

## #RCSIttogether - Bulletin 4 - Happiness, Respiratory Research, Caring for Carers & Poetry

Hi all,

As we leave March behind us and hope for warm spring days - I'm pleased to bring you a short bulletin below. As always all your ideas for future bulletins and any comments you have on the concept, content and frequency are very welcome. We have a staff survey coming soon so you will also be asked for your feedback there.

### #RCSIttogether Learning

Based at UC Berkeley, the [Greater Good Science Centre](#) provides a bridge between the research community and the general public to share the scientific evidence relating to happiness and wellbeing. They have lots of fantastic resources on their site but I wanted to draw your attention to their free 8-week online course called 'The Science of Happiness' which explores the roots of a happy, meaningful life using inputs from positive psychology. The course is designed to help you learn practical, research based strategies to nurture your own wellbeing. You can sign up for the course [here](#) on the EdX platform.

Epigeum/Oxford University Press have made their 'Online Teaching' and 'Blended Learning' modules freely available to everyone until the end of May. Thanks to Margaret McCarthy for the heads up <https://www.epigeum.com/epigeum-insights/news/moving-to-online-teaching-in-response-to-the-coronavirus-covid-19-free-access-to-epigeum-resources-that-may-help/>

### #RCSIttogether HealthScience

In this bulletin, we would like to direct you to explore our [Respiratory Medicine theme](#), an RCSI research area made up of leading national and international experts in respiratory medicine. These clinician researchers are based in Beaumont Hospital and are currently working tirelessly to respond to the respiratory challenges COVID-19 brings. They have made groundbreaking contributions to the fight against respiratory illnesses like cystic fibrosis, in addition to innovative research discoveries such as [new methods of growing lung cells](#).

### #RCSIttogether Minding Others

The latest HSE guidelines outline additional measures for people in vulnerable groups and their carers. <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html> . Essentially people that are

'cocooning' need to stay inside, going outside only to their gardens or balconies should they have one. This is a challenging ask for anyone so resilience will be key.

For carers "Family Carers Ireland" are a great resource – search @familycarers in Facebook to join. They will also run Carers' Coffee Club starting on Thursday April 2<sup>nd</sup> at 11am where they will provide support and advice to family carers via Facebook Live. More details can be found here <https://twitter.com/CarersIreland/status/1243559853211242496>.

Also if you need guidance or emotional support Family Carers Ireland offers a confidential and friendly Careline - just freephone 1800 24 07 24. They will listen to your concerns and give practical advice on a range of topics, including supports and services available in your area. <https://familycarers.ie/help-and-advice/freephone-careline/>

While on Facebook, search @rcsiclubandsocieties to join and gain access to all the gym classes being run by the Gym team in No. 26! Open to all. The schedule for the rest of the week is copied at the bottom of the email.

### **#RCSIttogether Minding Yourself**

Dr. Padraic Dunne's live meditation sessions continue tomorrow at 4pm. All previous sessions can be viewed via link – [https://rcsicampus-my.sharepoint.com/personal/padraicdunne\\_rcsi\\_com/\\_layouts/15/onedrive.aspx?view=4](https://rcsicampus-my.sharepoint.com/personal/padraicdunne_rcsi_com/_layouts/15/onedrive.aspx?view=4)

We decided to highlight a poem for this bulletin, we hope you enjoy. Poetry rises up in human societies when official words fail us and we lose sight of how to find our way back to one another. [Poetry Unbound](#) features an immersive exploration of a single poem, guided by Pádraig Ó Tuama. The episodes are short and sweet, why not try to incorporate them as part of your morning ritual and (re)discover a love for poetry

*"The Peace of Wild Things"* - Wendell Berry

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

Mind yourselves,  
Barry

**Barry Holmes**  
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**RCSI Human Resources**