

Lilydale High School



Healthy Me Presentation Day



ACKNOWLEDGEMENT OF COUNTRY

**We would like to acknowledge the Wurundjeri people of the Kulin Nation,
the Traditional Custodians of the land in which our school lies upon.**

**We acknowledge Aboriginal and Torres Strait Islander Peoples
as the owners of Country. The land, the skies, the seas
and the waterways were never given up, and this always was
and always will be their land.**

Lilydale High School



Healthy Me Presentation Day

Axel Cove: Managing Screen Time

Axel Cove Presents

~~Limiting~~ Screen time



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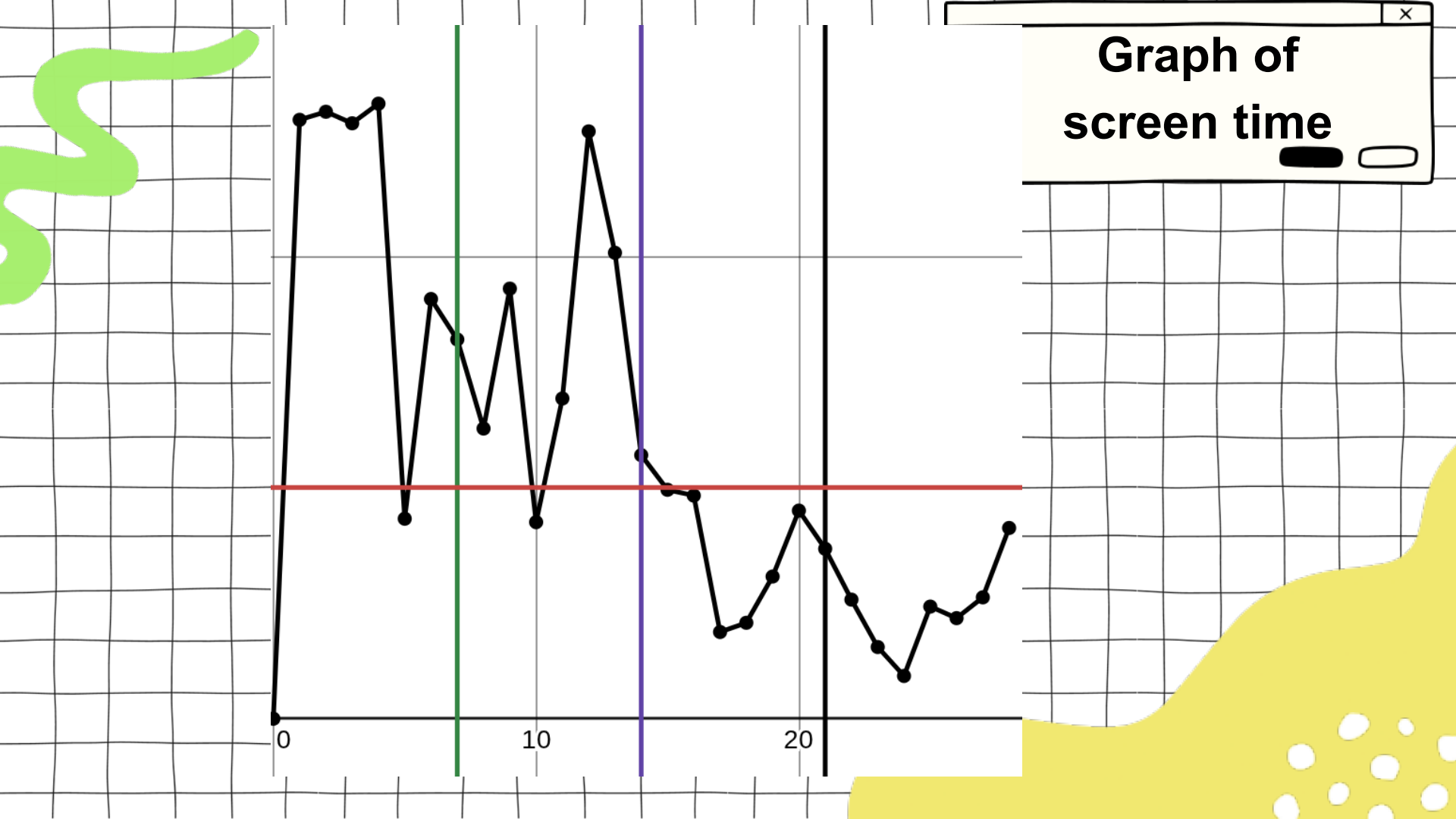
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Behaviour Description

This behaviour involves not banning screens, but just trying to limit the screen time. I achieve this by playing single player games like Solitaire. I also try to get work done that isn't technically homework, but I can still do. When my family is free, I will play games with them.

I have also tracked the behaviour before and during the change. The y-axis is the hours, in decimal form, and the x-axis is the days, starting from 28/7/25

Info and Stats

How many people go higher than the recommended screen time? Approximately 86%. Remember the Daily recommended Maximum is 2 hours, and then think about how the average screen time for teens aged 13 – 19 is 7.5 hours! Also, 90% of children aged 12 – 14 are clocking 20 hours per week – Nearly 3 hours per day as of 2023. Screens, especially before bed also affect how well you sleep. The light from screens comes in a lot of colours, mainly red, green and blue. The blue light tricks the brain into thinking that it is still day, and melatonin, the chemical that makes you sleepy, is not produced.

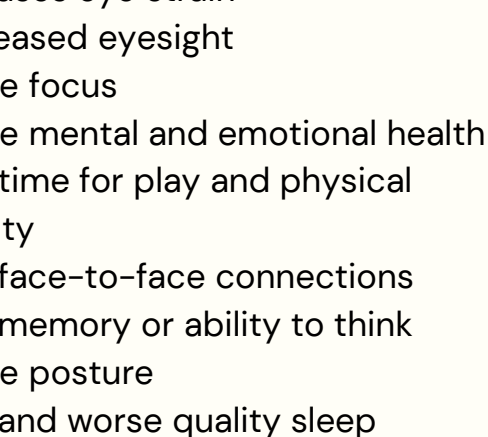


Positive and Negative impacts

Positive impacts of less screen time

- Allows for face-to-face connections
- Leaves more time for play and physical activity
- Helps with sleep
- Boosts emotional and mental health
- better focus
- Reduced eye strain
- Improved eyesight
- Better posture
- Better productivity
- Better memory and academic ability

Negative effects of excessive screen time

- Increases eye strain
 - Decreased eyesight
 - Worse focus
 - Worse mental and emotional health
 - Less time for play and physical activity
 - Less face-to-face connections
 - Less memory or ability to think
 - Worse posture
 - Less and worse quality sleep
- 

Application and advice

My first piece of advice is if you are going to track your screen time, write it on paper. Doing it digitally adds screen time. My next piece of advice is to try getting it under 2 hours straight away, but don't expect to be immediately successful. Bad habits die hard, but breaking the habit is still good. My final piece of advice is to try and replace, not erase. Don't just stop using technology, replace it. Replace video games with physical family games. Replace TikTok with games like Sudoku, Addoku and solitaire.

This can be applied by just finding screen time use that can be easily switched out. On your phone on the bus? listen to music and look out the window. On the couch? pull out a puzzle book.



Week one - three reflection quote.

This quote is about what it was like tracking my screen time and seeing my hours.

“I feel proud of myself”

“I have not been playing on my phone or computer or anything like that 1-2 hours before bed, and I am sleeping way better”

“[this] wasn’t an inconvenience and was.... eye opening”

Now here is a quote from my third week, when I got a system in place and was consistently under 2 hours.

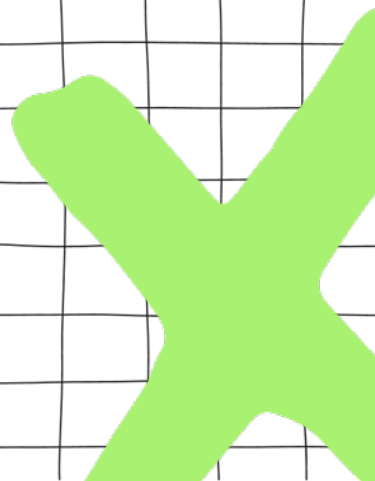
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Thank you

And don't forget to try
Addoku and Kakuro



Mila Thompson: The Importance of Physical activity

THE IMPORTANCE OF EXERCISE

How Regular Physical Activity
Benefits Your Health



An illustration of a man and a woman playing tennis. The man on the left is wearing a blue shirt, red shorts, a white headband, and a white necklace. He is holding a tennis racket with a blue and white patterned head. The woman on the right is wearing a purple shirt, red skirt, and a red necklace. She is holding a tennis racket with a purple head and a black and white patterned head. They are both smiling and appear to be in the middle of a game. The background is a light gray grid with two yellow stars. The title 'WHY EXERCISE MATTERS' is written in large, bold, red capital letters in the center.

