

RESILIENCE, LONELINESS & WELLBEING IN AN AI-RICH WORLD



SETANTA

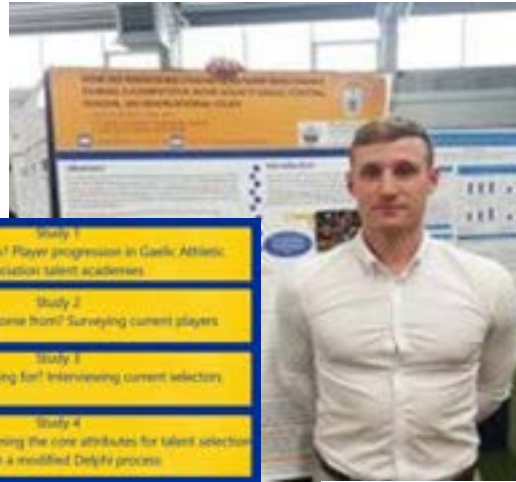
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Sport & Human Performance Research Center Member

Family



Iarlaith and Aodha

Academic research



- Study 1
Where did they go? Player progression in Gaelic Athletic Association talent academies
- Study 2
Where did they come from? Surveying current players
- Study 3
What are we looking for? Interviewing current selectors
- Study 4
Where to next? Confirming the core attributes for talent selection through a modified Delphi process



Sport and Human Performance Research Centre

Sport



Coaching/Sports Science



Contents



IMPACTS OF
TECHNOLOGY



WHY WE SHOULD
MOVE



SCHOOL HOLISTIC
MODEL

A person is shown from the waist down, performing a deadlift with a barbell. They are wearing dark athletic shorts, white socks, and dark sneakers. The barbell is on the floor, and the person is in a low, powerful stance. The background is a dark, tiled gym floor.

Empowering the creation of sustainable athletic development models through world-class education support



