



Official Newsletter of CORE Ireland

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What is mental health?

Mental health consists of our psychological, emotional and social well-being. It affects how we feel, think, and act. Mental health is fluid and can change from day to day based on internal and external factors. It is important to note that mental health struggles are extremely common and there are many resources that can help and that provide you with the correct tools to cope with any situation.

Early signs of mental health issues:

- Low energy
- Struggling to sleep
- Feeling hopeless
- Anxious or worried
- Being quiet or withdrawn with friends and family
- Reduced ability to concentrate
- Changes in eating habits

In this newsletter, we hope to provide you with the necessary tools and tips that will empower you to improve your mental wellbeing and mental fitness.



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3 Top Health and Well-being Podcasts

Listening to a podcast when you're relaxing, cleaning, working out or in the car can be very beneficial because you're learning something that you can introduce into your own life. There are many great podcasts produced in Ireland. From mental health and nutrition podcasts to sleep and mindfulness podcasts, there are plenty to choose from and they're all available for free on Spotify or Apple Podcasts.



The Good Glow - This podcast is hosted by Georgie Crawford. She has in-depth conversations about our health and well-being that drives awareness for self-care. She discusses how she put her life back together after a breast cancer diagnosis that changed her perspective on everything. She speaks to mental health advocates whose stories will motivate you to make positive changes in your life.

Owning it - The Anxiety Podcast - The podcast is from the number one nonfiction bestselling book written by Caroline Foran. Mrs Foran shares her story, along with some expert input in an attempt to show anxiety who is boss.

The Breath With Níall Podcast - These short podcast episodes are hosted by Níall Ó Murchú, a wellness expert and instructor of the famous Wim Hof breathing method. Níall believes that stress and fatigue can be alleviated by learning to use the breath in new ways. His podcasts are usually less than 10 minutes long and act as a quick reminder to live in the present and to slow down and enjoy life as it is. This podcast is a must if you're moving just a little too fast.

Poem of the Month

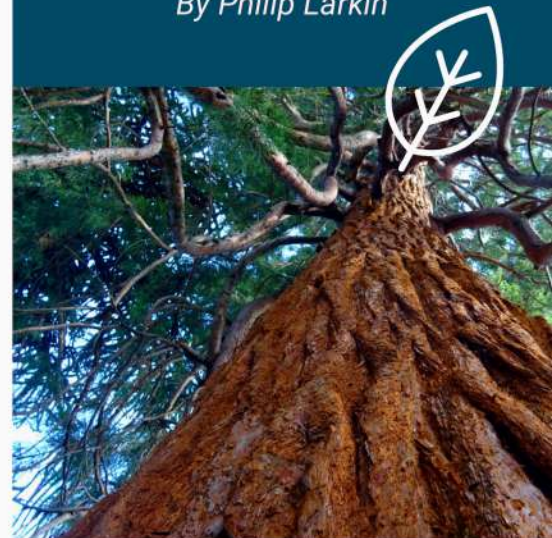
The Trees

The trees are coming into leaf
Like something almost being said;
The recent buds relax and spread,
Their greenness is a kind of grief.

Is it that they are born again
And we grow old? No, they die too,
Their yearly trick of looking new
Is written down in rings of grain.

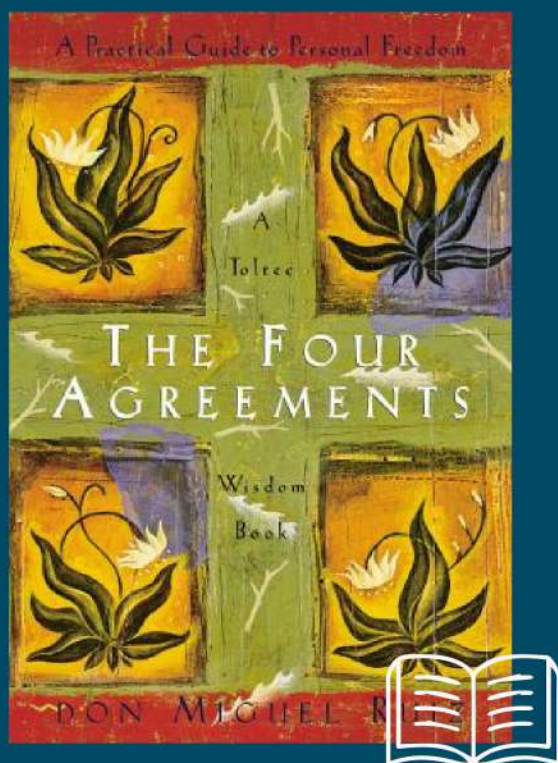
Yet still the unresting castles
thresh
In fullgrown thickness every May.
Last year is dead, they seem to say,
Begin afresh, afresh, afresh.

