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Exclusive additional resources and information (fact sheets, tips, personal stories, animations) from Reachout.com, mapped to the content in the textbook

In the last few months we have had to make major changes in our lives to reduce the risk of catching or spreading Covid-19. For young people around the country this means that you have to stay at home, try to learn online, live more closely with your family than ever before and not get to meet your friends, relatives and neighbours.

This is bound to cause worry and stress. You might find it difficult to get out of bed, do your schoolwork, try to get some exercise, eat sensibly, keep contact with your friends, not binge on social media and control your anxiety about a health situation that's new to the whole world. For many of you this is the first time that you will spend all day, every day with your family without being able to meet your friends, grandparents etc. This can be hard to do especially for such a prolonged time and can be particularly difficult at a time in you life when you are becoming more independent and learning to take more responsibility for yourself.

Some of the lessons in your *Health and Wellbeing* SPHE book can help you to make sense of and manage this anxiety. Some useful issues that are covered are:

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How to make good decisions

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Identifying common hazards in your home and making it safe

Page 53

Promoting a sense of your own wellbeing

Page 78

What goes on in my home and school and community that builds a sense of belonging

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Being assertive

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Sensitive and respectful communication

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Respect for myself and others

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Being wise to media influences

Pages 145–147

Keeping your personal space and boundaries

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The importance of positive thinking

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Staying positive

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Exploring mental health

Pages 181–182

Resilience, my well of resilience

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Helping yourself or a friend through grief