

# A message for students in Victoria

It's important for students to remember that disruption to school, activities, and routine can sometimes affect our mood, motivation, sleep, and ability to do normal tasks. Perhaps things that normally wouldn't bother you are now making you upset, angry, anxious, sad, frustrated. This is normal in times like this and it's important that we remember other people might be feeling the same way. It's also important to remember this will probably pass when we return to a more normal routine. It is helpful to pay attention to any changes in how you feel.

You might notice you are tired, feeling less interested, finding it hard to concentrate, feeling worried, or can't focus on learning.

It is important to check in with yourself and your friends.

- Think about things that you enjoy and try to do some of these activities
- Talk to friends or adults about how you are feeling
- Ask questions if you have them
- Keep up your normal good habits because this makes you feel safe and calm

- Try to remember that this is a very normal reaction to change now
- Remember strategies you have tried in the past that have been helpful

Some ideas for finding fun and calm.

- Listen to music
- Watch a favourite movie
- Go for a walk or bike ride
- Do some colouring in
- Create something with Lego
- Dancing
- Kicking a ball
- Playing with a pet
- Do a mindfulness activity
- Reading a book
- Talking with friends
- Cooking
- Creative writing or drawing
- Connecting with your family
- Playing a musical instrument
- Playing board games
- Learning a new card game
- Do a scavenger hunt
- Talking to a trusted adult
- Writing a letter about how you feel