



Official Newsletter of CORE Ireland

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## The Modern Curse of Busyness

### *Breaking Free and Prioritising Your Well-being*

In today's fast-paced world, busyness has become the norm, infiltrating both our professional and personal lives. But have you ever stopped to wonder why you're always so busy and what you can do about it? Let's delve deeper into this phenomenon and explore strategies to reclaim your time and prioritise your mental health and well-being.

**Busy as Culture:** Our society has ingrained the belief that being busy equates to success and productivity. We're conditioned to believe that working hard and putting in long hours is the only path to achievement. The pressure to conform to this cultural norm can lead us to feel judged if we're not as busy as our peers. However, it's essential to question whether this cultural expectation truly aligns with our values and goals.

**Busy as Easy:** Being busy can be a way to avoid confronting underlying issues and emotions. By keeping ourselves constantly occupied, we create a shield that shields us from addressing deeper concerns. Busyness offers a sense of control and prevents us from having to engage in introspection or face uncomfortable situations. It's crucial to recognise when busyness becomes a means of avoidance rather than genuine productivity.

**Busy as Addiction:** Our society has cultivated an addiction to busyness. We derive a sense of accomplishment and validation

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from constantly being occupied. In fact, we may find it difficult to relax or give ourselves permission to slow down because we've become conditioned to believe that being busy equates to being valuable. Breaking free from this addiction requires conscious effort and a willingness to redefine our self-worth beyond our productivity levels.

**Busy as a Success Strategy:** Contrary to popular belief, busyness does not equate to success. Simply being "busy for the sake of being busy" is not a sustainable path to personal or professional growth. Instead, it's essential to focus on working smarter, not harder. By prioritising tasks and projects based on their true importance and impact, we can achieve greater efficiency and effectiveness in our endeavours.

## Taking Action: Prioritising Your Well-being

Now that we've gained awareness of the pitfalls of busyness, it's time to take action and find practical solutions to restore balance in our lives. Here are some steps you can take to prioritise your well-being and break free from the curse of busyness:

**Challenge the Culture:** Question the underlying beliefs and expectations that drive the culture of busyness. Evaluate whether the tasks and commitments you undertake are necessary or simply a response to societal pressures.

**Prioritise:** Identify what truly matters to you—your mental health, physical well-being, and personal relationships should take precedence. Learn to distinguish between urgent and important tasks, and allocate your time accordingly.

**Take Short Breaks:** Regularly pause to reassess and re-evaluate your priorities. Use these moments of reflection to determine if you're on the right track and if any adjustments need to be made.

**Set Boundaries:** Establish clear parameters around your workday. Avoid letting work spill over into your personal time and make a conscious effort to protect your family and leisure time.

**Let Go:** Accept that you can't do everything and that perfection is an unattainable goal. Learn to let go of unnecessary tasks or delegate them to others. Focus on quality rather than quantity.

**Say "No":** Practice assertiveness by saying "no" when a request or commitment doesn't align with your priorities. If you're unsure, buy yourself some time by saying, "Let me think about it." Establishing boundaries and managing your time effectively is crucial to maintaining your well-being.

## Prioritising as a Path to Well-being

In the quest to combat the curse of busyness, prioritising takes centre stage. By identifying and focusing on what truly matters, we can achieve a greater sense of balance and purpose. Remember, your mental health and overall well-being should never take a back seat to the demands of a busy schedule. So ask yourself, what is your main priority? Once you find the answer, commit to taking intentional action to reclaim your time and prioritise your well-being above all else.

# Summer Salad

## *with chicken and courgettes*

If the sun shines, nothing is better than a nourishing, fresh salad.

### Ingredients for 4 people

400 g chicken breast  
 200 g courgettes  
 200 g aubergines  
 150 g cherry tomatoes  
 60 g of leaves of your choice (lettuce for example)  
 Salt and pepper to taste  
 Virgin olive oil

For the marinade:

25 g virgin olive oil  
 25 g honey  
 The juice of ½ lemon  
 Thyme  
 Salt and pepper to taste

### Instructions

- Marinate the chicken: in a dish, place the chicken breast, pour the olive oil, and add salt and pepper.
- Add the honey, the lemon juice and some thyme.
- Mix well with your hands or with a spatula, so that the marinade covers the chicken well.
- Wrap with cling film and leave to rest for one hour.
- Meanwhile, wash and cut the courgettes and the aubergines in long strips 1cm thick.
- Add some oil to a grill pan and heat it. Once hot, grill the vegetables on both sides.
- Take the chicken from the marinade and grill it as well, until well cooked.
- Cut the vegetables and the chicken into smaller strips of 2cm each.
- Once cooled a little, add them to a bowl, add the leaves, cut the tomatoes in quarters and add them to the mix.
- Voilà! Enjoy your healthy and tasty salad.