WHY EXERCISE MATTERS

Exercise is good for your body because it helps keep your muscles and bones strong, improves your heart and lungs, and gives you more energy. It also helps you stay healthy and can boost your mood by releasing feel good chemicals in your brain. Regular exercise keeps your body fit and your mind happy.

MENTAL HEALTH BENEFITS OF EXERCISE

Exercise supports several dimensions of health, especially mental and emotional wellbeing. Being active helps release chemicals in the brain that improve mood and reduce stress, which strengthens emotional health. It can also build confidence, support positive self-esteem, and provide a healthy outlet for dealing with challenges, which links to social health when done with others.



WHAT CAN HAPPEN WHEN YOU DON'T EXERCISE



- If you don't exercise for a long time, your body can get weaker and less healthy. You might gain weight more easily, have less energy, and your muscles and bones won't be as strong. It can also make you feel more stressed or sad, and it's harder to focus at school. Staying active helps keep your body fit and your mind happy. In adults, physical activity contributes to prevention and management of noncommunicable diseases such as cardiovascular diseases, cancer and diabetes and reduces symptoms of depression and anxiety, enhances brain health, and can improve overall well-being.





DIFFERENT TYPES OF EXERCISE

There are many types of exercise that help your body in different ways. Aerobic exercise, including running, swimming, cycling or dancing, strengthens lungs and heart. Lifting weights, push-ups or resistance bands strengthen muscle and build strength. Flexibility exercises like yoga and stretching keep muscles loose and prevent injuries, and balance exercises like tai chi or pilates improve stability and coordination. Team sports like soccer, tennis or basketball are also a fun method of staying active and healthy.



RECOMMENDED EXERCISE GUIDELINES

- Adults should aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week, along with muscle-strengthening activities on 2 or more days a week. 31% of adults and 80% of adolescents do not meet the recommended levels of physical activity.



Children and adolescents should engage in at least 60 minutes of physical activity daily, including aerobic, muscle-strengthening, and bone-strengthening exercises.

TIPS FOR STAYING MOTIVATED TO EXERCISE



- Set realistic and achievable goals to track your progress.
- Find a workout buddy to keep you accountable and make exercise more enjoyable.
- Keep a workout journal to record your activities and accomplishments.
- Mix up your routine with different exercises to prevent boredom.

WHERE YOU CAN GO FOR SUPPORT



places that offer support, There are many places in Australia where you can get help with physical activity. Your GP's can give advice and refer you to physiotherapists or exercise physiologists. Community centres, gyms, and local councils often run fitness classes, walking groups, and sporting programs for all ages. Schools and universities often have sporting clubs or activity programs. For children, Auskick or Little Athletics sessions are great ways to get moving. Both the Australian Government and state health departments provide online hints and connections to community services.



Jacob Attrill: Hand-Eye Coordination

A decorative graphic on the left side of the slide consisting of two overlapping parallelograms. The front one is blue and the back one is a light green. They are positioned diagonally, with the blue one partially covering the green one.

Hand Eye Coordination

By Jacob

What is Hand Eye Coordination



Hand-Eye Coordination is the Ability to do activities that requires the simultaneous use of both hands and Eyes.

Sports Help This

Bowling In Cricket can increase hand eye coordination and make you more aware of your surroundings for example some of the best players practice for hours and hours each night making sure that they don't drop a catch or hit the ball for six in the moment that counts. This skill is used in most sports not just cricket its used in other sports such as Baseball, Softball, Lacrosse and Tennis. There are many more sports that use it and are a key skill when playing these games.



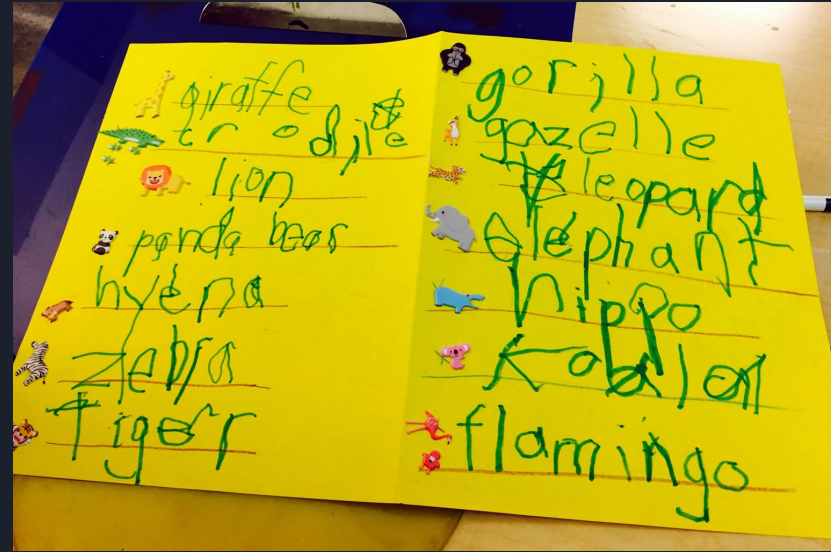
Hand Eye Coordination Can Be Used In Anyway

Hand Eye Coordination can be used in Anyway from Juggling to playing catch. This is a really important skill to have if your learning to drive.



Negatives of not using Hand Eye Coordination

People who don't use hand eye coordination typically have difficulty learning handwriting skills, such as legibility and handwriting efficiency, and therefore abstain from writing activities.



People With ADHD can have good Hand Eye Coordination

People with ADHD can have great Hand Eye Coordination and they are able to Hyperfocus which gives them the skills to make them great artists, Video Gamers and even Athletes





Websites to assist

Cognifit

<https://www.cognifit.com/science/eye-hand-coordination?srsId=AfmBOopBv3HqIiQNLfr0HAOqsq4Es9bV4TJjjRitob1n0l4dlTIZ6Xtf>

Glowing Therapy

<https://glowingtherapy.com.au/hand-eye-cordination/>



In conclusion

Practicing Hand Eye Coordination is important and should be practiced at least everyday and is a vital skill to have when doing tasks.

Presentation 4, Ben Seymour: Physical activity

september 2025



HEALTH CHALLENGE

by Benjamin Seymour

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the description of
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and challenge

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my chosen challenge

my chosen challenge is very special to me, I have chosen to do an hour and fifteen minutes of basketball practice in my driveway or at least two times a week. In this time period I will be doing fifteen minutes working on my dribbling and then an hour on my shots, this is all to improve my game and get myself into a more healthy way. This challenge will happen towards the afternoon when I am back home from school, this provides me the ability and the time to complete my challenge with ease

why this should be practiced

there are a whole lot of reasons why it would be a awesome idea to do this activity and I will tell you some of them through the stats and statistics. playing basketball is one of my favourite hobbies, and did you know that hobbies can improve your mental health, the reason that is is because when you do activities that you love it reduces stress and upgrades your well being. Also depending on what the activity such as running or going to the gym it can improve your physical health as well, when you go out and run around, start to sweat, improve on your skills and make yourself more happy it makes your physical health become better and it starts to improve due to these practices. It can also improve your social health, it if proven that if people do not have people in their life they are more likely to have depression but if you go out and do these physical activities you can meet more people, give more compliments and overall improve their social health



negative impacts of not practicing these activities

even though it is very very good to practice these activities they can also be negatives if we don't start to keep these practices up. as we know physical activity can boost your morale, and make you feel happy due to you doing one of your hobbies. but if we are not getting out there we can start to develop depression so it heavily affects your mental health and can also cause mood swings. additionally you are not getting out there and putting yourself out there to try and meet people, but if you don't do this it once again affects the mental health of people. finally the most obvious one is your physical health. many different factors can happen due to not practising these activities such as gaining weight, weak muscles, and it can also cause heart problems. (weak muscles can cause injury!)




how we can add
these activities in
your everyday life




there are multiple ways that we can add this to our lifestyle such as we can ask a friend where we can go to start practising your skills. you can also go to google and do some research some ways to add this to your life. maybe try and create a schedule of when you would like to go out and refine your skills. depending on where you live if you don't have a hoop at home you can try and go out to your local basketball stadium and book a court just for yourself to try and get better in the different dimensions of our health





websites, places or people that you can go to for help

So what if you wan't to start practising your skills on the court. there are multiple different places to go to help out with this challenge. if you wish to truly take your skills higher then you can try and hire a basketball coach to sharpen your game to its full potential. you could also go down to a local park hoop, or a local stadium to begin to practice. Another option would be a social media website such as YouTube or Instagram to learn drills to create a proper skill set.