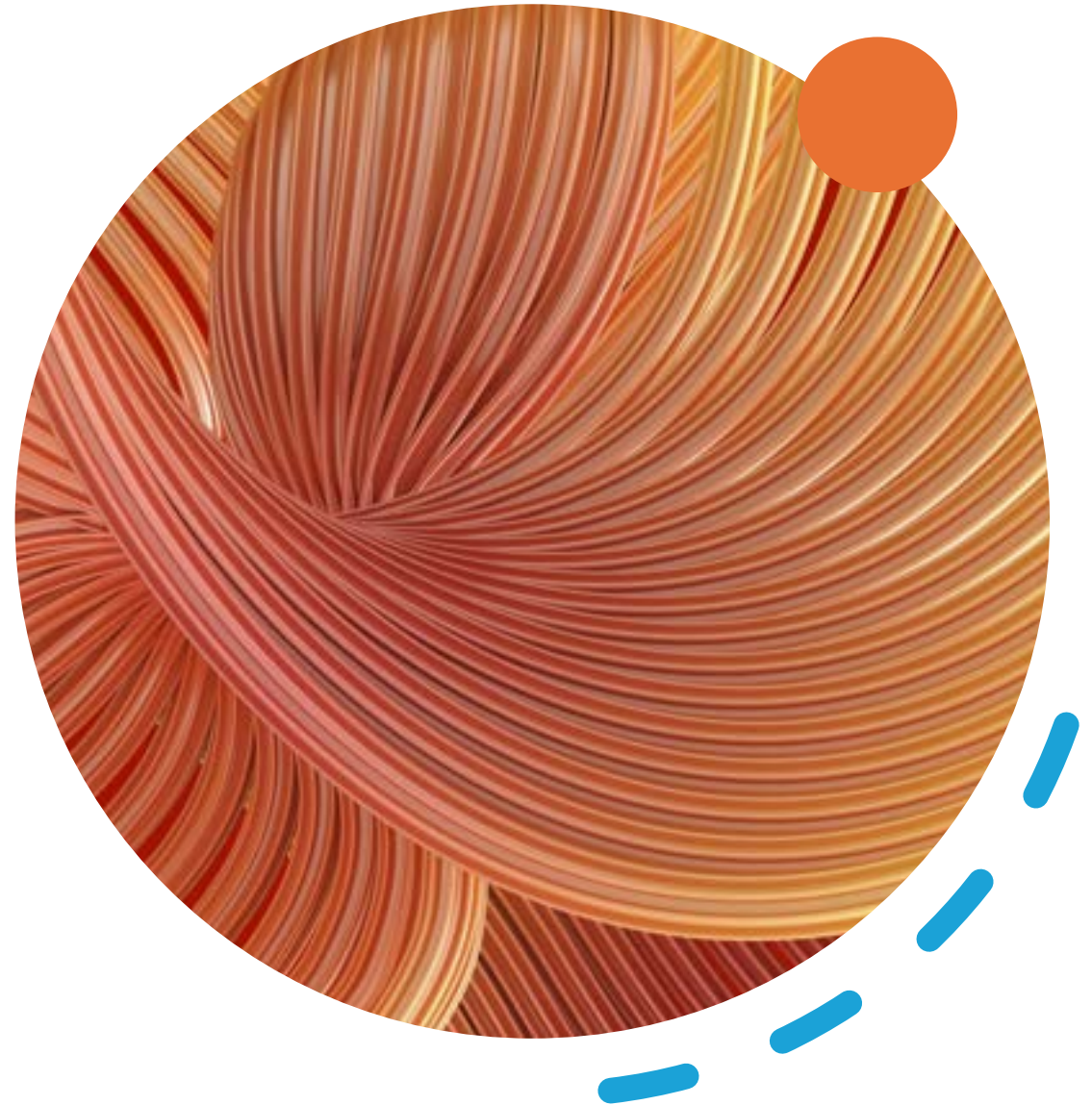
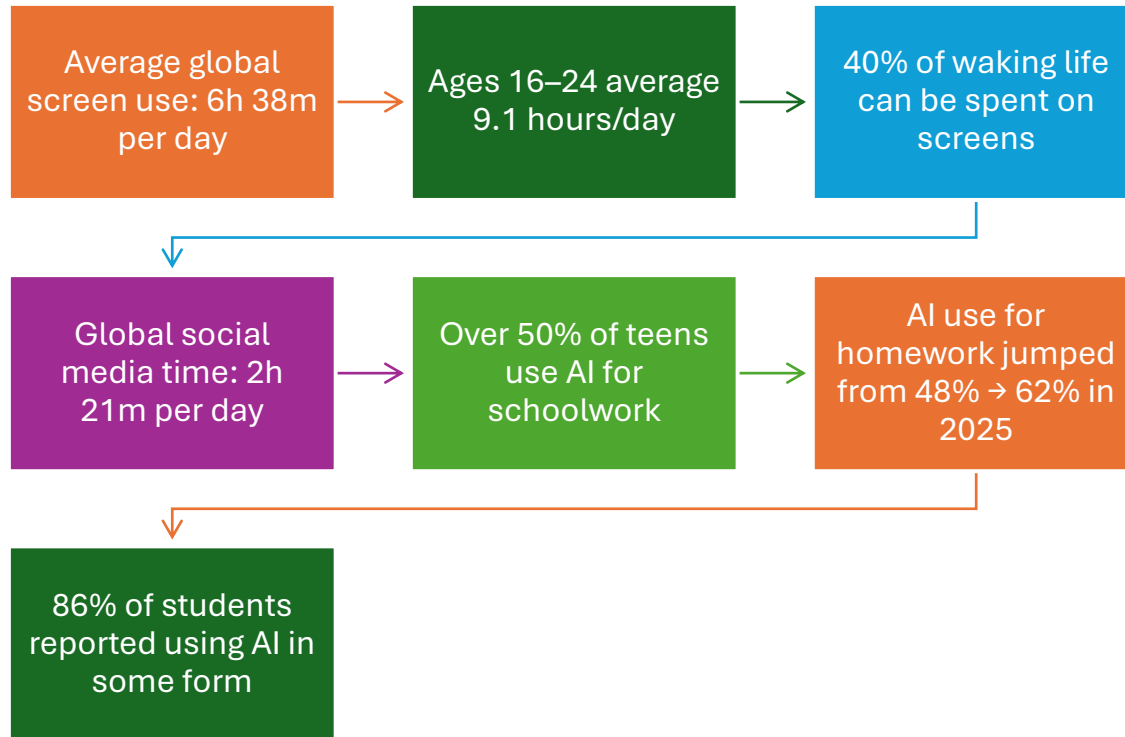
Performance | Development | Support

Mentimeter - Questions



menti.com
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NORMS VS REALITY



HEALTH & WELLBEING IMPACT



4+ hours screen time linked to:



higher depression



higher anxiety



irregular sleep



lower physical activity



Excessive screen time linked to less social support and greater loneliness in students

What Excessive Screen Time Does to the Adult Brain

- thinning of the cerebral cortex
- It is associated with cognitive decline, neurodegenerative diseases like Alzheimer's, and conditions such as ADHD
- impaired memory & learning
- increased social isolation
- disrupted sleep cycles

