

#BeActive at Home



A guide to keeping active at home during the Covid 19 pandemic, brought to you by Carlow Sports Partnership in conjunction with Kilkenny Sports Partnership and the Carlow County Council Community Well-being Campaign

This guide features tips, plans, links and ideas for keeping well physically and mentally during this pandemic.





COVID-19 UPDATE

As the coronavirus COVID-19 outbreak continues, Sport Ireland is keeping the health and well-being of our staff, our sporting communities and the public at the forefront of our decision making.

Sport and physical activity is essential to our physical and mental wellbeing, our sense of positivity and our long term health.

At Sport Ireland our mission is to continue supporting responsible sport and physical activity participation while minimising the spread of COVID 19 to flatten the infection curve.



#BeActive At Home

You can #BeActive at home by...



WALKING

Even in small spaces, walking around or walking on the spot, can help you remain active



MOVING

Build movement breaks in to your daily routine e.g. jogging on the spot or some stretching



RELAXING

Meditation and deep breaths can help you remain calm



WORKING OUT

Create your own circuit workout at home - no equipment needed, just a little willpower

You can #BeActive at home with others by...

GO ONLINE!

Follow an online exercise class. Many of these are free and can be found on Instagram, Facebook, and Youtube. If you have no experience of these classes, remember to be sensible and know your limits.

BUDDY UP!

Find a physical activity accountability partner and ask a friend to virtually hold you to your deadlines.

PLAY!

Play games and activities with your family. Many of these can be found online such as GoNoodle, and require little to no equipment. Activities can be adapted to suit people of all ages and abilities.

Remember to...



BE HEALTHY
Eat healthily and stay hydrated

SET A GOAL
#BeActive for 30 minutes each day

SCHEDULE
Set an alarm on your phone to #BeActive



Follow @SportIreland on social media for more ideas on how to #BeActive at home.

It is important to stay up to date as social distancing guidelines may change over time. The most up to date advice, information and resources can be found on: www.hse.ie/coronavirus

Did you know that just 30 minutes of physical activity a day can make a big difference to your health?

....#BeActive at Home

COVID19, and the restrictions needed to contain and manage it, has disrupted everybody's routine from a community, work, family, shopping, entertainment and physical activity perspective.

Carlow Sports Partnership is committed to creating a supportive environment which encourages people to lead active and healthy lifestyles.



We continue to do this in line with the latest advice from the Department of Health and the Department of the Taoiseach. It is very important to:

- Keep yourself mobile by getting up and moving around as much as possible.
- Go outdoors, walk and get fresh air within the recommended restrictions
- Keep the distance of at least 1m but where possible 2 meters from other people

Be advised that these restrictions may be changed or altered at any time so please follow the latest advice from the Department of Health.

This booklet provides information to Be Active at Home specifically for older adults, people with a disability and those cocooning.

Be aware that this crisis will pass and you will need to maintain a good, strong working body and mind to be able to enjoy life afterwards.

If you have ANY queries about what you can do, how to do it or anything contained in this booklet you can call us. We are here to help and we want to help you.

Disclaimer: *It is your responsibility to undertake these exercises safely. Remember to start out gently and gradually increase your level of physical activity. If you have not been active for some time, it would be best to consult your GP before undertaking an exercise programme. Cease performing these exercises if you experience pain or you feel unwell. The authors and advisors, who have created this brochure, accept no liability for injury caused as a result of participation in these exercises.*

“Physical activity has numerous benefits. It also boosts your spirit and you will feel good after.”

Get posture perfect

Why good posture is important

Good posture means you are more confident and more independent. It also means that you are less likely to fall. The best way to achieve good posture is to improve your balance and your strength. You can do this by activities like dancing or yoga. You can also do the activities on our three Go for Life factsheets.

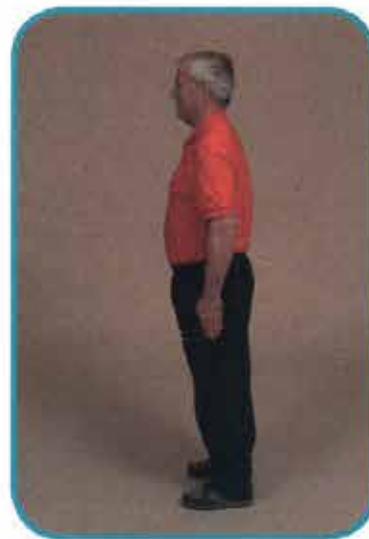
Poor posture

Poor posture usually means your head is forward, your shoulders are rounded and your upper back is curved.



