wellness



Mentoring Session 2

Theme:
*Winter
Wellness*

**Reflecting
&
Connecting**

Winter Wellness Mindfulness Meditation

Play Video (Background music and Read Script)

Guided Meditation to relax, focus and engage students

"Take a deep breath in.....and let it go.

Let your shoulders soften..... Let your hands relax.....Let your mind slow down, just for this moment.

Imagine you're standing on a quiet winter morning.....The air is cool and refreshing...The world feels calm and still.

As you breathe in, feel that crisp winter air clearing your mind.....As you breathe out, feel warmth spreading gently through your body.....

If your thoughts wander, that's okay.....Just guide your attention back to your breath... like returning to a peaceful winter path.

Inhale... calm.....Exhale... release.....

Let the stillness of winter settle inside you.....clean..... and fresh.....

Take one more slow breath in...and as you exhale, gently bring your awareness back to where you are.

Carry this winter calm with you throughout today's mentoring session and into the rest of your day."



“Why Winter Wellness?”

Winter brings shorter days, cold weather, exam stress, and busy schedules — all of which can affect **mood, motivation, energy, and health**.

Winter wellness means building habits that support your **body, mind, and social connections** so you can feel your best during the darker month

Small habits can protect both **mental and physical wellbeing**.

“What’s one thing you find harder during winter?”

i don't do ❄️ ❄️
WINTER
very well

Physical Wellness

Movement & Exercise

- Regular movement boosts energy, focus, mood, and immunity.

Why it matters in winter:

- Cold makes you feel sluggish.
- Shorter days reduce activity levels.
- Exercise releases endorphins that fight stress and low moods.

Strategies:

- **Micro-movement:** 1–5-minute stretch breaks between study.
- **Walk during daylight:** Even 10–15 minutes at lunch boosts mental clarity.
- **Indoor options:** YouTube workouts, PE hall activities, skipping rope, yoga.
- **Buddy system:** Move with a friend to stay motivated.
- **Set a 10-minute target:** It's easier to start, and often you'll keep going



Sleep & Rest

Winter tiredness is real — reduced sunlight affects your body clock.

Why sleep matters:

- Helps memory, learning, and emotional balance.
- Strengthens the immune system.

Strategies:

- **Regular schedule:** Aim for 8–10 hours; keep consistent wake-up times.
- **Screen curfew:** No scrolling for 30 minutes before bed.
- **Wind-down routine:** Warm shower, reading, calming music.
- **Bedroom environment:** Keep it cool, tidy, and dark



Nutrition and Hydration

Your body needs steady energy during cold months.

Simple habits:

- Eat **regular meals**, including whole foods.
- Choose **winter-friendly foods**: soups, oats, fruit, nuts, wholegrains.
- Keep a **reusable water bottle** — dehydration worsens fatigue and headaches.
- **Snack smart**: yogurt, fruit, popcorn, granola bars over sugary snacks.



Mental and Emotional Wellness

Managing Stress

Winter often includes exams, overload, or holiday pressures.

Tools to try:

- **Box breathing** (4-4-4-4): Quick calm-down.
- **5-4-3-2-1 grounding**: Reduce anxiety using your senses.
- **The 3-minute reset**: Stand up, stretch, hydrate, deep breathe.
- **Mind dump journaling**: Write everything on your mind for 2 minutes to clear your head.



Boosting Mood and Motivation

Light & Nature

- Try to get **natural light daily**: a walk before school, at lunch, or after school.
- Sit near windows when working.

Set Small Goals

- Use the **"2-minute rule"**: Start any task for just 2 minutes.
- Divide study into **20-10 cycles** (20 minutes work, 10 minutes break).
- **Comfort Routine**

Create a personalised winter self-care rhythm, such as:

- Warm drink after school.
- Music playlist that lifts your mood.
- Cosy blanket and relaxing environment.



Digital Wellbeing

Screens increase eye strain and disrupt sleep.

Tips:

- Avoid doomscrolling late at night.
- Set app time limits.
- Keep social media in balance — remember it's a highlight reel.

Social Wellness- Staying Connected

Winter can make people withdraw without realising it.

Why connection matters:

- Boosts mood and reduces stress.
- Increases motivation.
- Helps prevent loneliness or seasonal low mood.

Strategies:

- **Connect daily:** Send one message, voice note, or quick check-in.
- **Plan small social moments:** walk to class with someone, lunch catch-ups.
- **Join school clubs or sports** during winter months.
- **Study buddies:** Meet for 20 minutes to keep each other accountable.
- **Share interests:** podcasts, music, games.