Children -more anxiety & behavioural problems

More emotional problems

Practice of the Month: No Screen Time for the First Hour of the Day

Stanford Lifestyle Medicine experts recommend no screen time for the first hour of the day to support cognitive enhancement. Instead, we suggest engaging in a lifestyle medicine activity upon waking to promote whole-body health:

- Exercise
- Call a friend or family member
- Prepare a healthy **breakfast**
- Meditate and count your **blessings**
- Listen to music
- Create a **gratitude list**
- Read a book
- Spend time outside and get **morning light**

"How do you want your day's energy and mood to start?" says Loeffler. "Intentionally implementing a morning routine that reflects lifestyle medicine choices instead of screen time sets a positive tone for the day and supports brain health and cognitive enhancement."



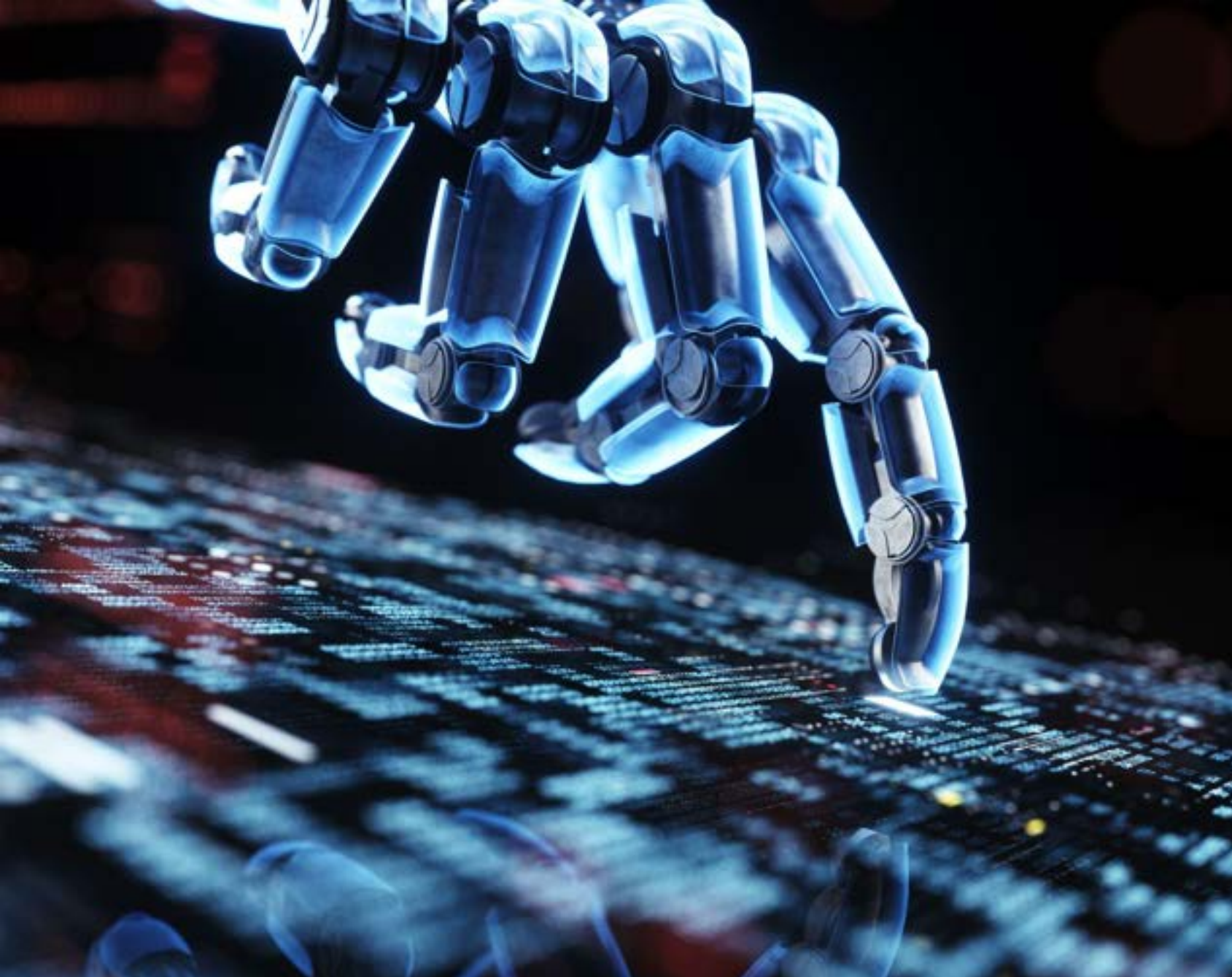


Counteracting Screentime -Why Movement Matters

- Mood
- Resilience
- Alertness
- Social connection
- sleep quality

Movement is the simplest antidote to digital overload and an AI/tech heavy lifestyle.