Good posture

Good posture means that your ears are over your shoulders, over your hips, over your knees, over your heels.



Get posture perfect more older people more active, more often

The outcome of poor posture is that you tilt forward. To stay upright, you compensate by curving your back and bending your knees. This also makes your stomach and bottom stick out.



The National Programme for
Sport and Physical Activity for Older People

i

This is general information on physical activity. Certain activities may not suit your own physical health and abilities. Anyone with a pre-existing medical condition or doubts about doing any of these activities should ask their doctor or public health nurse first.

Go for Life is an Age & Opportunity initiative funded by Sport Ireland



Getting posture perfect

These four activities will help to improve your upper body posture. You can do them sitting or standing, as you prefer. Try doing them every day after breakfast until you get in the habit.

1. Posture Perfect (standing)

Start with your feet slightly apart, feet facing forward and your knees soft (slightly bent). Imagine a string is tied to the top of your head. Someone is gently drawing it upwards. When your body feels tall, lift your shoulders. Draw them backward and lower them into a relaxed position so that your head is over your shoulders and your shoulders are over your hips.

2. Posture Perfect (sitting)

Imagine a string is tied to the top of your head. Someone is gently drawing it upwards. When your body feels tall, lift your shoulders. Draw them backward and lower them into a relaxed position so that your head is over your shoulders and your shoulders are over your hips.

3. Chest Stretcher

Place your hands on the back of your chair or your lower back. Gently ease your shoulders back and down as if bringing your shoulder blades together (imagine trying to hold a pen between your shoulder blades). Hold your position when you feel a little tension along your chest.

4. Shoulder Stretcher

With your arms by your side, slowly turn your hands forward and outwards so that the palms face out. Then, slowly draw your arms back. Hold your position when you feel a little tension along your shoulders.

Get posture perfect more older people more active, more often

Age & Opportunity
Life is for Living.



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Keep going strong

Why strength is important

Building up your strength keeps you independent. It helps your posture, is good for bone strength and can help to prevent falls.

Wear loose clothes. Use a sturdy chair for support. Shake out or rub your joints or do the stretching activities on Factsheet 1. Repeat each activity 2 or 3 times.

1. Posture Perfect

Sit away from the back of the chair. Spread your feet so that they are hip-width apart. You should be able to see your toes. Raise your head and look forward. Roll your shoulders back and drop your arms so that your head is in line with your shoulders which are in line with your hips.

2. Arm Raise

From Posture Perfect, slowly raise both arms out from your sides up to shoulder level. Pause for a breath before slowly lowering both arms to their starting position. Do not raise your arms above your shoulders.

3. Overhead Push

Slowly raise both of your forearms so that your hands touch your shoulders (see Picture 3a). Then slowly extend both arms above your head (see Picture 3b). Pause for a breath before lowering your hands to your shoulders again and then back down by your sides.



Keep going strong more older people more active, more often



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4. Knee Lift

From Posture Perfect, slowly lift your right leg bringing your knee towards the ceiling. Pause for a breath before slowly lowering the leg to the start position. Repeat with left leg.



5. Leg Extension

From Posture Perfect, slowly extend your right leg until your knee is straight. Pause for a breath before slowly returning to start position. Repeat with left leg. Do not lock/snap out your knee. Keep both knees in line with each other.



6. Chair Stand

From Posture Perfect, put your arms by your side or crossed over your chest. Keeping your back straight, lean forward slightly and rise slowly to a standing position. Use your legs and not your arms. Pause for a breath before slowly returning to the Posture Perfect position. Do not flop.



7. Step and Dip

Start from a standing position, feet shoulder-width apart, right side to the back of the chair. Place your right hand on the back of a chair for support. Take a large step forward with your left foot and dip very slightly. To avoid putting pressure on knee joints, do not let your knee travel beyond your toes. Keep your knee at a 90-degree angle with your ankle. Pause for a breath before pushing back to the start position with your left leg.

Keep going strong more older people more active more often

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Be Active as much as possible!

Be careful to start easy – gradually increase the amount of physical activity that you are doing. Be as active as your ability allows. If you feel unwell on any day, do not push yourself to complete these exercises.