quote from my time during the challenge

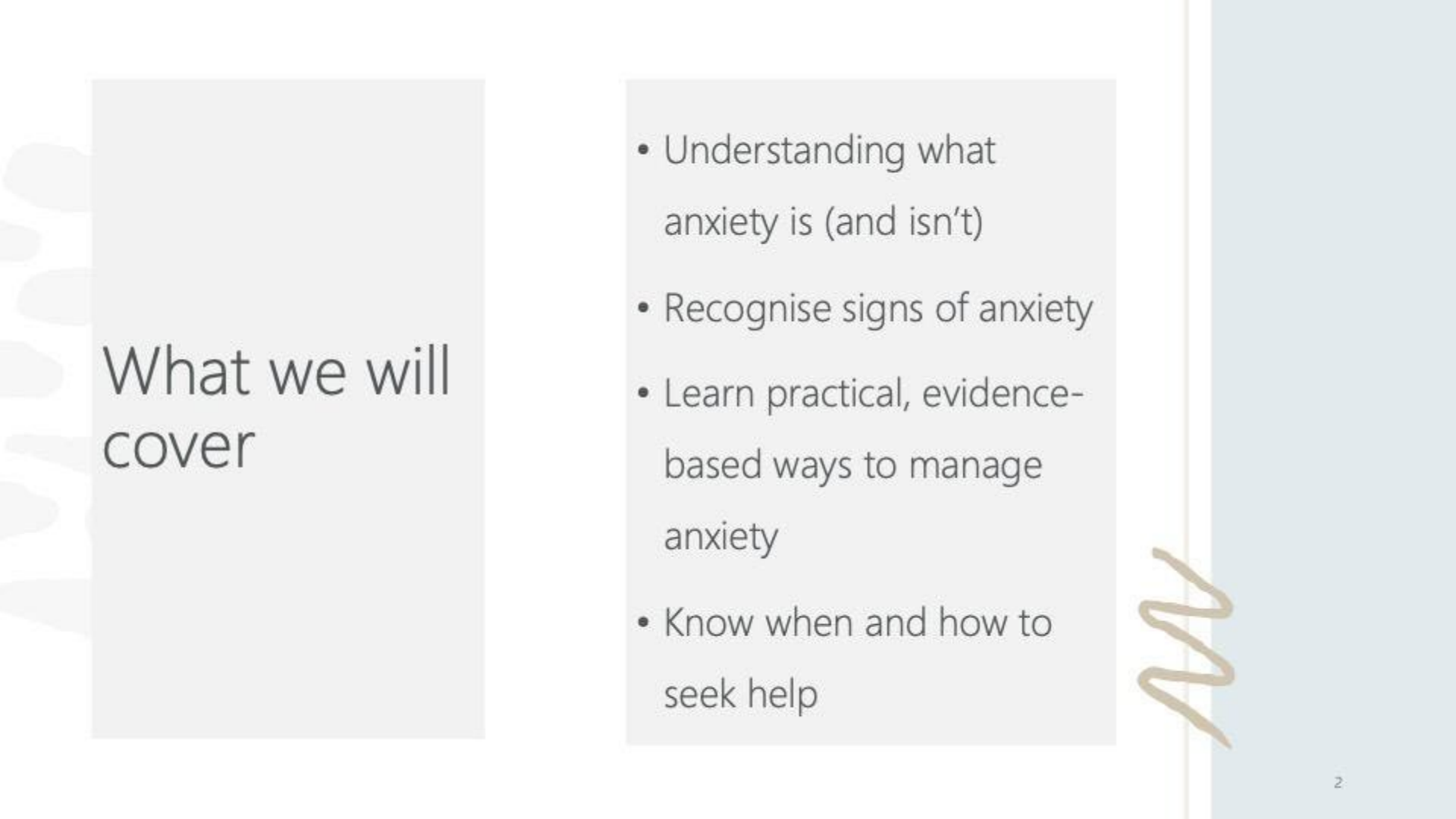
“I would say that I have been feeling better in my physical health while I have been doing this challenge I am able to run more and feel much better”.




UNDERSTANDING & MANAGING ANXIETY

Bruna Paoletti & Kate Swainston





What we will cover

- Understanding what anxiety is (and isn't)
 - Recognise signs of anxiety
 - Learn practical, evidence-based ways to manage anxiety
 - Know when and how to seek help
- 



ACKNOWLEDGEMENT

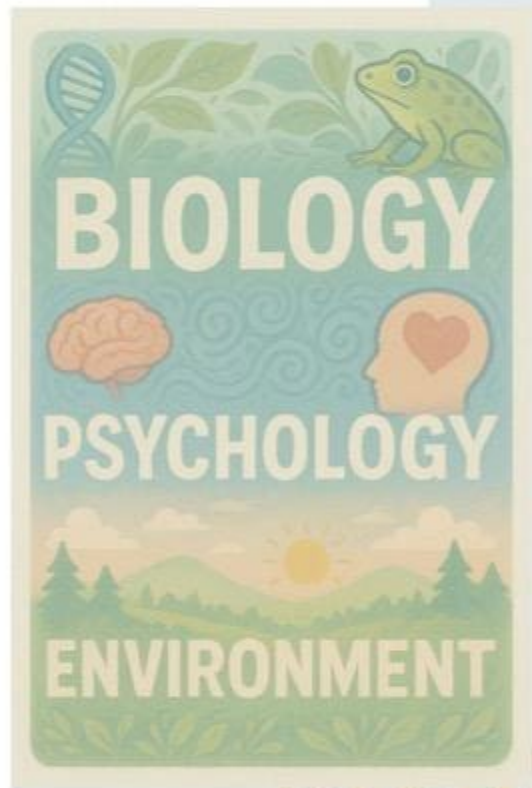
'Joy'





WHAT IS ANXIETY?

Have you ever felt anxious before.....?



WHAT CAUSES
ANXIETY?

Signs of Anxiety in Teens?

Social

- Isolating or withdrawing
- Increased screen time
- Intense fear of judgment
- Hypersensitivity to criticism
- Avoids socializing
- Loneliness

Emotional

- Persistent worry
- Racing thoughts
- Keyed up
- On edge
- Irritability
- Restlessness
- Outbursts
- Repetitive Behaviors
- Low concentration

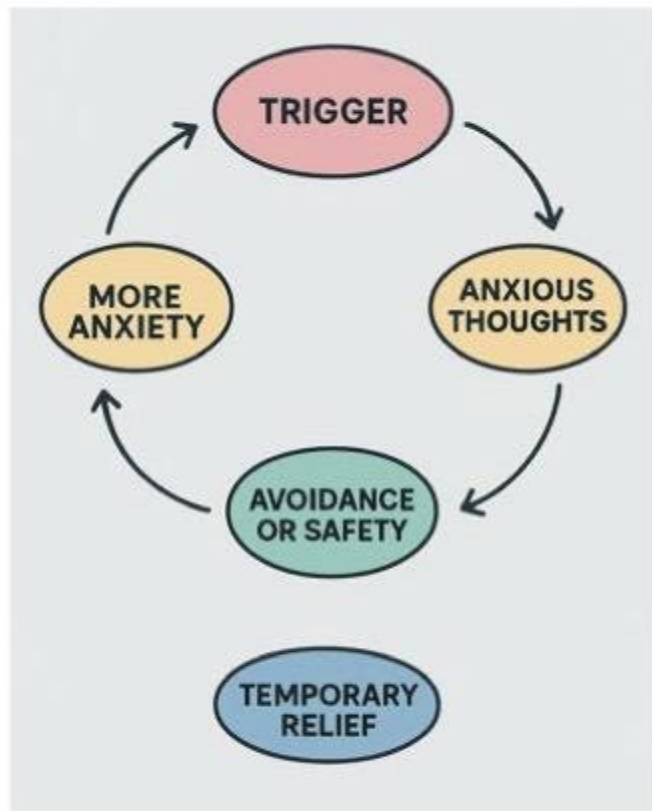
Academic

- Drop in grades
- Missed homework
- Procrastinating
- Overwhelmed
- School avoidance

