

# KILKENNY COUNTY COUNCIL LIBRARY SERVICE



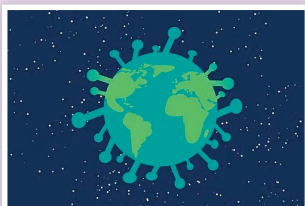
Kilkenny County Council Library Service

Seirbhís Leabharlaine Chomhairle Contae Chill Chainnigh



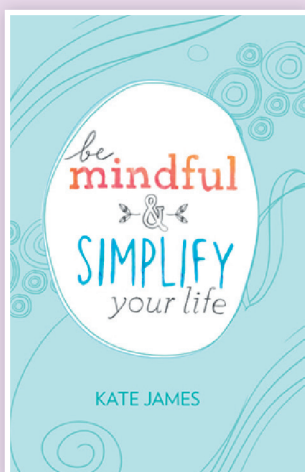
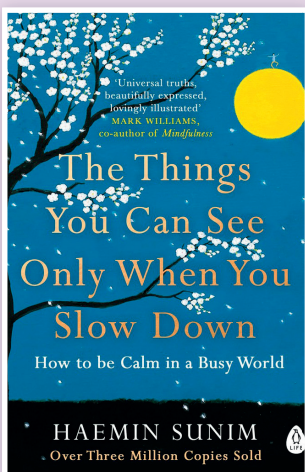
## Online health advice and tips at Kilkenny County Council Library Service

**Over the last couple of months, our day to day lives have dramatically changed as we have had to learn to live alongside Covid-19.**



For most of us we have had to stay at home, work from home, home-school, and stay away from families and friends. With travel restrictions we have had to limit or adapt our exercise regimes and the closure of our favourite restaurants and cafes has meant we have had to return to or improve our home cooking skills. It has been a challenge and many of us have felt overwhelmed, stressed and anxious at times.

**#BeWell #ThinkWell #EatWell**

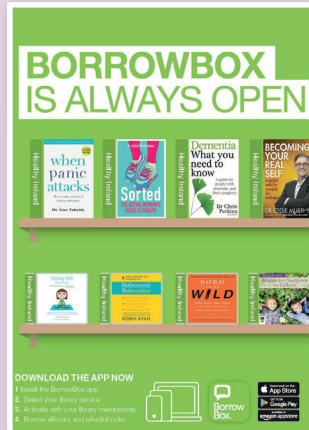


As we have had to slow down, we can also take stock and re-evaluate our health and well-being. At the library, we have plenty of titles that can help in this regard.

Our Healthy Ireland at your Library programmes have in the past supported patrons to maintain good physical and mental health with our talks, workshops and dedicated book collections.



With our library doors shut for the moment, our patrons have been turning to our online resources – our eBooks, our eAudiobooks, our online courses and our digital magazines. Did you know that there is a dedicated section on our Borrowbox of Healthy Ireland at your Library titles?



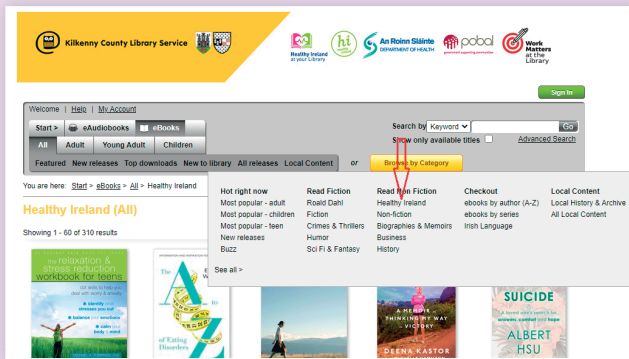
These titles are part of our Healthy Ireland at your Library initiative which aims to provide lots of health information and were chosen by professionals in the HSE together with public librarians.

### How do I get these titles?

Download the Borrowbox app to your smart device and you will need your library card number, PIN, email address for first time registration. If you don't have any of these, you can phone our Library HQ 056 7794160 and staff will be on hand to answer your queries.

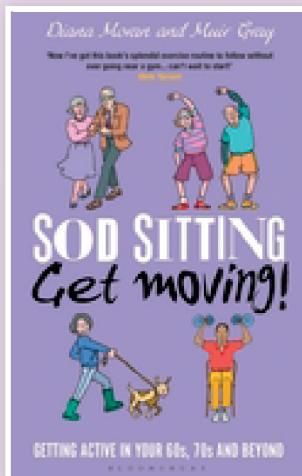
To view the Healthy Ireland at your Library collection, open up Borrowbox.

Click on Browse by Category,



under "Read Non Fiction", click on "Healthy Ireland". There are 310 eBooks and 105 eAudiobooks to browse through covering a wide range of subjects including mental health, physical health and healthy eating.