	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Mon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Thurs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Why not attempt the exercises on pages 4-7? Try to do each one 10-12 times or as many times as you are able. Combine them with the walking programme or the exercises on RTE 1 television and use the chart here to keep a record of what you have been doing each day for the next few weeks.

For those of you who can go outside to walk, Carlow Sports Partnership have put together a 6-week walking programme to help you maintain fitness.

Remember to adhere strictly to the HSE guidelines on exercise during Covid 19. Wash your hands before and after exercising. Be advised that these restrictions may be altered at any time.

Why walking is so good for you

Any little bit of activity is better than none at all – even small amounts of physical activity bring physical and mental health benefits.

Go on, try it! Physical activity:

- Helps to prevent falls
- Reduces the risk of heart attack and stroke
- Helps to maintain good bone density
- Reduces the risk of dementia
- Improves your mood



The 6-Week Walking Programme

Walking is a powerful and scientifically proven method of transforming your body and boosting your mood. Research shows it can add years to your life and add life to your years. Additionally, it is a good way of managing weight. Going for a walk in these troubled times (subject to Government and HSE guidelines) will benefit your body in other significant ways too.

It will do you good to get out of the house and get some fresh air! REMEMBER observe social distancing protocols and wash your hands before and after exercising.

Warm up by walking at an easy pace for the first 4 minutes of each work out and do the same to cool down at the end.

Endurance Walks: Build strength and stamina. Walk at a steady, brisk pace.

Four by Twos: Boost your endurance so longer walks are a breeze. Alternate 4 minutes of fast walking with 2 minutes of brisk walking.

30-Second Surges: Increase your overall walking speed. Alternate 30 seconds of speed walking with 1 minute of easy walking.

Even Stevens: Improve your body's ability to go longer at top speeds. Alternate equal amounts of fast walking and brisk walking.



THE WALKS

WEEK 1

Day 1: Endurance – 15-min brisk walk
Day 2: Four by Twos – (explanation above). Do 2 times
Day 3: Endurance – 15-min brisk walk
Day 4: 30-Second Surges
– (explanation above). Do 8 times
Day 5: Endurance – 15-min brisk walk
Day 6: Even Stevens – (explanation above). Do 6 times

WEEK 2

Day 1: Endurance – 20-min brisk walk
Day 2: Four by Twos – 3 times
Day 3: Endurance – 20-min brisk walk
Day 4: 30-Second Surges – 12 times
Day 5: Endurance – 20-min brisk walk
Day 6: Even Stevens – 6 times, 1.5 min each

WEEK 3

Day 1: Endurance – 25-min brisk walk
Day 2: Four by Twos – 4 times
Day 3: Endurance – 25-min brisk walk
Day 4: 30-Second Surges – 16 times
Day 5: Endurance – 25-min brisk walk
Day 6: Even Stevens – 6 times, 2 min each

WEEK 4

Day 1: Endurance – 30-min brisk walk
Day 2: Four by Twos – 4 times
Day 3: Endurance – 30-min brisk walk
Day 4: 30-Second Surges – 16 times
Day 5: Endurance – 30-min brisk walk
Day 6: Even Stevens – 6 times, 2 min each

WEEK 5

Day 1: Endurance – 35-min brisk walk
Day 2: Four by Twos – 5 times
Day 3: Endurance – 35-min brisk walk
Day 4: 30-Second Surges – 20 times
Day 5: Endurance – 35-min brisk walk
Day 6: Even Stevens – 6 times, 2.5 min each

WEEK 6

Day 1: Endurance – 40-min brisk walk
Day 2: Four by Twos – 5 times
Day 3: Endurance – 40-min brisk walk
Day 4: 30-Second Surges – 20 times
Day 5: Endurance – 40-min brisk walk
Day 6: Even Stevens – 6 times, 2.5 min each



10 minute Home Exercise Circuit

Aerobics - Circuit 1

Perform each exercise for 30 seconds. Repeat 4 times.
Add dumbbells for extra resistance.
All exercises can be completed seated or standing.