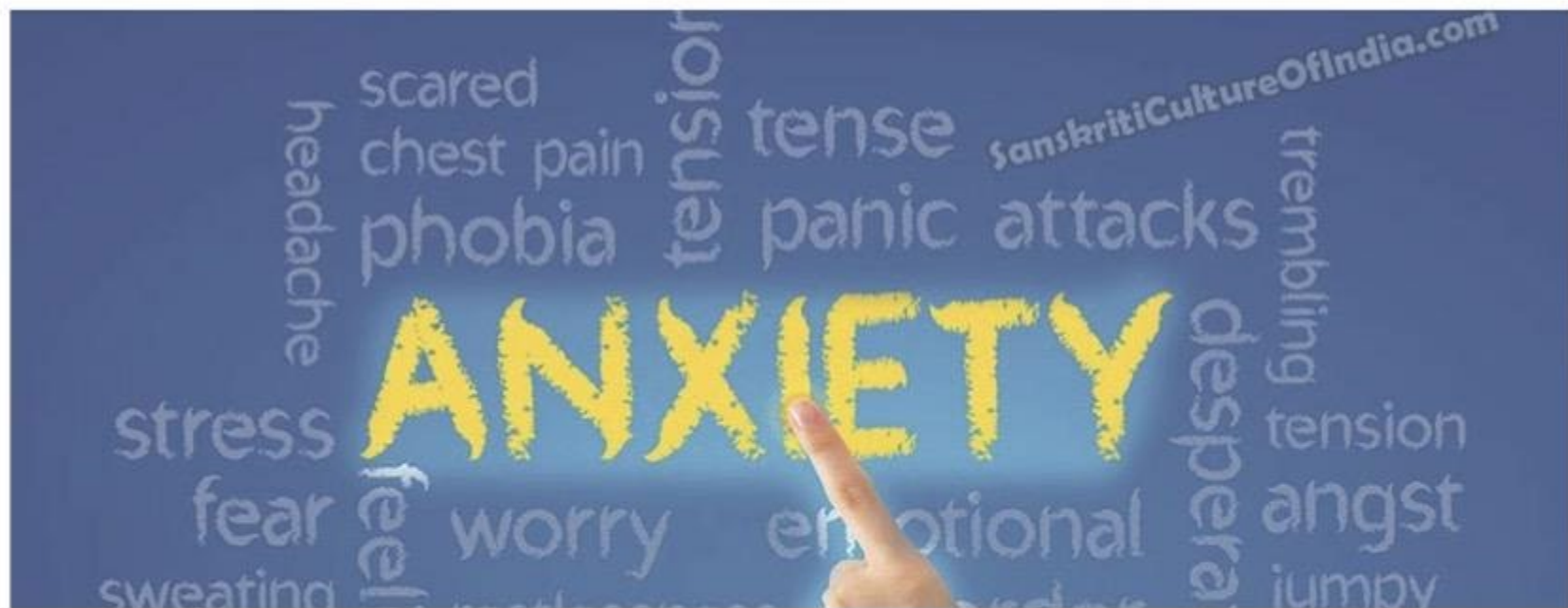
Physical

- Headaches
- Gastrointestinal Aches and pains
- Excessive fatigue
- Changes in eating or staying asleep
- Sleeping too much
- Nightmares
- Panic Attacks

The Vicious Cycle of Anxiety



Myths about Anxiety



What helps?



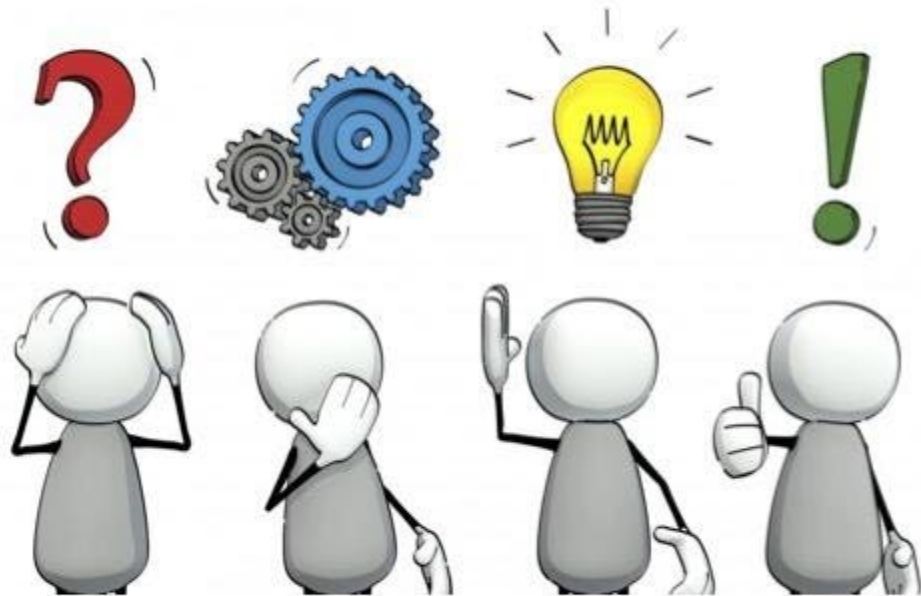
Calm Breathing

- Slows down the body's stress response
- Emotional regulation
- Accessible
- Supports long-term resilience



Realistic Thinking

- Catch your anxious thoughts
- Challenge unhelpful thoughts
take your thoughts to Court
- Replace with a balanced /
helpful thought



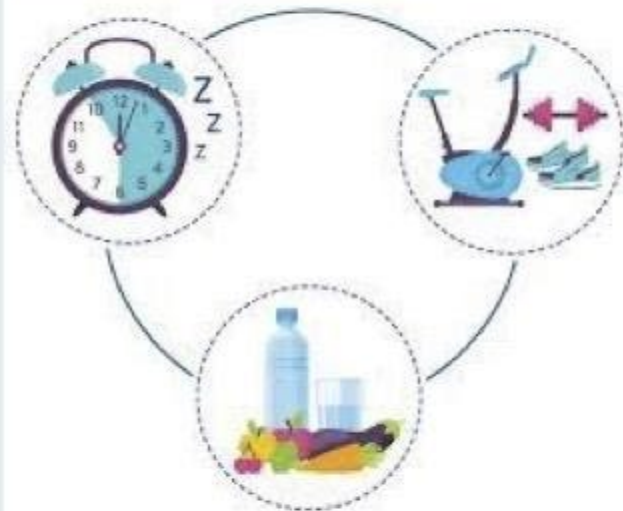
Exposure...face fears gradually



1. Start Small, Build Up
2. Make a Fear Ladder
3. Take Your Time
4. Use Coping skills Along the Way
5. Focus on Progress, not Perfection
6. Get support
7. Repeat, Repeat, Repeat

Routine, Sleep and Nutrition

- Sleep resets your brain
- Movement releases feel-good chemicals
- Balanced meals help stabilise energy and mood



Mindfulness

- Mind
- Body
- Emotions & Coping
- Mindfulness tools & Apps
- Accessible

5 - 4 - 3 - 2 - 1 GROUNDING EXERCISE



5 Things you can
SEE



4 Things you can
FEEL



3 Things you can
HEAR



2 Things you can
SMELL



1 Things you can
TASTE

When to seek help

Where to go:

- School wellbeing team
- GP
- Headspace
- Kids Helpline 1800 55 1800

**Everyone feels
anxious sometimes.
But if it lasts weeks
and stops you
from doing things –
it's time to get
support**



Parents & Carers: What you can do

1. Create a Safe and Supportive Environment
2. Encourage Helpful Thinking..
3. Support Healthy Habits
4. Support Facing Fears (Not Avoiding Them)
5. Build Coping Skills
6. Communicate and Connect
7. Know When to Seek Extra Help





RECAP

- Anxiety is normal, but sometimes needs support
- There are practical, evidence-based strategies
- Facing worries/fears. Not avoiding them is key
- Parents and schools play a vital role
- Help is always available

Support

- [headspace](#)
- [Beyond Blue](#)
- [Smiling Mind](#)
- [Kids Helpline 1800 55 1800](#)
- [Parentline Victoria 13 22 89](#)



THANK
YOU

Bruna Paoletti & Kate Swainston
Student Support Servies – Outer East



Lilydale High School



Healthy Me Presentation Day Session 2



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Healthy Me Presentation Day Session 2

Heidi Moore: The Benefits of Sleep

The benefits of Sleep

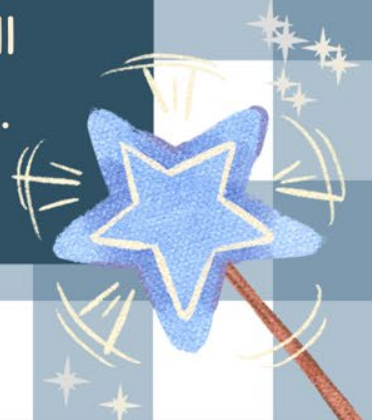
PROMOTING HEALTHY SLEEPING



Heidi Moore

WHY NEED SLEEP?

Sleep is important. You need sleep to function properly. Without enough you become more tired, less focused, more forgetful, impact your physical activities and social life and overall give you a much worse mental health state. That is why we need sleep.



THE BENEFITS OF SLEEP

When a good nights sleep is maintained there are several benefits that go with it, including; Helping you feel more positive, give you more energy, give you a more positive mental state as well as helping regulate emotions.



WHAT IF I DONT GET ENOUGH SLEEP

When a person doesnt get suitable sleep, there are many negative impacts. This includes them being: Grumpier, Irratible, Less keen on ideas, Over-stimulated with emotions, impact their physical activities and overall, make them less nice to be around.



