

Advice from the GAA

A Chairde,

As we approach the long weekend please see below and attached a number of resources that may be beneficial for you to share with your networks;

- **Stress Control**

- HSE, Health & Wellbeing will be offering a Stress Control programme online, **commencing Monday the 13th April 2020**, via www.stresscontrol.org. This 3 week programme for adults aged 18 and over is free of charge to the public and delivered by Dr Jim White, Consultant Clinical Psychologist, the creator of the programme (for more details see attached). This programme has been proven successful by GAA Clubs in the past: <https://www.gaa.ie/news/cork-gaa-healthy-club-project-claims-award-112277/>

- **Mental Health**

- Mental Health Ireland have a number of hints and tips for coping at this time around the Five Ways to Wellbeing but also dedicated resources for people with mental health illness and their family/carers. <https://www.mentalhealthireland.ie/get-support/covid19/>
- Mental Health Supports and Services: <https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>

- **Being Active at Home**

- Sport Ireland: <https://www.sportireland.ie/ga/node/7534>
- Age & Opportunity have created a series of live 15 minute seated physical activity session for older adults. The sessions are live on Age & Opportunity Facebook page on Mondays, Wednesday and Fridays. The videos are also available on their website: <https://ageandopportunity.ie/age-opportunitys-movement-minutes-session-1/>
- HSE PCC Physiotherapy Services Cork <https://corkhealthycities.com/wp-content/uploads/2020/03/HSE-COMMUNITY-PHYSIO-LEAFLET.pdf>
- CARA Centre: <https://www.facebook.com/Caracentre.ie/>

- **Healthy Eating**

- The Alcohol Forum produced an infographic which aims to get people to think about their drinking at this time and it offers some key messages and tips, please see attached.
- Please see some healthy eating tips from the World Health Organisation: <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/food-and-nutrition-tips-during-self-quarantine>

Have a great weekend,

Beannachtaí na Cásca.