Follow up questions

- After seeing the data...
 - ✓ Are you moving enough?
 - ✓ Are you using tech unnecessarily?
 - ✓ Are your AI/tech habits helping or hindering your wellbeing?

Micro-breaks

Movement as a tool for regulating stress, improving mood, and counteracting digital overload.

Stops you reaching for the phone

Physical activity can create connection at the start/during of group sessions.

Micro-breaks



SOMETHING FUN, ENGAGING,
PROVIDES A CHALLENGE



BUT MOST IMPORTANTLY GET
YOU UP ON YOUR FEET

In a group setting - Card Talk

- Feeling brave pick a high value card
- If not pick a low value card



Individual

1.Brugers relief position

2.Box Breathing

3.Overhead wall slides

4.Spine Rotations

5.Shoulder shrugs

6.Neck roll

7.Go for a brief walk (Ideally outside)



SETANTA

360

Performance | Development | Support

Purpose – School Model

We provide a school wellbeing model, not just solely focused on sporting outcomes

Schools Support



Comprehensive support for schools, incorporating the entire student population, sports teams and teachers/staff.



Athletic Development Support

- Two coaches (Lead and assistant) across all age groups
- Gym & Pitch sessions for junior teams
- Gym & Pitch sessions for senior teams
- Gym Session for 1st & 2nd years
- Periodic testing of all groups throughout the year
- Typical week outlined below:



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:30-07:15	Slot 1	Slot 1	Slot 1	Slot 1	Slot 1
07:30-08:15	Slot 2	Slot 2	Slot 2	Slot 2	Slot 2
08:45-3:45	Classes	Classes	Classes	Classes	Classes
16:00-17:00	Slot 3	Slot 3	Slot 3	Slot 3	Slot 3

Nutritional and Psychology Support

- All teams have access to nutritional and psychological supports in the form of online and in-person workshops.



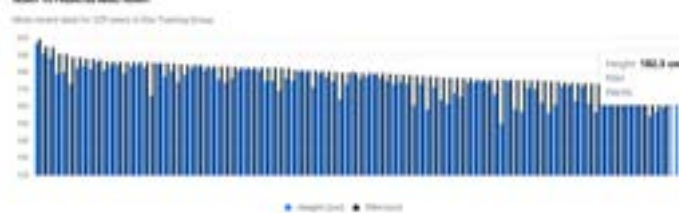
RYPT

- All training programs are delivered and monitored using the RYPT app
- All players, students and teachers get access to the app where they can access their specific training program and log any outside activities

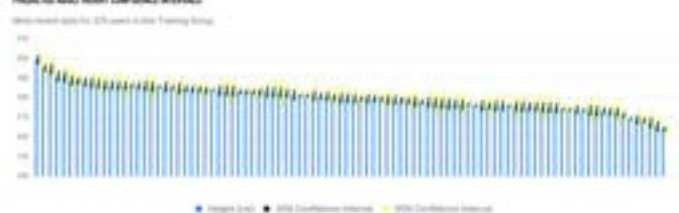


Growth & Maturation

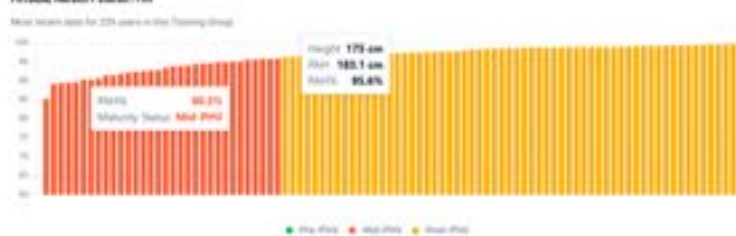
HEIGHT VS PREDICTED ADULT HEIGHT



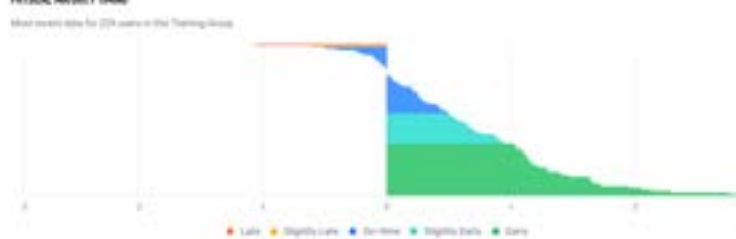
PREDICTED ADULT HEIGHT CONFIDENCE INTERVALS