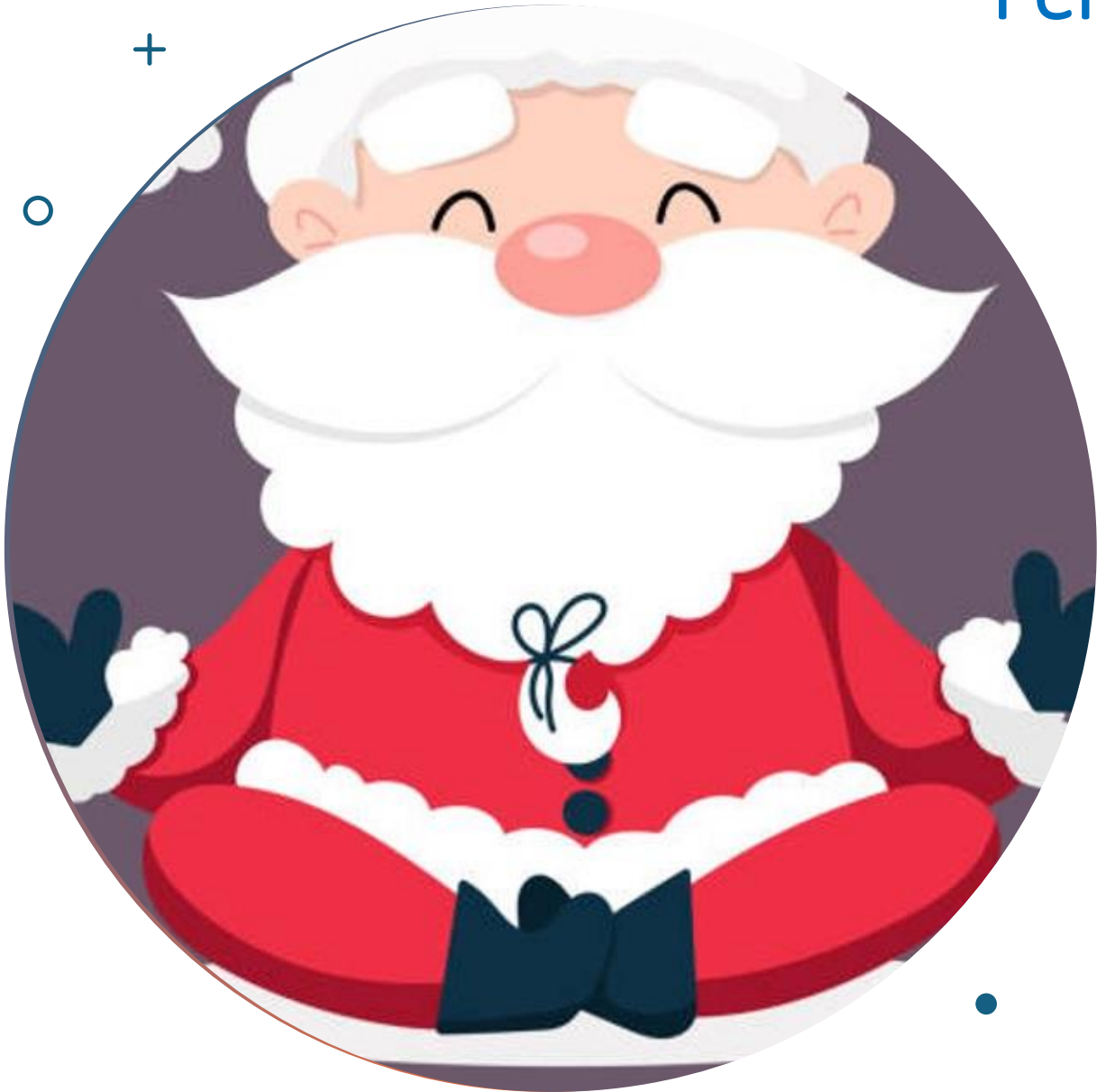
Friend check-ins:

- Ask: *"You okay?"*
- Listen without trying to fix everything.
- Encourage them to talk to a trusted adult if needed.



Personal Balance and Routines

Winter is a busy time—balance is key.