HOW TO SLEEP BETTER

Use a mindfulness
exercise

Avoid bright lights
near bedtime

Turn off Screens a
hour before bedtime

Keep a regular sleep
routine/schedule

Avoid caffeine 6
hours before sleep



WHAT IS THE RECOMMENDED AMOUNT OF SLEEP

Age	Recommended	May be appropriate	Not recommended
Newborns (0-3 months)	14-17 hours	11-13 hours or 18-19 hours	less than 11 hours more than 19 hours
Infants (4-11 months)	12-15 hours	10-11 hours or 16-18 hours	less than 10 hours more than 18 hours
Toddlers (1-2 years)	11-14 hours	9-10 hours or 15-16 hours	less than 9 hours more than 16 hours
Preschoolers (2-5 years)	10-13 hours	8-9 hours or 14 hours	less than 8 hours more than 14 hours
School aged children (6-13 years)	9-11 hours	7-8 hours or 12 hours	less than 7 hours more than 12 hours
Teenagers (14-17 years)	8-10 hours	7 hours or 11 hours	less than 7 hours more than 11 hours
Young Adults (18-25 years)	7-9 hours	6 hours or 10-11 hours	less than 6 hours more than 11 hours
Adults (26-64 years)	7-9 hours	6 hours or 10 hours	less than 6 hours more than 10 hours
Older Adults (65+ years)	7-8 hours	5-6 hours or 9 hours	less than 5 hours more than 9 hours

WHAT IS MINDFULNESS

The Google Definition for Mindfulness:
a mental state achieved by focusing
one's awareness on the present moment,
while calmly acknowledging and
accepting one's feelings, thoughts, and
bodily sensations, used as a therapeutic
technique.



PRACTISING MINDFULNESS

Some useful websites/apps to help practise mindfulness



HeadSpace/Sleep



Smiling Mind



Calm

WHAT DOES MINDFULNESS DO?

Practising Mindfulness is a great way to calm your body to get to sleep. By using some of the apps on the page before, it can help centre and calm you down after a long day.

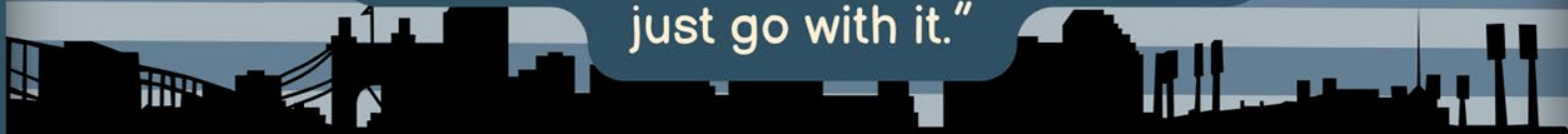
Some other useful things include regulation breathing.



A QUOTE FROM EXPERIENCE



"Sometimes it is hard to get to bed
and sleep earlier because of
commitments that you can't
necessarily change, but its easier to
just go with it."



Bibliography

THANK
YOU

[Get enough sleep for a healthy headspace](#)
[How much sleep do you really need? | Sleep Health](#)
[Foundation](#)
[Smiling Mind](#)
[Online Sleep Meditation Resources and Sleep App |](#)
[Headspace](#)
[Calm](#)
[RiseScience](#)

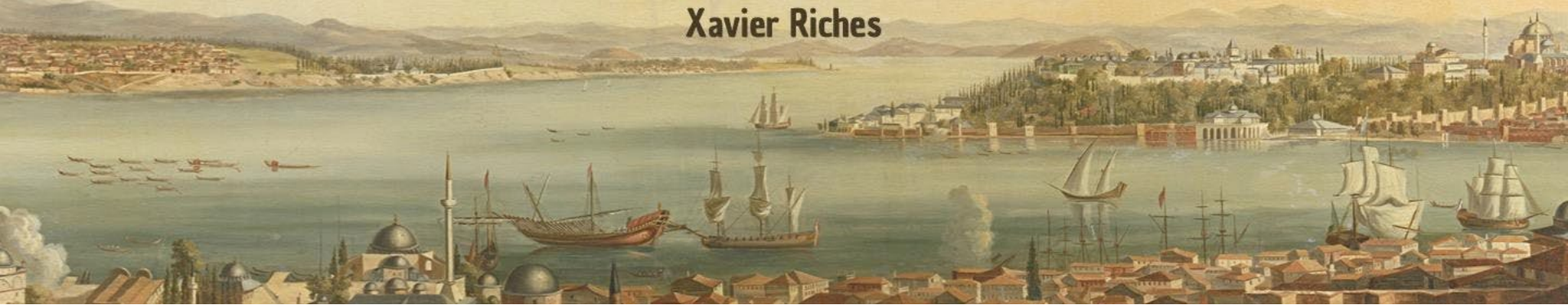
Dylan Goschnick: Cardio Importance

Xavier Riches: Riding Bikes

BIKE RIDING

Why you should

Xavier Riches



Introduction

Bike riding is a form of aerobic fitness where as the name suggests, you ride your bike. Riding can also be an easy activity to incorporate into your day, for example:

- Going to grab something small from the shop**
- Riding to work/school**
- Riding to the park**



Why you should ride your bike

Riding bikes is a bike health benefit, as it can make you more fit and strong and help you become more relaxed, resulting in a mentally and physically happier you. Riding your bike is one of the many ways that one can exercise with friends and family as well, as it is a great way of communicating with them while travelling at similar speeds, it's like going to an exercise bike at a gym, but instead of just sitting there you're moving through the wind, with the sun up against your skin.



Benefits of riding your bike

Riding your bike can provide many health benefits to a person, these health benefits can include:

Physical

- Better Lung Health (Such as deeper breaths)
- Better Health for Heart and Blood vessels (Lower Heart Rate and Blood Pressure)
- Better Cardiovascular Fitness
- Increased strength and flexibility for muscles
- Improves your posture and coordination.
- Improves Bone Strength
- Lower Body Fat levels.
- Improves management and prevention of diseases.

Mental

- Less Anxiety and Depression.
- Less stress, more calm.
- Better Joint Mobility

Social

- More connections with friends.
- Better relationships.
- Taking a break from social media.

Emotional

- Regulation of emotions within your body.
- Better mood throughout the day.
- Boost of self confidence.

Spiritual

- More mindfulness.
- Freedom and connection.
- Higher levels of gratitude.

Un-Benefits of riding your bike

While riding your bike isn't the only form of fitness, it can be boosting in areas such as cardiovascular fitness, and not riding a bike can take away some or even lots of health benefits you may not gain through other forms of exercise such as walking, other things that you would need are, the strength in calves, something that you could quickly gain via riding a bike in high gear, over just running along. Here is a list of the negative effects of not riding your bike.

Physical

- Less fitness
- Become more lazy
- Not burning as many calories.

Mental

- Higher chance of anxiety and depression.
- Stress levels can start to increase.
- Flexibility is reduced.

Social

- Loss of relationships with friends and family.
- Social media could bring you down.
- Could become more introverted.

Emotional

- Negative emotions could start to feel stronger
- Less confidence.
- Reduced connection to friends and family.

Spiritual

- Reduced Gratitude.
- Less inner peace.
- Less connection to the world.

How can this be added to your lifestyle?

While it may not seem like it, riding a bike can actually be incorporated in many different ways throughout your life, one of these ways which would be popular among young people are just riding to school, this could make it a better way to get fit, especially if the walk to school is 40 minutes so you just drive to school instead. Another way this could be incorporated into your daily life is via riding to the shops to get small items, such as a loaf of bread or a box of cookies.



What websites can help with this behaviour?

Websites are a great way to learn about such areas of fitness, but many people don't actually know what websites to go to, here I have a suggestive list of websites you can use to look at bike riding:



<https://www.betterhealth.vic.gov.au/health/healthyliving/cycling-health-benefits>



<https://transport.vic.gov.au/news-and-resources/education-resources/bicycle-education-programs/adult-bike-ed/bike-riding-support>



<https://www.bikeskills.com.au/>



<https://www.weride.org.au/>

FULL SIZE QR CODES



Better Health Victoria:
Provides a list of health
benefits from riding your
bike.

Transport Victoria:
Gives a list of places to
ride, also includes ways
you can include this in
your day.



Bike Skills;
Can provide help to learn
to ride a bike.

WeRide Australia:
Provides help and support
to Australia's bike riders.



Quote from my reflection

Even if you feel like you have nothing to do, there will always be something, and while it doesn't necessarily have to be riding your bike, there will always be a way to stay fit and stay happy.