### Improve your Physical Health

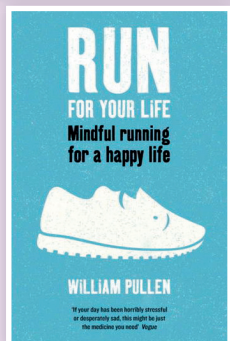


### WALK OFF WEIGHT



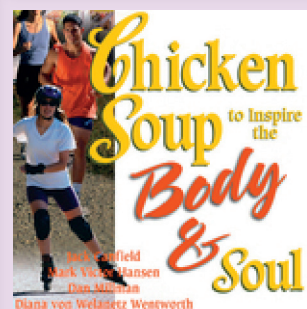
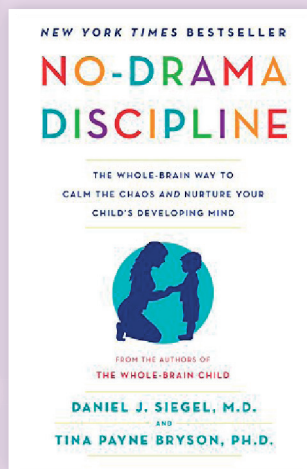
An 8-week food and exercise plan that gets results

**ANDREW CATE**



With the gyms and leisure centres closed, and team sports stopped, our exercise routines have had to change too. To get some ideas for how you can maintain fitness at home, why not browse these titles

Don't forget you can download an eAudiobook when you are out for your daily walk or jog, and listen to any one of the great Healthy Ireland titles whilst on the move.

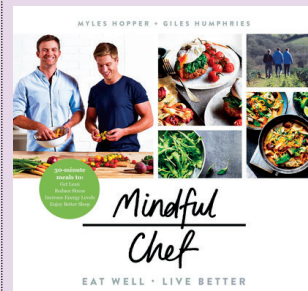
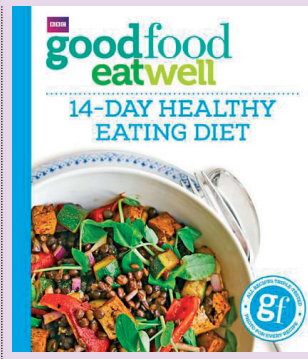


### Healthy Eating tips

If you are looking for other ideas on home cooking besides banana bread and starter dough breads, you might be interested in some of these titles

[PIC 12, PIC 13, Pic 14]

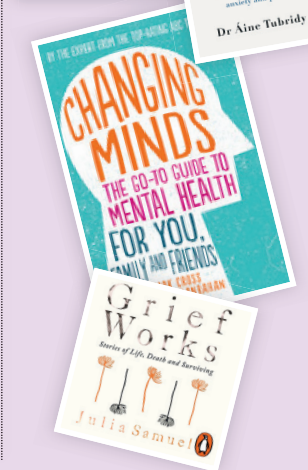
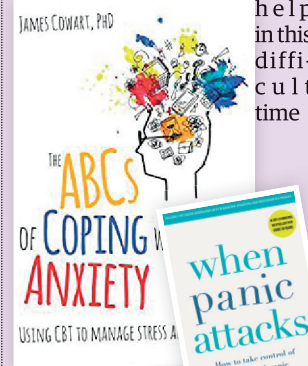
Get some inspiration for healthier recipes for those mid-week meals, family dinners, home school lunches and numerous snacks etc



### Maintain good Mental Health

If you have been feeling overwhelmed and anxious over the last few weeks, there is a great selection of titles focusing on mental health, stress, anxiety etc

If you have recently experienced grief, there are some good titles available which might be of



help in this difficult time

Other online resources include our digital magazines provided by RB digital and our online courses provided by Universal Class so you can get some further fitness tips, healthy recipes, and well-being advice. Browse through our suite of online resources on [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie)



### Online Mindfulness for Children

Children too may be feeling anxious and overwhelmed at all the recent changes. Kilkenny County Council Library Service will host a series of video workshops online weekly over 5 weeks for children with child therapist Louise Shanagher. Louise also works as a psychology lecturer and a mindfulness teacher. She is also the author of Ireland's first mindfulness series of books for children. The "Mindfully Me" series is available as part of our Healthy Ireland at your Library collections which can be found in our library branches.

Each session will include a reading of one of her books or a discussion on feelings as well as craft ideas which can help children understand their feelings and breathing exercises. These videos will be available to all through [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie), and [www.kilkennycoco.ie](http://www.kilkennycoco.ie) and our usual social media platforms. The first video will be available on Friday 3rd July at 7.00pm.