- ✓ Build a weekly rhythm:
- ✓ Schoolwork block
- ✓ Self-care block
- ✓ Social connection block
- ✓ Rest/relaxation block

Use the balance triangle:

- ✓ Focus on keeping these three areas steady:
- ✓ **Body** – sleep, eating, movement
- ✓ **Mind** – stress tools, breaks, focus habits
- ✓ **Connection** – friends, mentors, family

Plan for “off days”

- ✓ It's normal to feel low-energy or unmotivated sometimes.
- ✓ Respond with kindness, not pressure.
- ✓ Get outside briefly.
- ✓ Do just one small task to reset



Quick Winter Wellness Practices for Home or School

Daily 5-minute routine:

1 min: deep breathing

1 min: stretch

1 min: drink water

1 min: tidy your desk or bag

1 min: message a friend

Weekly 10-minute audit:

What drained me this week?

What boosted me?

What will I keep, change, or add next week?

“Winter Kit” Ideas:

Hand cream, lip balm

Water bottle

Small notebook

Earphones & playlist

Gloves/hat

Healthy snacks

"Snowball Self-Care Ideas" - Energizer Activity

How it works:

- Give each student a small scrap of paper.
- Ask them to write **one simple self-care habit** helpful in winter (e.g., "Drink more water," "Walk at lunch," "Limit phone at night").
- Students crumple the paper into a "snowball."

On your signal: **30-second snowball toss** across the room.

Each student picks up a random snowball and reads the wellness tip aloud or anonymously shares it.

It's fast, fun, and reinforces self-care ideas generated by students.

