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with **Frances Darcy**

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 Kilmaley, Co. Clare



How kinseology can help students with exam stress

IN TODAY'S society the issue with exam stress is a level too high. In particular, I refer to the leaving cert. With a child doing the leaving cert I would go to say that the whole house is doing the leaving cert, it is a big stress for the whole family.

Student exam stress refers to the anxiety, pressure or worry that students experience in the lead up to or during exams. This stress can be caused by several factors including fear of failure, the pressure to perform well, the amount of study required or concerns about the outcome- the road to college etc.

Symptoms of exam stress can include nervousness, difficulty concentrating, trouble sleeping or physical symptoms such as headaches and stomach aches. In Clare Wellness Clinic it is a common experience for students at all levels of education.

The leaving cert is probably the most stressful exam one will take, and it is an important milestone in life. It is a lot of pressure with a big

impact on future academic and career opportunities.

Using kinesiology can be an effective way to manage exam stress by using techniques that promote relaxation, improve balance the bodies energy.

Stress reduction- I use muscle testing to identify areas of stress and tension in the body. By correcting these imbalances, it helps reduce physical and mental stress promoting a sense of calm.

Enhancing focus and memory- certain kinesiology techniques are aimed at improving brain function and co-ordination between the left to right side of the brain. This leads to better focus, concentration and memory recall during exams and study.

Emotional balance- Kinesiology addresses emotional stress by identifying individual emotion specific to each person and using techniques to release emotional or mental blocks that may affect performance, such as anxiety, self-doubt and fear of failure.

Promote relaxation- specific movement and breathing exercises in kinesiology help to activate the parasympathetic nervous system which encourages a relaxed state, making it easier to deal with stress leading up to and during exams.

Energy flow- with stress and trauma comes unbalanced energy in the body. I use techniques like acupressure, tapping or gentle stretches which restores energy of the body which can also improve overall wellbeing and reduce stress levels.

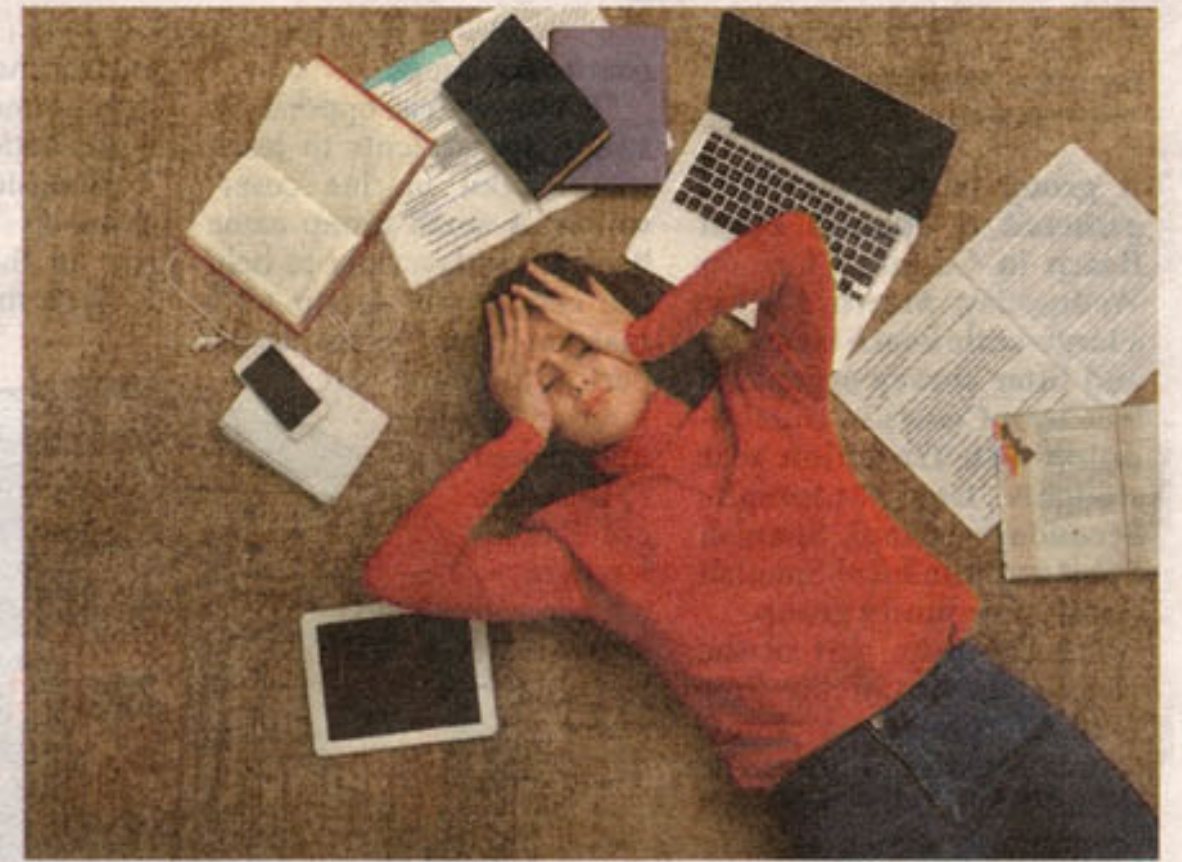
A future performance technique is used at this point to bring a clear vision of the students own personal goal. Each student presents at the clinic with various symptoms and stress. Each student is in receipt of a treatment tailored to their emotions/ stress using techniques such as ESR, future performance, mindset reset, goal setting, time management around study/ play, creating the correct environment for study to name a few. Australian bush flower remedies are a great tool to

support students. These remedies are specially selected to suit individual students along with kinesiology testing.