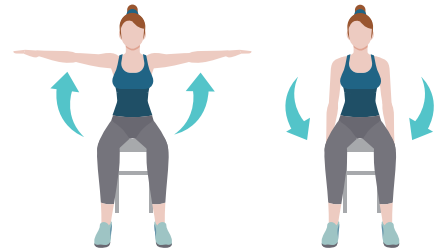
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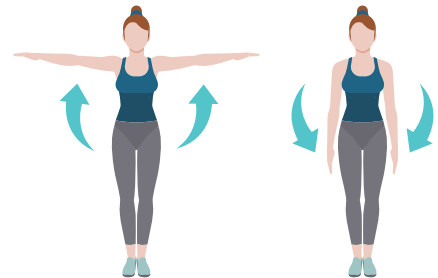
1

Lateral Arm Raises

Start with your arms straight by your sides or touching your wheels. Raise your arms out to your sides to shoulder level and then lower arms to your sides again.



Seated



Standing



3

Star Jump Arms

Start with your arms straight by your sides or touching your wheels. Raise your arms out to your sides to above your head, touching your hands together. Lower your arms to your sides again.



Seated

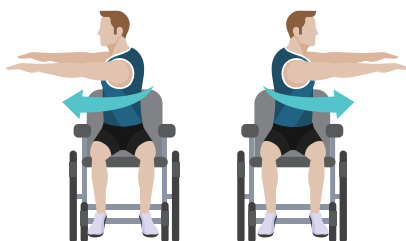


Standing

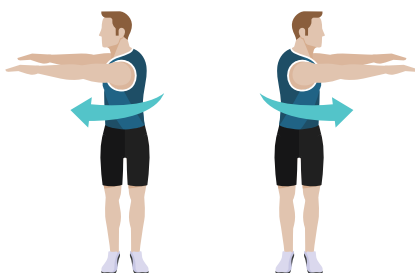
2

Twists/Rotations

Start by stretching your arms out in front of you, then turn as far as possible to the left, back to the centre, then as far as possible to the right. If you have limited mobility in your trunk, this exercise can be done from the neck upwards, completing the exercise by rotating the head from left to right.



Seated



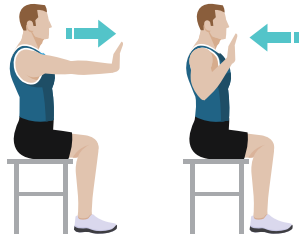
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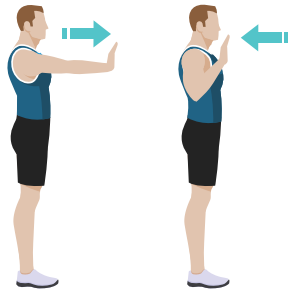
4 Chest Press



Tuck your arms and elbows close to your sides to start. With your hands facing out, push your arms straight out from chest level. Slowly bring your arms back ensuring you keep your elbows tucked into your sides. This can also be done against a wall to add resistance or with weights in your hands.



Seated



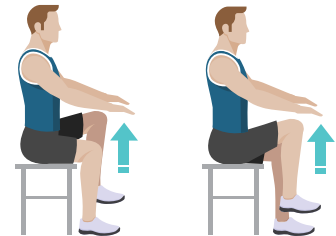
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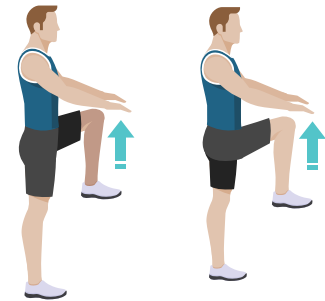
5 High Knees



Start by raising your arms out in front of you, keeping them at hip height. Lift your right knee up to your right hand and lower back down. Repeat on the left. Continue this movement alternating your legs at a speed that suits you.



Seated



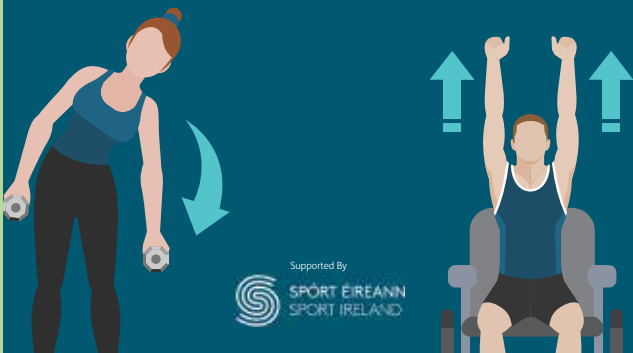
Standing



10 minute
 Home Exercise Circuit

Aerobics - Circuit 2

Perform each exercise for 30 seconds. Repeat 4 times.
 Add dumbbells for extra resistance.
 All exercises can be completed seated or standing.