# Visiting Lough Hyne

BY SARA HEALY

When the sun shines, few places are as beautiful as Ireland. County Kerry has been the crown jewel of the tourist industry in the country for many years now, but West Cork is steadily rising up the ranks and establishing itself as a popular area to visit.

Whether you want to go as far as Baltimore or you want to go for a walk to the beautiful Inchidoney beach, you will find plenty of activities for both adults and children, such as going whale sighting, eating Michelin-quality or visiting the local natural beauties.

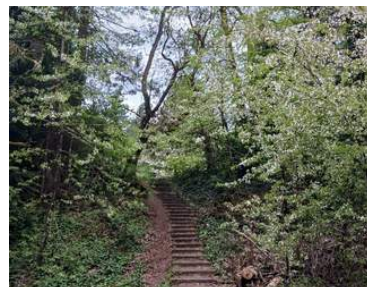
Lough Hyne is the perfect Sunday spin. A marine sea lough located 5 km southwest of Skibbereen, Lough Hyne is the first Marine Nature Reserve in Ireland, achieving this status in 1981. The tide does not affect the lake, but the flora and fauna are those of the sea. Because it is sheltered from the winds, it is a very popular spot for swimming, kayaking and diving. In summer, it is possible to kayak during the night time and bioluminescence is normally visible, making the experience unforgettable.

To get the best view of the lake, take the trail that climbs up Knockmagh mountain. Meaning “crooked hill”, the hill stands 197 m high only and, despite the disclaimer that the climb can be steep at times, the lovely walk through the woods does not require any special equipment or footwear. My little one, who is three and a half years old, was

perfectly able to complete most of the climb herself and she had a blast touching trees, looking out towards the lake and jumping everywhere. The path is safe, just bear in mind that there are plenty of steps towards the end of the climb and there are no handrails, so keep a close eye on your children. Depending on how fast of a climber you are, the walk could take up to one hour.

The total length of the walk is 2 km, divided by 9 stops, and there is an opportunity to take a shortcut and avoid some of the steepest parts of the trail by taking the northern loop at stop 5.

Once you reach the summit the reward is the stunning views of Lough Hyne and the West Cork coast. It is possible to see, on a clear day, Mount Gabriel to the northwest and the islands of Roaringwater Bay, including Sherkin and Cape Clear, to the west.



# Discover the Power of Volunteering

CORE Ireland opens its doors to passionate individuals who wish to lend a helping hand and create a positive impact. With a wide range of volunteering opportunities, you can find the perfect role that aligns with your interests and skills. Whether you have a knack for organising events, a passion for social media, or a talent for connecting with people, there's a place for you at CORE Ireland.

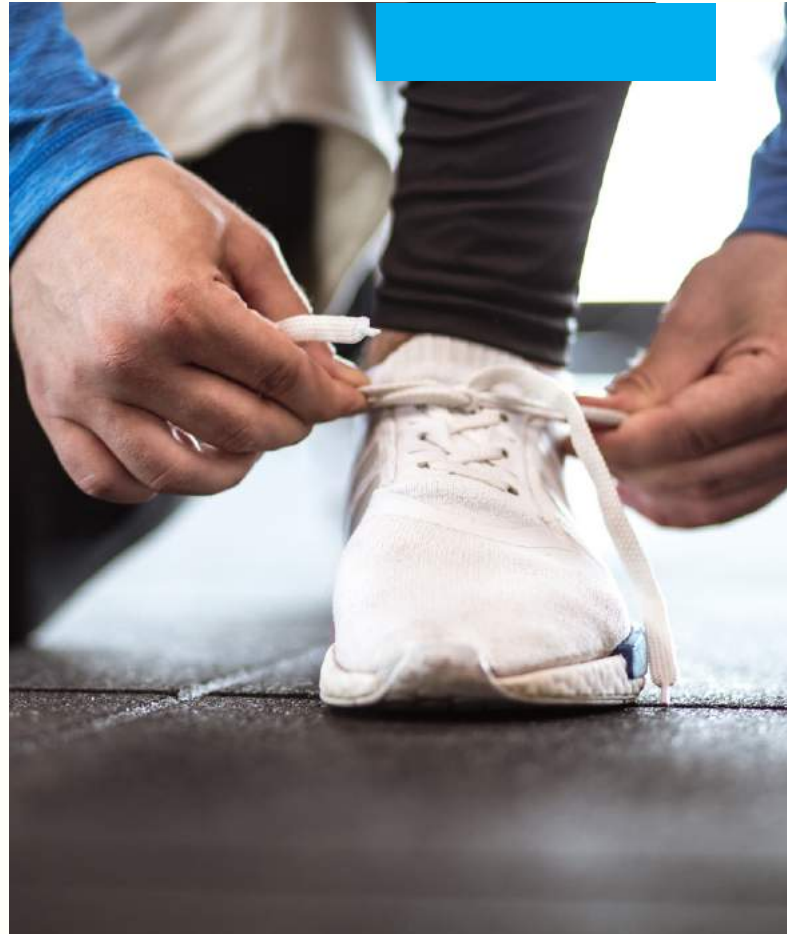
**Fundraising and Event Planning:** If you possess excellent organisational skills and a flair for bringing people together, joining the fundraising and event planning team can make a significant difference. By spearheading various initiatives, you'll help raise vital funds to sustain CORE Ireland's invaluable programs.