Having a positive mindset and the vision to look at your own indi-

vidual journey and goals is a great start. Getting into your own lane and owning it is crucial.

"It is not the mountain that we conquer, but ourselves."



Leabhar álainn faoi Inis Oírr/ A beautiful book about Inis Óírr

Macalla an Chláir
**LE MACDARA
Ó CONAOLA**



Macalla an Chláir

ANOIS go bhfuil an tseirbhís farantóireachta as Dúlainn ar ais don tséasúr nua, déanaí cinnte cóip den leabhar gleoite seo a fháil dhaoibh féin! Tá 276 grianghraif de mhuintir agus áiteachai spéisiúla Inis Oírr inti.

Ennis native, Michael O'Flanagan's 'Inis Oírr — The Jewel of the Aran Islands' documents Inis Oírr from 1971 through to the present day and offers an intimate look into what makes Inis Oírr such a treasured destination for the people of Clare and beyond.



● Beidh spraoi agaibh ag léamh agus ag breathnú thríd an leabhar iontach seo

Imeachtaí/Events:

- SIONNA - Ciorcail Comhrá, Wolfe Tones, Dé Sathairn, 15ú Márta, 7.30pm
- CILL ROIS - Preab-Ghaeltacht chuile oíche Dé Céadaoin ag 8pm i mBuggles Bar
- LUIMNEACH - AIFREANN GAEILGE, chuile Dé Domhnaigh, 10.30am, Mainistir an tSlánaitheora, Sráid San Doimínic, Luimneach
- Clare FM - Cúl-chaint le Domhnall Ó Loingsigh chuile Dé Sathairn, ag 9am ar Clare FM
- CILL INÍNE BAOITHE - Ciorcail Comhrá san XPO, chuile Dé Céadaoin ag 7.30pm
- INIS - CAINT AGUS COMHRÁ, chuile Dé Luain ag 11am sa gCopper Jug, Dé Máirt ag Zest 11am, Dé Céadaoin ag 11am in O'Brien's, oíche Déardaoin sa Temple Gate (8pm), Dé hAoine The Market 11am, agus Dé Sathairn i nGlor, 11am-12pm. Déan teagmháil leo ag: caintagus-comhra@outlook.com
- LUIMNEACH - Ciorcail Comhrá. Chuile Dé Céadaoin ag 10.30am, Bialann Eden, Ollscoil Luimnigh. Tuilleadh eolais ar fáil ó Noel ag 086 792 8389.
- AN SCAIRBH - Lón i nGaeilge, 1-2pm, CHUILE DÉ MAIRT i gcaifé 'An Gáirdín', fáilte roimh chuile dhuine.

AN BHFUIL SCÉAL LE ROINNT AGAIBH ?!

Bígi i dteagmháil linn agus leanaigi ar Facebook agus Twitter muid ag: @macallaanchlair R-phost: macallaanchlair@gmail.com

Thought for the week - Our beautiful angel dragonfly Aoife Spreading the word of positivity

**RONAN
SCULLY**



ON THIS day 5 years ago we lost my amazing fabulous niece Aoife, our beautiful Angel Dragonfly, at only 14 years of age in an awful tragic way.

During her short life Aoife taught me a lot of things about living, but she also taught me that you don't have to balance the seesaw of life on your own.

Aoife treated every friendship like a tiny miracle. Aoife held love and connection so gently in her palms as though they could shatter at any moment, as though she couldn't quite believe she was so lucky as to have these beautiful things in her life.

Aoife has taught me that living isn't about doing more or working more or playing more or being more, it's about the connections we make and the friendships we hold dear and the people we help and those that help us.

Thought for the Week

As your thought for the week, always remember that life's road is sometimes extremely tough, because the time we have with our loved

ones is just simply not long enough, especially when they are taken away tragically.

I will finish by thanking everyone who helped our family, especially Aoife's parents and grandparents in any way over the last five years. We would have been further lost without your love and care.

Here is the reflection I wrote about Aoife for her funeral ceremony and hopefully it might help those of you who have lost loved ones recently.

Our beautiful angel dragonfly Aoife - Once, in a little pond in the little town of Clara my own dear native home, in the muddy water under the lily pads, there lived a little water beetle named Aoife in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances and interruptions. Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again.

They knew when this happened; their friend was dead, gone forever. Then, one day, the little water beetle Aoife felt an irresistible urge to climb up that stem.

However, Aoife was determined that she would not leave forever. She would

come back and tell her friends what she had found at the top.

When she reached the top and climbed out of the water onto the surface of the lily pad, she was so tired, and the sun felt so warm, that she decided she must take a nap.

As Aoife slept, her body changed and when she woke up, she had turned into a beautiful purple-tailed dragonfly with broad wings and a slender body designed for flying. So, fly Aoife did! And, as she soared she saw the beauty of a whole new world and a far superior way of life to what she had never known existed.

Then Aoife remembered her beetle friends in the Little town of Clara and how they were thinking by now she was dead. She wanted to go back to tell them, and explain to them that she was now more alive than she had ever been before. Her life had been fulfilled rather than ended. But, her new body would not go down into the water. Aoife could not get back to tell her friends the good news. Then she understood that their time would come, when they, too, would know what she now knew. So, Angel Aoife raised her wings and flew off into her joyous new life! Amen.