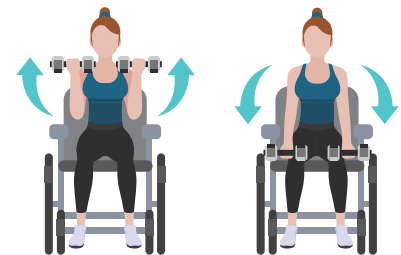
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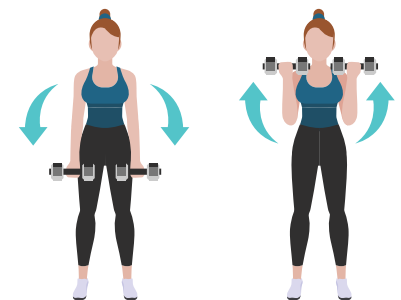
1 Bicep Curls



Stand with your feet shoulder-width apart and elbows tucked into your sides. Keeping your arms by your side and elbows tucked in, bend your arms and raise your hands to your shoulders keeping your hands facing up. Slowly lower your hands to hip level and then repeat this movement.



Seated



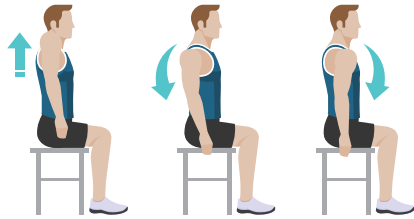
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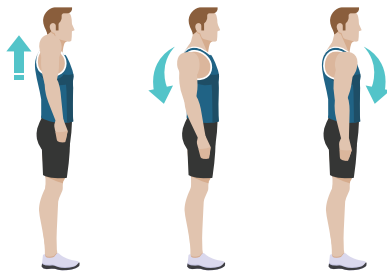
2 Shoulder Rotations



Start with your arms straight down either side of your body. Lift your shoulders up towards your ears as high as you can and then roll them backwards and down. Complete this movement 10 times. Reverse this motion - lifting your shoulders up and then roll them forwards 10 times.



Seated



Standing

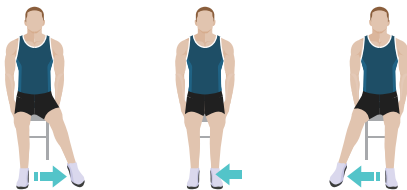


4 Leg raises / side steps



Start with your feet together. Lift your left leg out to the side of your body as far as is comfortable, keeping your chest up and back and hips straight. Bring your leg back to the starting position and repeat this movement 5 times with your left leg and then repeat with your right leg.

From seated, sit with back straight and legs together with feet flat on the floor. Side step your left leg out to the left and touch your toe to the floor and bring it back to the starting position. Repeat this movement 5 times with your left leg and then repeat with your right leg.



Seated



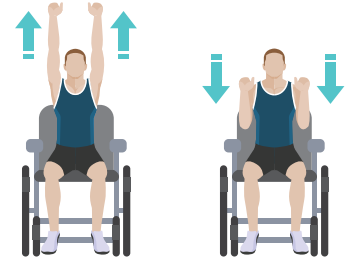
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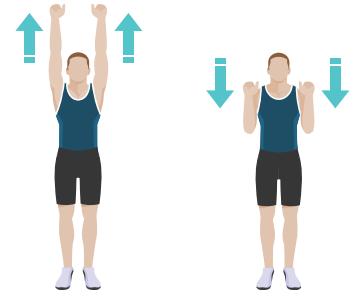
3 Overhead Press



Start by bringing your hands to shoulder level with your hands facing upwards. Keeping your elbows tucked into your sides raise both hands above your head at the same time ensuring you keep your hands facing upwards and elbows tucked in. Lower your hands to shoulder level and repeat the movement.