By Philip Larkin



The Four Agreements by Don Miguel Ruiz

If you are looking for a self-help book that is short, effective and will improve your wellbeing straight away, then this is the book for you! The Four Agreements takes inspiration from a set of spiritual beliefs held by the ancient Toltec people. The author, Don Miguel Ruiz, proposes four beneficial agreements that we can make with ourselves to improve our overall state of well-being. By following these four principles, we can transform our lives and experience freedom, true happiness, and love.



Mindfulness Activities for Young Children

Mindful smiling

Mindfulness can be a wonderful period of “together time”. The following activity can be done jointly with the child lying in a relaxed and comfortable position while the adult recites the “script” in a quiet and soothing voice. Once the child is used to the activity, they can simply be reminded to practice on their own in times of need.

Lying down, gently close your eyes. Breathe normally, noticing your belly going up and down as you breathe.

Now imagine you are just waking up. Open your eyes, noticing the breath going gently in and out of your nostrils.

Now slowly turn your mouth into a smile. A smile you would give someone you really like. Notice how your lips feel. Are they together or are your teeth showing? Are they warm, cold or something else?

Now notice your cheeks. Does your smile push your cheeks out or up? How do they feel? Warm, cool or something else?

Now notice your eyes. Does your smile change anything about your eyes? Are they open more?

Now notice the rest of your face. Does your smile change anything else? Focus on your jaws, your ears. Move your focus to your teeth and your tongue. How do they feel?

Now bring your attention to the rest of you. When you are ready, slowly raise yourself up as if you are getting out of bed. Gently stretch and sit back up.

Practice mindful smiling every morning when you wake up! You could put a smiley face near your bed to remind you.

The Wim Hof Breathing Method

Throughout the years, Wim Hof has developed special breathing exertions that keep his body in optimal condition and in complete control in the most extreme conditions. Practising these specific breathing exercises of the Wim Hof Method will release your inner fire. The exercises are focused on deep and rhythmic inhalations and exhalations, described by Wim as 'controlled hyperventilation or power breathing' and are followed by a retention time, where you hold your breath for an x amount of time. By practising the breathing exercises, you are releasing more energy, influencing your nervous system and changing various physiological responses. You are inducing a short stress response which will lead to more resilience towards everyday stress, mentally and physiology and feeling more in control.

These breathing exercises are only one of three pillars that form the Wim Hof Method. The other two pillars are cold therapy and training your mindset. When combined, the three pillars will help you to become stronger and gain better health. Known benefits of the Wim Hof Method include:

- Stress reduction
- Faster recovery from physical exertion
- Better sleep
- Improved sports performance
- Enhanced creativity
- More focus and mental clarity



The Wim Hof Method is also linked to reducing symptoms of diseases like rheumatoid arthritis, multiple sclerosis, Parkinson's disease, asthma, sarcoidosis, vasculitis, and several autoimmune diseases.

TRY IT OUT!

Wim Hof Method breathing is simple and easy – everyone can do it! Just follow the steps below. It's recommended to practise right after waking, or before a meal when your stomach is still empty. Note that WHM breathing can affect motor control and, in rare cases, lead to loss of consciousness. Always sit or lie down before practising the techniques. Never practise while piloting a vehicle, or in or near bodies of water.