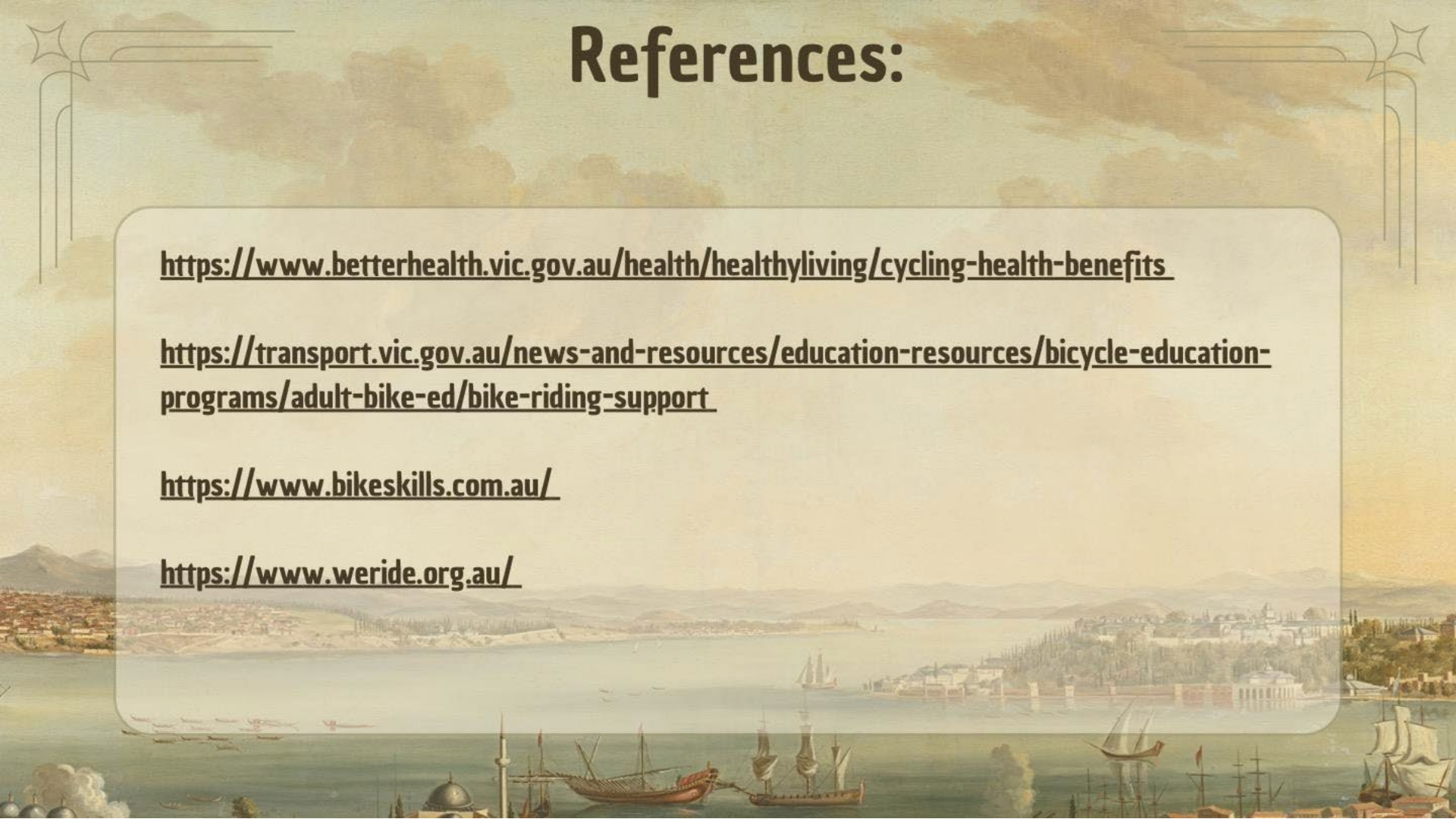
References:

<https://www.betterhealth.vic.gov.au/health/healthyliving/cycling-health-benefits>

<https://transport.vic.gov.au/news-and-resources/education-resources/bicycle-education-programs/adult-bike-ed/bike-riding-support>

<https://www.bikeskills.com.au/>

<https://www.weride.org.au/>



Nate Hine: Working Out Daily

My Health Challenge

Consistently Working Out Every Day

Minimum 45 Minutes a Day for Physical and Mental Health

Nate Hine

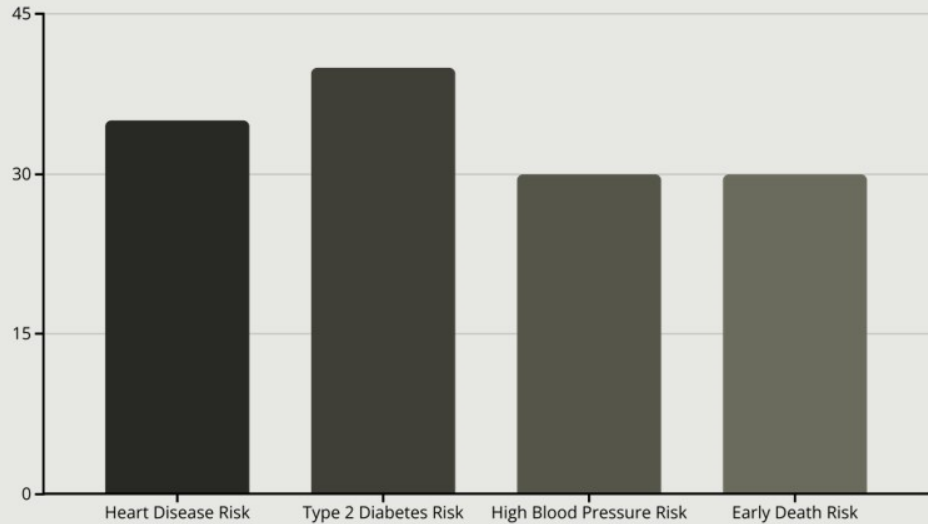
Why I've Chosen My Challenge

I chose consistent workouts because they support my physical fitness and mental wellbeing.

Working out helps me stay disciplined, structured, and improves my sports performance.

Exercise gives me energy during the day and a healthy way to unwind at night.

Statistics That Say You Should Work Out



WHO (World Health Organisation) Regular physical activity reduces heart disease risk by **35%** and

University of South Australia: Exercise can be **1.5× more effective** than counselling or medication

CDC: Active people have a **30% lower risk** of high blood pressure.

WHO: Being physically active lowers the risk of early death by **20–30%**.

Positive Impacts on Me

Improves strength, endurance, and overall physical performance.

Boosts mental health – lowers stress and improves mood.

Builds daily structure, routine, and discipline.

Helps balance study, sport, and personal life.

Positive Impacts on Others (If They Practice This Too)

- Increased **energy levels** for daily life.
- Improved **self-esteem** and confidence.
- Stronger **social connections** by exercising with friends or teams.
- Reduced risk of **chronic illnesses** in the long run.
- Contributes to **healthier, happier life**.

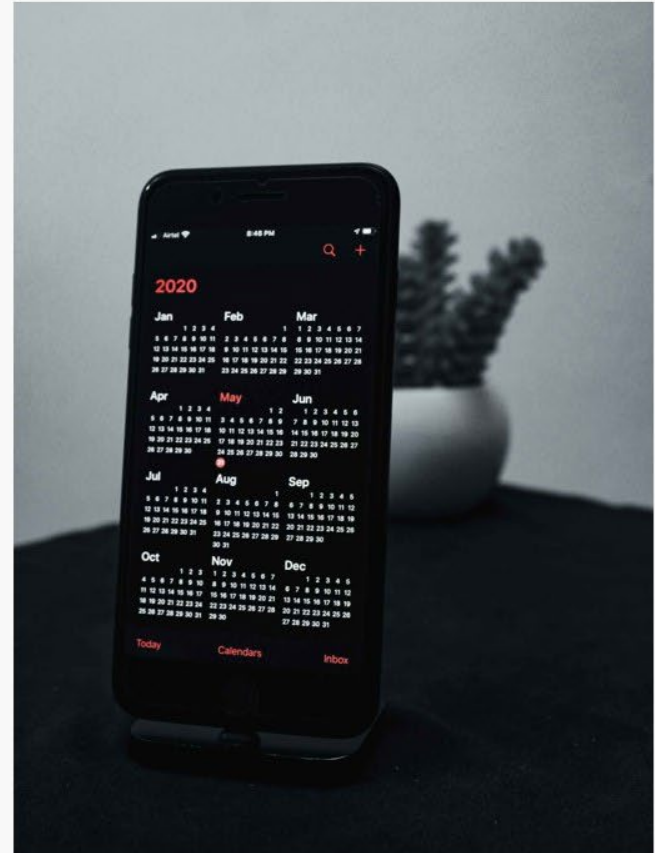
Negative Impacts if You Don't Exercise

- Increased risk of heart disease, obesity, and type 2 diabetes.
- Higher chances of stress, anxiety, and depression.
- Poorer sleep quality and lower daily energy.
- Decreased focus and productivity in school, sport, and work.



How to Add It to Your Lifestyle

- Schedule a regular 45-minute workout at the same time each day.
- Start with small changes (walking, stretching, short workouts).
- Join a team, gym, or exercise with friends for motivation.
- Use fitness apps or trackers to stay consistent.



Support & Resources

- **WHO – Physical Activity Guidelines** (www.who.int)
- **Better Health Channel (Australia)** – Exercise & fitness tips (www.betterhealth.vic.gov.au)
- **Headspace** – Mental health support linked to physical activity (www.headspace.org.au)
- **Fitness Australia** – Resources for starting exercise safely (www.fitness.org.au)

Part One Reflection vs Now

“My experience when trying my new goal was pleasant, and refreshing. It’s given me a way to structure my day and wind down for the day.”

Before:

Exercise was just about sport.

Now:

I see it as essential for both physical health and mental wellbeing.