Seated



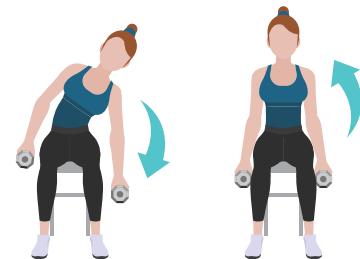
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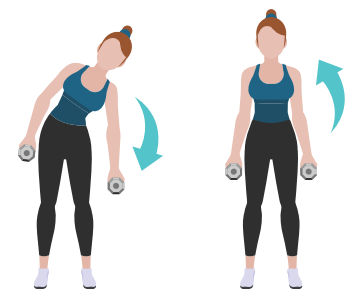
5 Side Bends



Start with your arms straight down either side of your body. Slowly reach your left hand down towards your left knee and return back to a straight upright position. Repeat this movement on your other side reaching your right hand down towards your right knee and back to a straight upright position.



Seated



Standing

NOTE: Carlow Sports Partnership is happy to share information on offerings from various providers at this time. However, Carlow Sports Partnership is not responsible for quality of delivery or changes in dates or times of information contained in this booklet.

OLDER ADULTS/ MEN ON THE MOVE

Programme	What is it?	What time / day?	Link	Devised by
Older Adult Exercise	Gentle exercises for older adults and novelty ways of playing Go For Life games	Monday, Wednesday and Fridays at 11am. Videos can be accessed any time FREE	https://www.youtube.com/user/AgeandOpportunity/videos Age & Opportunity Facebook page https://www.facebook.com/AgeandOpportunity/	Age & Opportunity
Men on the Move – but suitable for everybody who wants to workout at home	A bodyweight exercise programme for men (or women). Use as much or as little of it as you want.	Anytime – available on YouTube FREE	https://www.youtube.com/watch?v=hnlj-hQBDw&t=2043s	Dún Laoghaire Rathdown Sports Partnership
ExWell@Home	ExWell @ Home is a sophisticated home exercise programme developed by expert team, for people with all types of chronic illnesses.	Monday Thursday and Friday – being developed for delivery through RTE.	https://www.rte.ie/lifestyle/living/2020/0403/1128253-watch-how-to-warm-up-properly-before-exercising/ https://www.exwell.ie/resources	ExWell
Active Aging Classes	Free Active Aging Classes	2pm on Tuesdays via Zoom. Book online	www.compassphysio.ie/pilates	Compass Physio
Chair Gym Circuits	Older Adult workouts	Circuits 11am Facebook Chair Gym 2pm Facebook and YouTube	https://www.facebook.com/SielBleulreland/	Siel Bleu
Mixed Workout Chair Exercises for Seniors Private fitness parties	A class / workout for everybody	Delivered through Facebook live and Zoom at various times and dates bot free and paid for classes	https://www.facebook.com/GetFitSmiling/	Get fit Smiling
Muscle strength for older adults of every level – no equipment needed	Follow Croí's Physical Activity Specialist, Maria, as she brings you through activities to help tackle the age-associated muscle loss	Facebook / Twitter. Denise and Maria are here if you need support. Contact us through Facebook, by email at healthteam@croi.ie or call 091-544310.	http://croi.ie/resistance-training-at-home/	Croi Heart & Stroke Charity

15 minutes of daily activity and fitness - broadcast daily on RTE 1 at 2.20pm

In support of people cocooning at this time, RTE has launched a 15 minute programme to help older people to keep active at home. It will be broadcast daily on RTÉ One at 2.20pm. It will help viewers who are at home and some in self-isolation or cocooning and will offer tips, especially to older viewers, on how to keep healthy and happy.

Fitness 15 will be hosted Monday to Friday at 2.20 PM on with Ray Lally, the Today Show fitness expert, and Dáithí Ó Sé

NOTE: Carlow Sports Partnership is happy to share information on offerings from various providers at this time. However, Carlow Sports Partnership is not responsible for quality of delivery or changes in dates or times of information contained in this booklet.

DISABILITY

Programme	What is it?	What time / day?	Link	Devised by
Strength Training suitable for everybody – great family workout	A completely new way to exercise, featuring WWE Superstar Becky Lynch. Work out with these videos five times a week to help you stay fit and reach your athletic goals	Anytime – available on YouTube FREE	https://www.specialolympics.org/school-of-strength	Special Olympics
Workouts for wheelchair users	Good video content of home workouts suitable for wheelchair users.	On Facebook page and FREE	https://www.facebook.com/WheelyGoodFitness/	Kris Saunders, Wheely Good Fitness
Strength Training suitable for everybody – great family workout	A completely new way to exercise, featuring WWE Superstar Becky Lynch. Work out with these videos five times a week to help you stay fit and reach your athletic goals	Anytime – available on YouTube FREE	https://www.specialolympics.org/school-of-strength	Special Olympics

Video programmes

Here are some good YouTube videos to try.