*By practising the breathing exercises,
you are releasing more energy,
influencing your nervous system*



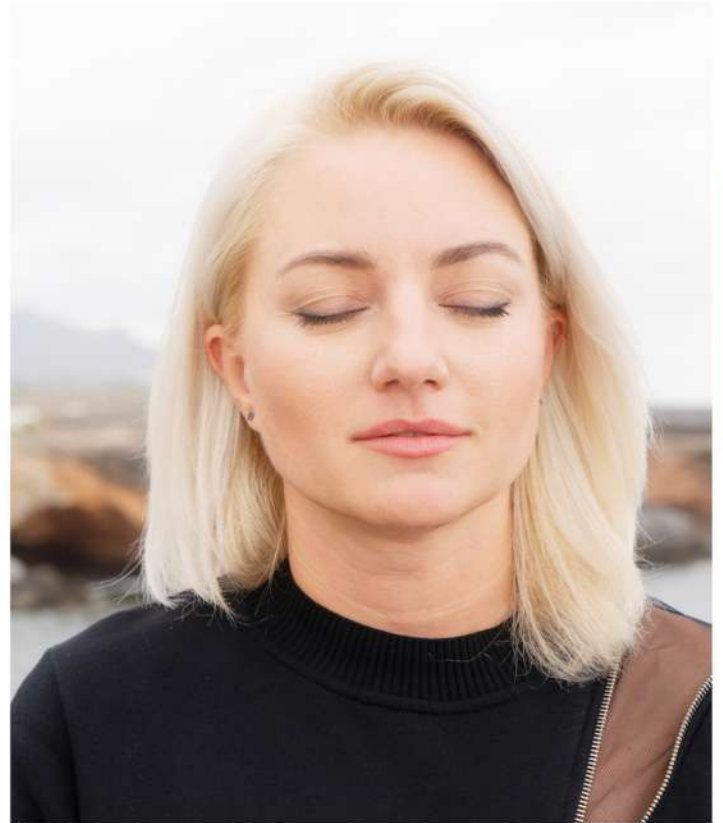
The Method

Step 1: Get Comfortable

Assume a meditation posture: sitting, lying down – whichever is most comfortable for you. Make sure you can expand your lungs freely without feeling any constriction.

Step 2: 30-40 Deep Breaths

Close your eyes and try to clear your mind. Be conscious of your breath and try to fully connect with it. Inhale deeply through the nose or mouth and exhale unforced through the mouth. Fully inhale through the belly, then chest and then let go unforced. Repeat these 30 to 40 times in short, powerful bursts. You may experience light-headedness, and tingling sensations in your fingers and feet. These side effects are completely harmless.



Step 3: The Hold

After the last exhalation, inhale one final time, as deeply as you can. Then let the air out and stop breathing. Hold until you feel the urge to breathe again.

Step 4: Recovery Breath

When you feel the urge to breathe again, draw one big breath to fill your lungs. Feel your belly and chest expanding. When you are at full capacity, hold the breath for around 15 seconds, then let go. That completes round number one. This cycle can be repeated 3-4 times without an interval. After having completed the breathing exercise, take your time to bask in the bliss. This calm state is highly conducive to meditation – do not hesitate to combine the two.



More information can be found on <https://www.wimhofmethod.com/breathing-exercises>



coffee4CORE

Our latest coffee4CORE morning at Leon's in Navan took place on the 7th of March and was a wonderful success. We had 23 attendees join us in the morning for a discussion on what the different seasons mean to us. We also shared what tools we use to manage our own well-being.

Join us for our next coffee morning in April for some delicious coffee and conversation. For our latest updates, follow us on Instagram, Facebook, or LinkedIn @coreireland.

Sponsors

The CORE Ireland monthly newsletter is an important resource for anyone interested in mental health and well-being. It provides valuable information and practical advice to help people maintain good mental health and improve overall well-being. Thanks to the support of our incredible sponsors, we are able to continue producing this valuable resource for the benefit of our readers.



Connect with us

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