References / Bibliography

- World Health Organization – Physical Activity Facts (www.who.int)
- Australian Bureau of Statistics – Physical Activity Data (www.abs.gov.au)
- Centers for Disease Control and Prevention – Benefits of Physical Activity (www.cdc.gov)
- University of South Australia Study – Exercise and Mental Health (2023)
- Better Health Channel (www.betterhealth.vic.gov.au)

Katie Rees: Healthy Eating



Eating healthy

By katie

My health journey

*For my health journey, i
decided to discover the
benefits of eating healthy.*

*Eating healthy provides
nutrients so that your body
can fuction properly.*



Why eat healthy?

Eating healthy gives you energy, helps you think better, and keeps you from getting sick. It also helps with weight, sleep, and feeling good overall. Eating more fruits, veggies, and good stuff is just better for your body.



what happens when you eat unhealthy?

Eating unhealthy food a lot can make your body feel pretty bad. It can lead to low energy, weight gain, and health problems like heart disease, diabetes, and high blood pressure. Eating too much junk food might affect your mood, making you feel cranky, anxious, or even depressed. It can also make it harder to sleep well and weaken your immune system, so you get sick more easily. Overall, eating unhealthy too often can make you feel worse now and cause bigger problems later.



How to incorporate healthy eating into a lifestyle

1. Substitute unhealthy snacks for more healthy alternatives
2. Plan meals to avoid last minute fast food or junk food
3. Make more homemade meals to control what's going into what you're eating
4. Balance the food that goes on your plate. For example, balance the amount of protein and grain
5. Eat all your meals
6. Allow treats as a reward



resources for help

[texthttps://www.healthdirect.gov.au/healthy-eating](https://www.healthdirect.gov.au/healthy-eating)

<https://www.eatingwell.com/>

<https://www.heartfoundation.org.au/healthy-living/healthy-eating/what-australia->

<https://www.ucsfhealtheats>

[h.org/education/top-ten-foods-for-health](https://www.ucsfhealtheats.org/education/top-ten-foods-for-health)

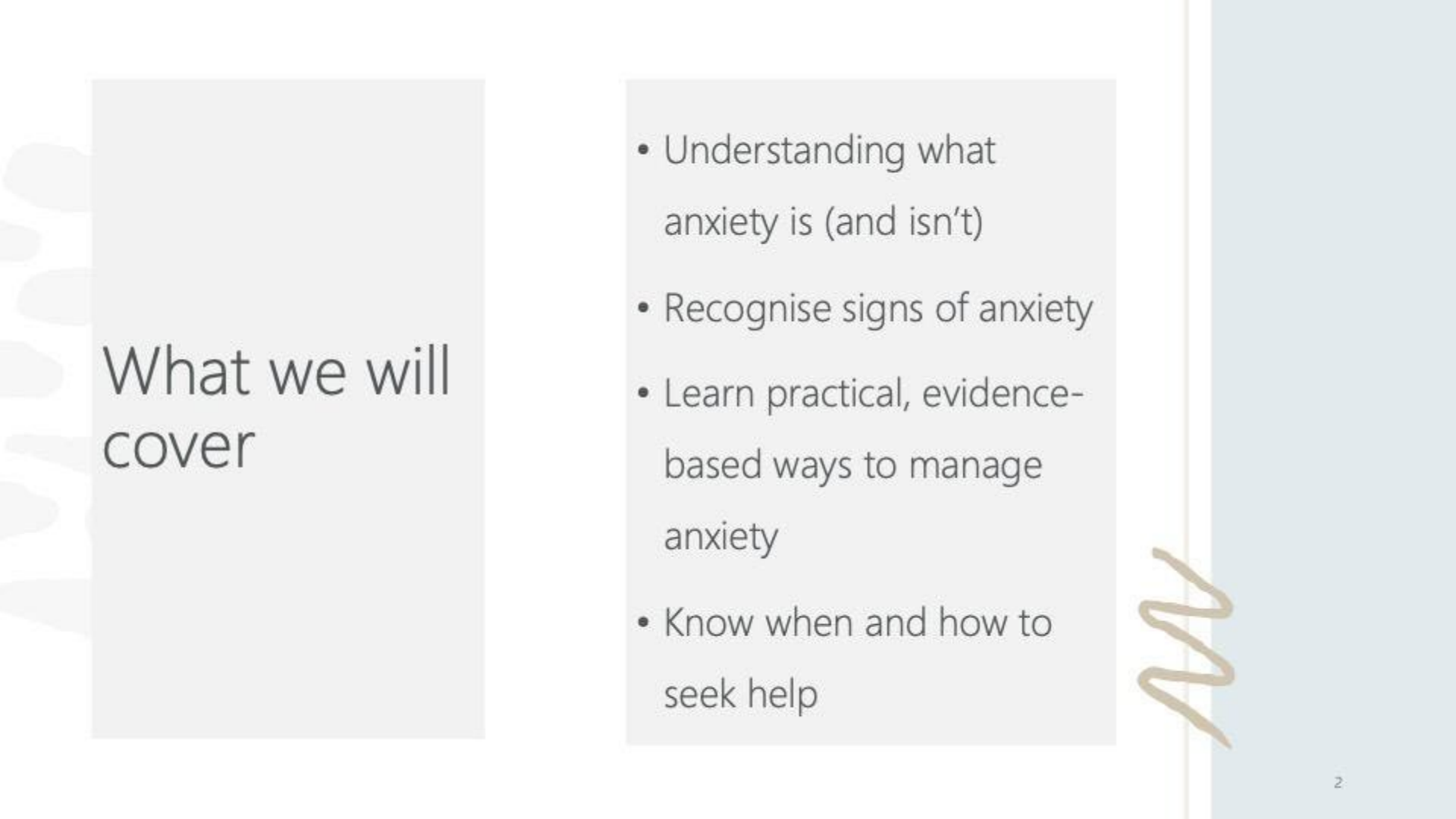
<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>




UNDERSTANDING & MANAGING ANXIETY

Bruna Paoletti & Kate Swainston





What we will cover

- Understanding what anxiety is (and isn't)
 - Recognise signs of anxiety
 - Learn practical, evidence-based ways to manage anxiety
 - Know when and how to seek help
- 



ACKNOWLEDGEMENT

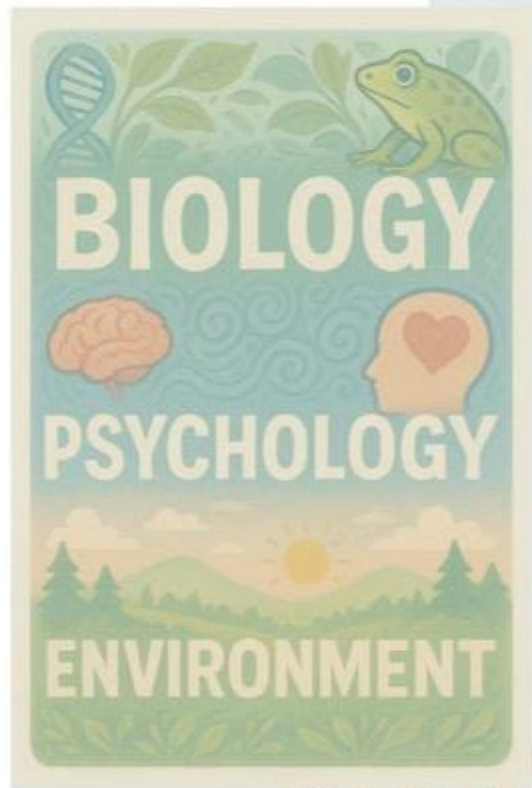
'Joy'





WHAT IS ANXIETY?

Have you ever felt anxious before.....?



WHAT CAUSES
ANXIETY?

Signs of Anxiety in Teens?

Social

- Isolating or withdrawing
- Increased screen time
- Intense fear of judgment
- Hypersensitivity to criticism
- Avoids socializing
- Loneliness

Emotional

- Persistent worry
- Racing thoughts
- Keyed up
- On edge
- Irritability
- Restlessness
- Outbursts
- Repetitive Behaviors
- Low concentration

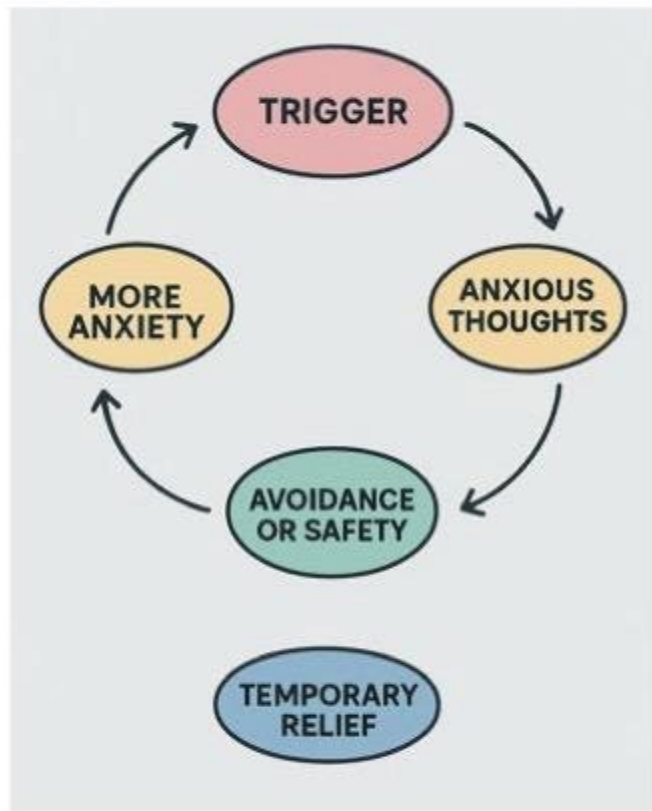
Academic

- Drop in grades
- Missed homework
- Procrastinating
- Overwhelmed
- School avoidance