Be careful to start easy – gradually increase the amount of physical activity that you are doing. Be as active as your ability allows. If you feel unwell on any day, do not push yourself to complete these exercises.

15 Minute Senior Workout–Low Impact Exercises

<https://www.youtube.com/watch?v=v2vLQiU8IJQ>

20-minute Sample Workout for Older Adults

<https://www.youtube.com/watch?v=8E8iCYG16ho>

30 Min Beginner Weight Training for Beginners Workout Strength Training Dumbbell Workouts

<https://www.youtube.com/watch?v=jDF4XiUtXGM>

15 Minute Senior Workout–Low Impact Exercises
https://www.youtube.com/watch?v=2fplva72q_k&t=44s



Motivating yourself to be active

Right now things are different, regardless of whether you are regularly active or not. We all have to learn to adapt to the new situation. This relates to all aspects of your life – shopping, seeing family and friends and physical activity.

Increasing physical activity

First of all, we may be adjusting to new restrictions and this means that exercising and physical activity might be affected, but there are still many opportunities to be active. While we are waiting for this crisis to be over, we may as well get moving, get active, and get happy. The alternative to being active is to sit around being glum about things and that will impact on our mental health and on those around us.



Time to get doing things!

- Focus on what you **CAN** do, not what you **CAN'T** do.
- Make a training **plan** and make it part of your **daily routine**. For example, each morning do the exercises in this booklet. Learn them and get good at them!
- Then, in the early afternoon, tune into the television (**RTE 1**) at **2.20pm** for your daily 15 minute exercise class.
- Do some **light work** in your house, garden or balcony at some stage
- Climb the stairs a little more often each day to make your legs strong – slowly at first!
- If you have internet access – use the links in this booklet to access classes
- **Use weights** to create resistance to maintain muscles. Alternatively, fill plastic drinks bottles with water or sand or just use tins of beans!
- Do some things that you haven't done in a while that you used to really enjoy. Use this time as an opportunity to try sewing, knitting, do a crossword or perhaps write a poem?
Mix things up and have fun.
- Write down what you are doing and see your progress – enjoy sharing this when you speak with others. Seeing progress will motivate you to continue and be proud of your accomplishments.

Self-compassion

It is OK if you don't feel like doing any of the above. We know it's a difficult time. It's also OK if you start and fall by the wayside – simply start again! We're all learning new things and gradually learning how to cope.

Remember this is about you – do not worry what others are or are not doing. Promise yourself that when this crisis is over, you will be fitter and stronger than ever before!

Managing stress through belly breathing



Many of us are feeling stressed and anxious now because of the uncertainty and lack of control that we have over our daily lives. Our bodies react to stress in a number of different ways, both physically and mentally:

- Increased heart rate
- Breathing becomes quick and shallow
- Butterflies in our stomach
- We lose concentration
- Thoughts begin to race

One of the first ways we can help to reduce stress in our bodies is by focusing on our breathing. Many of us breathe just using our chests and do not use our belly, which is a habit we pick up as we age. As babies, we all breathed using our bellies. We tend to breathe this way when we are sleeping, as it is the more natural way to breathe.

Practice belly breathing a few times a day until it starts to feel more natural. Then the next time you are feeling stressed, take a few moments to belly breathe to help you relax and take back control.

1. Start by finding a comfortable position, either sitting or lying down
2. Relax your shoulders
3. Place one hand on your chest
4. Place your other hand on your abdomen
5. Breathe in deeply through your nose for a count of four
6. As you breathe in, focus on expanding your belly like a balloon
7. Breathe out slowly for a count of four, feeling your belly pushing the air out of your lungs
8. Repeat this breathing cycle at least five times, or until you feel relaxed.

By Jessie Barr who is a Performance Psychologist at the Sport Ireland Institute. The advice below is a step-by-step guide to belly breathing and the benefits of focusing on breathing to control stress and anxiety.

Mental Wellbeing Campaign

The campaign offers support and resources for people to help deal with the stress, isolation and helps people maintain wellbeing and cope at home during this time.

The campaign is running on all National and Local radio channels, as well as across social and digital platforms.

The website is www.gov.ie/together and the hashtag is **#Together**.