**Content Creation and Social Media:** Are you a wordsmith or a digital enthusiast? By utilising your creative talents to generate captivating content or managing social media platforms, you can spread awareness about mental health and inspire others to get involved.

**Administrative Support:** Behind every successful organisation, a dedicated team works tirelessly behind the scenes. Volunteers providing administrative support contribute to the smooth operation of CORE Ireland, ensuring that essential tasks are handled efficiently.

## Why Volunteer?

Volunteering for CORE Ireland is not just about helping others; it's an opportunity to embark on a transformative journey that can positively



impact your own mental health and well-being. As the famous idiom goes, "A rising tide lifts all boats," and when you extend a helping hand to others, you inadvertently uplift yourself.

**A Sense of Purpose:** Engaging in selfless acts of service gives you a profound sense of purpose and fulfilment. By joining CORE Ireland, you become an integral part of a passionate community that shares your vision of creating a mentally healthier society.

**Enhanced Well-being:** Studies have consistently shown that helping others can significantly improve your own mental health and well-being. Volunteering fosters a sense of connection, combats loneliness, and promotes a positive outlook on life.

**Building a Supportive Network:** When you volunteer for CORE Ireland, you'll have the opportunity to connect with like-minded individuals who share your passion for mental health. The bonds you form can provide invaluable support and enrich your social network.

# WIN A €5,000 Corporate Video Package!



ARC  
STUDIOS

## How to enter:

CORE Ireland, a mental health charity based in County Meath, is excited to announce its latest collaboration with Arc Studios, a multi-award-winning video production company. This partnership presents an exciting opportunity for businesses to win a €5,000 corporate video package!

Simply scan the QR code below to buy your raffle ticket.

The €5,000 corporate video package prize offers endless possibilities for businesses to showcase their products and services through creative and professional videos. Whether you're a small start-up or a large corporation, this is an opportunity you don't want to miss.

Here's how to scan a QR code with your phone's camera:

1. Open your phone camera app
2. Focus on the QR code
3. Wait for the prompt
4. Tap the screen
5. Follow the link or instructions

By participating in the raffle, you not only get a chance to win this amazing prize, but you also contribute to CORE Ireland's mission of making a positive impact on the lives of the most vulnerable members of our society, so don't miss out on this chance to elevate your business and make a difference in the community.

That's it!



Enter now for a chance to win!

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## Thank you to our 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.

## Poem of the Month

### NOT


BY ERIN HANSON

You are not your age,  
nor the size of clothes you wear,  
You are not a weight,  
or the colour of your hair.  
You are not your name,  
or the dimples in your cheeks.  
You are all the books you read,  
and all the words you speak.  
You are your croaky morning voice,  
and the smiles you try to hide.  
You're the sweetness in your laughter,  
and every tear you've cried.  
You're the songs you sing so loudly  
when you know you're all alone.  
You're the places that you've been to,  
and the one that you call home.  
You're the things that you believe in,  
and the people whom you love.  
You're the photos in your bedroom,  
and the future you dream of.  
You're made of so much beauty,  
but it seems that you forgot  
When you decided  
that you were defined  
by all the things you're not.



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