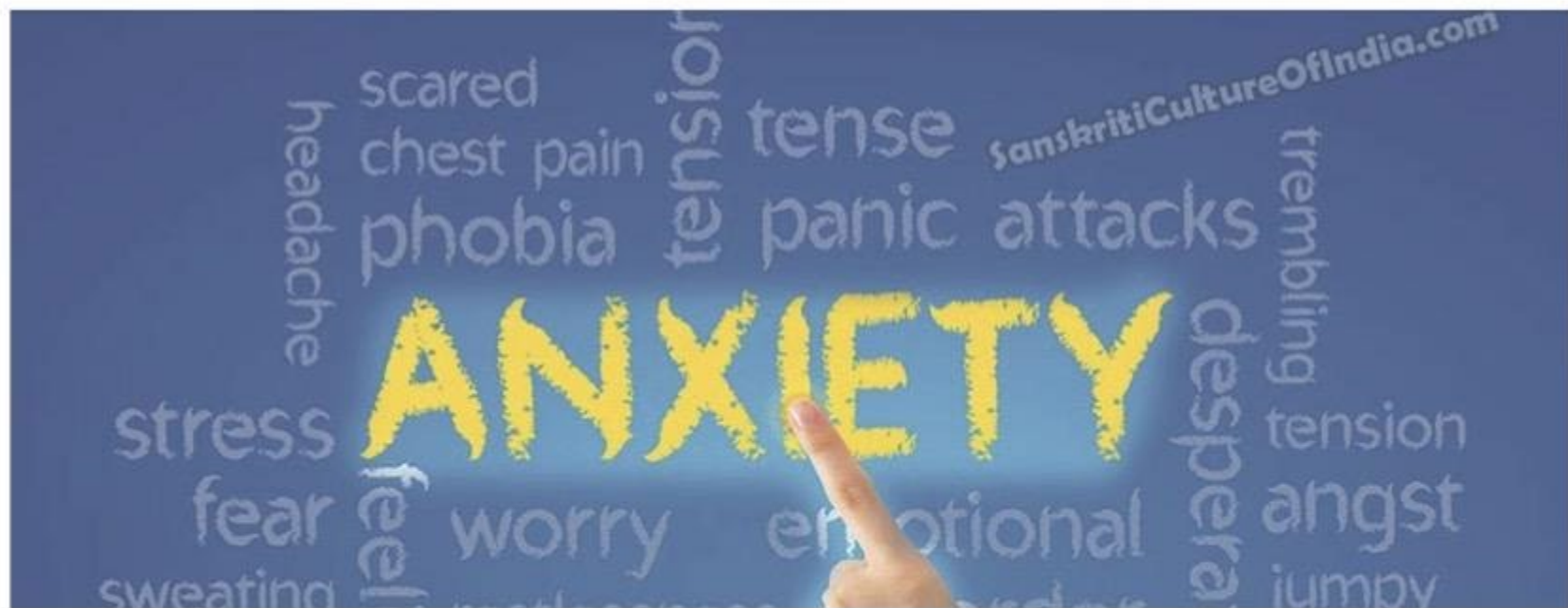
Physical

- Headaches
- Gastrointestinal Aches and pains
- Excessive fatigue
- Changes in eating or staying asleep
- Sleeping too much
- Nightmares
- Panic Attacks

The Vicious Cycle of Anxiety



Myths about Anxiety



What helps?



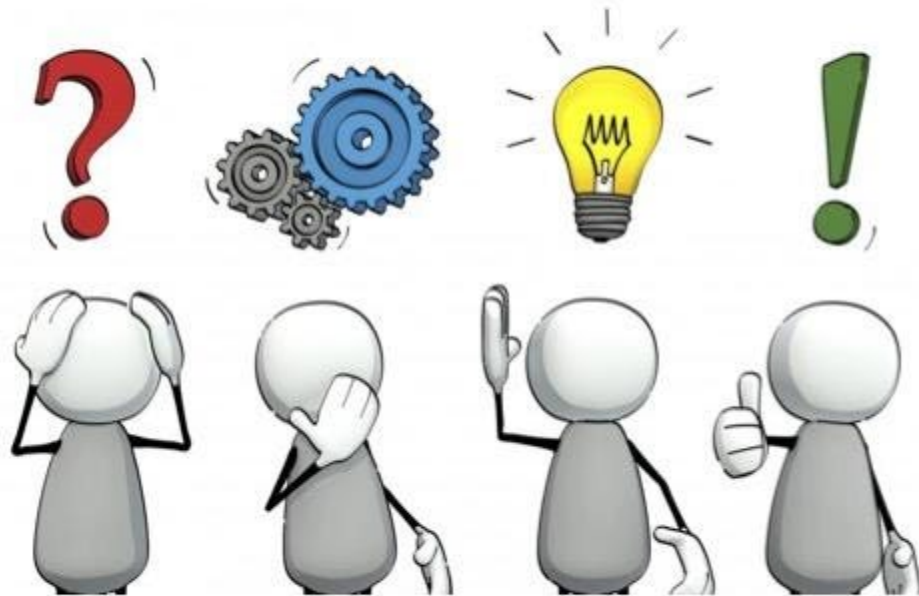
Calm Breathing

- Slows down the body's stress response
- Emotional regulation
- Accessible
- Supports long-term resilience



Realistic Thinking

- Catch your anxious thoughts
- Challenge unhelpful thoughts
take your thoughts to Court
- Replace with a balanced / helpful thought



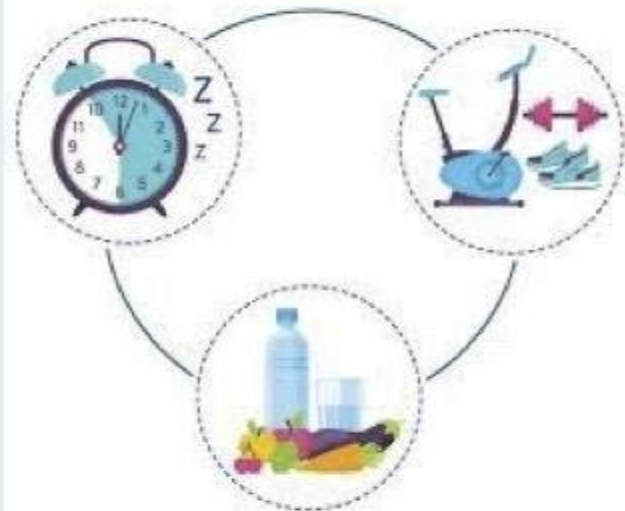
Exposure...face fears gradually



1. Start Small, Build Up
2. Make a Fear Ladder
3. Take Your Time
4. Use Coping skills Along the Way
5. Focus on Progress, not Perfection
6. Get support
7. Repeat, Repeat, Repeat

Routine, Sleep and Nutrition

- Sleep resets your brain
- Movement releases feel-good chemicals
- Balanced meals help stabilise energy and mood



Mindfulness

- Mind
- Body
- Emotions & Coping
- Mindfulness tools & Apps
- Accessible

5 - 4 - 3 - 2 - 1 GROUNDING EXERCISE



5 Things you can
SEE



4 Things you can
FEEL



3 Things you can
HEAR



2 Things you can
SMELL



1 Things you can
TASTE

When to seek help

Where to go:

- School wellbeing team
- GP
- Headspace
- Kids Helpline 1800 55 1800

**Everyone feels
anxious sometimes.
But if it lasts weeks
and stops you
from doing things –
it's time to get
support**



Parents & Carers: What you can do

1. Create a Safe and Supportive Environment
2. Encourage Helpful Thinking..
3. Support Healthy Habits
4. Support Facing Fears (Not Avoiding Them)
5. Build Coping Skills
6. Communicate and Connect
7. Know When to Seek Extra Help





RECAP

- Anxiety is normal, but sometimes needs support
- There are practical, evidence-based strategies
- Facing worries/fears. Not avoiding them is key
- Parents and schools play a vital role
- Help is always available

Support

- [headspace](#)
- [Beyond Blue](#)
- [Smiling Mind](#)
- [Kids Helpline 1800 55 1800](#)
- [Parentline Victoria 13 22 89](#)



THANK
YOU

Bruna Paoletti & Kate Swainston
Student Support Servies – Outer East

