Taking care of yourself while learning from home

The world is pretty topsy-turvy right now because of the global panic around COVID-19. It's very normal if you're feeling overwhelmed or stressed by it all. It is important to go easy on yourself and to take time for self-care. We've put together this list of self-care activities that you can do from home. They'll help you feel a little better during a very uncertain time.

Stay Active

Some free ways you can stay active at home:
- 'Yoga with Adrienne' – YouTube channel
- Nike Training Club – free workout app
- Seven – 7 Minute Workout – app

Chat with Your Mates

Try to stay in touch with your mates via text, Messenger, WhatsApp, FaceTime, or through a good old-fashioned phone call.

Take a Break from the News

The news and social media are full of info and updates on COVID-19. While it's important to stay informed, too much of this news might make you feel overwhelmed and stressed.
Try to limit your media to only a couple of times a day. It's OK to turn the news OFF and do something different.

Take 10 to be Zen

When we're stressed about something, our thoughts tend to speed up. Taking 10 minutes to practice mindfulness can bring a sense of calmness.
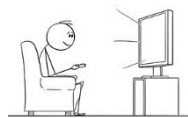Some free mindfulness apps:
- Insight Timer
- Smiling Mind
- Headspace
- Stop, Breathe and Think

Watch or Read Something Uplifting

Distraction can be a good thing. Watch something that you find uplifting and allow yourself to zone out from what's going on in the world.
- Netflix, Stan, Disney+
- YouTube – funny videos, TED talks
- Pick up a new book

Do Something Different

- Make a music playlist – music can make us feel so much better!
- Make a simple homemade meal
- Declutter for 5 minutes
- Learn something new – e.g. a new language on 'Duolingo' (free app), a musical instrument, or drawing.

source: ReachOut Australia 2020

If you need a little more help…

Headspace
Try out headspace's Healthy Action Plan to help you identify ways to maintain your mental health and bounce back during tough times.

https://headspace.org.au/tips/

The Brave Program
If you find yourself worrying a lot, so much that it is impacting your everyday life, try The Brave Program to help find new ways to manage anxiety

https://www.brave-online.com/

If it's all getting a bit much…

Sometimes things can get overwhelming, even if you've been practising self-care. If you are feeling overwhelmed, stressed or anxious, you can get in contact with someone for help using your phone or online. Some great places to reach out to are:

Lifeline (13 11 14) - phone counselling from 7 pm to midnight

Kids Helpline (1800 55 1800) – 24/7 phone and online counselling

Eheadspace (1800 650 890) - online and phone support and counselling.

Your school is here for you too…

Our School Counsellors from Evans HS are also here to support you. If you would like to get in contact, you can send a referral slip to us at **evans.schoolcounsellors@det.nsw.edu.au**. Follow the steps below and one of us will get in contact with you to arrange a time to chat:

1. Find the student self-referral form located in the Student Wellbeing @ Evans Google Classroom
2. Fill it out letting us know what kind of issue you are having and when your preferred time to chat is
3. Send it to **evans.schoolcounsellors@det.nsw.edu.au**
4. One of us will be in touch via email to arrange a time

Please note: we will do our best to get in touch within the time frames you indicate, but this may not always be possible. If you require more immediate support, please consider one of the alternative contacts above until we are able to make contact. In case of an emergency or if you are feeling unsafe, please call 000.

*** *The School Counselling is a confidential service. The completed self-referral form will only be seen by the School Counsellors. Any information discussed with a School Counsellor will be kept confidential, unless we are concerned for your safety. If we are concerned, we will discuss with you how we can best support you and keep you safe.* ***