

Dear Students,

As we are adapting to our change in lifestyle, take time to think about the following:

Social distancing is a privilege. It means you live in a house large enough to practise it. Hand washing is a privilege too. It means you have access to running water. Hand sanitisers are a privilege. It means you have money to buy them. Lockdowns are a privilege. It means you can afford to be at home. During this time, take a moment to think about those people who are not as fortunate as us. Be thankful for the little things we can appreciate during this challenging time.



***WE AS A HUMAN RACE ARE REALISING HOW MUCH WE HAVE,
HOW LITTLE WE NEED & HOW MUCH WE VALUE EACH OTHER!***

A prayer from Pope Francis

O Mary, you shine continuously on our journey
as a sign
of salvation and hope.
We entrust ourselves to you, Health of the Sick.
At the foot of the Cross you participated in
Jesus' pain,
with steadfast faith.
You, Salvation of the Roman People, know
what we need.
We are certain that you will provide, so that,
as you did at Cana of Galilee,
joy and feasting might return after this moment
of trial.
Help us, Mother of Divine Love,
to conform ourselves to the Father's will
and to do what Jesus tells us:
He who took our sufferings upon Himself,
and bore our sorrows to bring us,
through the Cross, to the joy of the
Resurrection.
Amen.

During the Easter holidays, take some time to relax and try some of the following:

- **Listen to some uplifting podcasts** e.g. Happy place by Fearn Cotton, Happier with Gretchen Rubin, 10% Happier with Dan Harris
- **Try taking up a new hobby** like art & crafts, learn a musical instrument or try out baking/cooking
- **Meditate/pray every day**- Headspace, smiling minds, Mindful powers, Stop breathe, think. prayingeachday.org
- **Keep a happiness journal**- Record everything that made you smile each week.
- **Create a positive thought for each day!**