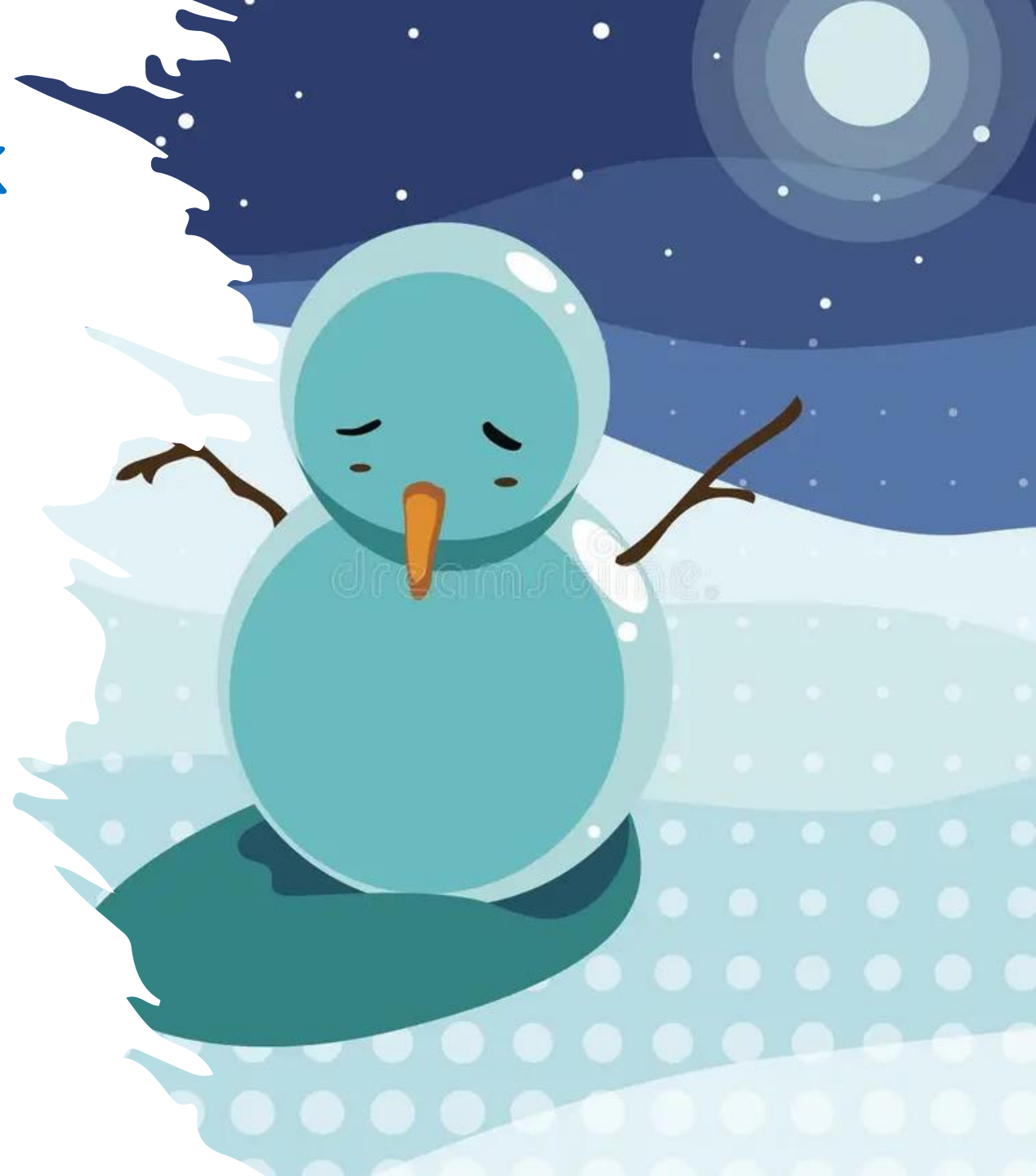


Reminder of when to ask for Help

Reach out if you feel:

- Persistently low or tired.
- Overwhelmed by schoolwork.
- Disconnected from friends.
- Unable to manage stress.

Talk to a Trusted adult: teachers, guidance counsellors, year heads, parents, mentors.



SAMARITANS

24/7

Helpline: 116 123
www.samaritans.org
jo@samaritans.ie

BODYWHYS

01 210 7906
www.bodywhys.ie
alex@bodywhys.ie Support
for young people & families
impacted by eating disorders

pieta

24/7

Crisis helpline: 1800 247 247
Appointment: 0818 111 126
Text "help" to 51444 /
www.pieta.ie

yourmentalhealth.ie

24/7

1800 111 888 Information
and advice about your
mental health and wellbeing

Childline

24/7

1800 666 666 www.childline.ie
Reach out for any reason, at
anytime. Ukrainian services
available.

scan
ME!



MENTAL HEALTH SUPPORTS



spunout

24/7

Text "SPUNOUT" to
50808 www.spunout.ie
Free youth information
website created by young
people for young people
Ages: up to 25 years

JIGSAW

Talk online on: one to one
chats or group chats
Ask Jigsaw
(0504) 60023
tipperary@jigsaw.ie

TeenLine

24/7

1800 833 634
Text "Talk" or "Teen" to 50101
www.ispcc.ie/teenline
Free confidential, non-
directive, non-judgemental
support line.
Ages: Up to 18 years

text about it

50808

Text "Hello" to 50808 to start a
conversation www.text50808.ie
50808 is free, anonymous
mental health support.

ETHNIC MINORITIES



Text "Pavee" to 50808
www.youngpavees.ie
Mental Health Advice for
young Travellers

our health service

For support, information or advice
on treatment options, contact
the drugs and alcohol helpline:
Freephone: 1800 459 459 - Monday
to Friday, 9.30am to 5.30pm
Email: helpline@hse.ie

SEXUAL WELLBEING



sexualwellbeing.ie

sexualwellbeing.ie
HSE Sexual Health and Crisis
Pregnancy Programme website



Belong To LGBTQ+
Youth Ireland

Belong To - LGBTQ+ Youth Ireland is the
national organisation supporting LGBTQ+
young people in Ireland.
01 670 6223 (Monday-Friday from 9am-1pm &
2pm-5pm)
www.belongto.org

Cairde

Roma Info line 087 1264606
info@cairde.ie
Health information advocacy
& support for ethnic
minorities

DRUGS & ALCOHOL SUPPORTS



01 8721094
www.exchangehouse.ie
info@exchangehouse.ie
National Traveller Mental Health
Service for young Travellers and
their families.

GENERAL



Online Chat Service
The chat service is available between 4pm and
8pm, Monday to Friday (excluding bank holidays).
The service is here to support 16 to 25 year olds,
parents/guardians, and people who work with
young people.
<https://www.youthworkireland.ie/what-we-do/online-chat-service/>

Youth Information Service- we support and
empower young people with reliable and
understandable information on their rights and
options to address their needs, interests and
well-being.
Contact: info@youthworktipperary.ie

TUSLA

Child and Family Agency
Ages 0-18 & families 9am to 5pm
www.tusla.ie
South Tipperary 052 6177302
North Tipperary 061 588688

LGBTQ+



Student Review: Child Safeguarding Statement & Risk Assessment



Check under
your Seat

Random
Act
of
Kindness

*SURPRISE!

After
Mentoring,
Please bring
your ticket
to Room 224





"Winter doesn't have to drain your energy—small habits help you stay balanced, healthy, and connected."

THANK YOU

FOR YOUR PARTICIPATION AND COOPERATION IN TODAY'S MENTORING SESSION