PHYSICAL MATURITY STATUS / PIV



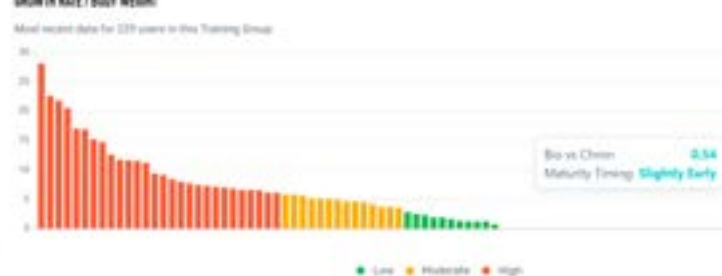
PHYSICAL MATURITY TIMING



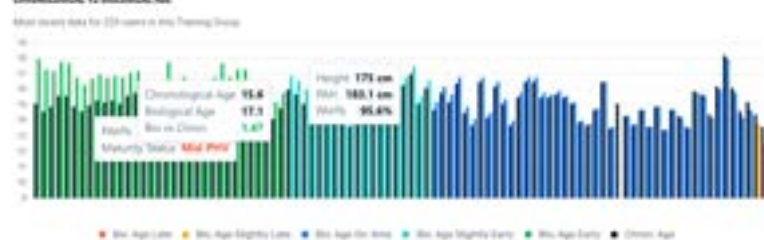
GROWTH RATE / HEIGHT



GROWTH RATE / BODY WEIGHT



CHRONOLOGICAL VS BIOLOGICAL AGE



GROUP PHYSICAL MATURITY STATUS BREAKDOWN



LET'S TAKE A CLOSER LOOK

Player	Height	% of adult height	Bio age	Age	Growth rate	Weight
A	5'5"	93	14.3	15.8	9	39
B	6'5"	100	18.6	15.3	2.4	100



Fit For All

Holistic support



Access to fitness programs for all students



Open training sessions for 5th and 6th year students



Nutrition and wellbeing support



Teachers support



ACCESS TO FITNESS
PROGRAMS FOR ALL
TEACHERS



RUN CLUB



YOGA/PILATES



WELLBEING TALKS



WORK/LIFE
BALANCE SUPPORT



NUTRITION
SUPPORT

Applying 360 in a 3rd-level environment



Universities often have large class sizes or are delivered digitally in some settings



Students may feel anonymous or disconnected.



Embedding movement creates micro-communities and supports mental resilience. Creates connections

Applications



Movement breaks during long lectures or labs



Scheduled micro-workouts for busy timetables



Movement-based social activities (run clubs, walking meetups)



Integrating wellbeing into through apps or workshops, resources, headspace



Encouraging balance between online tools and real-world

Technology is not all bad

- RYPT Free for individual users
- Allows tracking workouts, habits, readiness, wellbeing
- Students can follow simple programs and log sessions easily
- Google Fit Passive tracking of steps, movement, heart rate (if wearable connected)
- Daily and weekly activity summaries
- Great “minimum effort” option for students
- Strava Ideal for running, walking, cycling
- Social element helps accountability
- Students can join campus-based clubs or challenges
- MyFitnessPal (exercise tracking component) Tracks activity and general health behaviours
- Pairs well with students wanting lifestyle balance

“Technology should improve your life...not become your life”

WAYS TO ADD MORE MOVEMENT INTO YOUR DAILY ROUTINE (WITHOUT THE GYM)



Take the Stairs Instead of the Elevator



Walking Meetings



Park Further Away



Household Chores as Exercise



Dance Breaks



Take Short Walks



Use TV Time Wisely

Simple Ways to Add Movement Into Your Day

Movement Snacks (2–5 min):

10 squats

20s plank

Shoulder/hip mobility

Stairs walk

Works between study blocks

PARSLEY-APPROVED HACK

Why Habit Stacking Actually Works



Parsley Health

Habit Stacking:

-
- Stretch while kettle boils
 - 10 squats after brushing teeth
 - 5-min walk after meals
 - Mobility while watching Netflix

Key takeaways

- Technology is tool to assist
- Factor in how and when to move

Any Questions?

