



REFILL YOUR BUCKET

The above picture is a symbol of what our lives can be like. Imagine the bucket is you (your emotions and mental health), the water is your strength and energy and the holes in the bucket are things you must do which drain your strength.

Water leaves your bucket for all sorts of reasons e.g. schoolwork, exams, friends (both in good times and bad times), family, technology etc. Everything we do takes a bit of our energy.

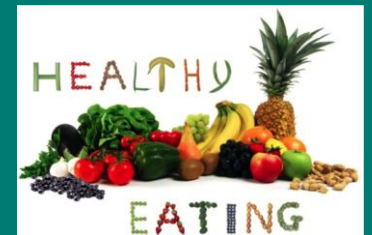
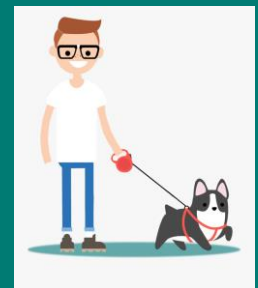
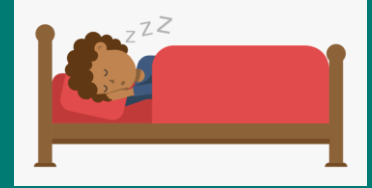
Water enters your bucket when you do things for yourselves that restore your energy e.g. get enough sleep, eat well, do things that give you enjoyment, spend time with people you love, exercising.

When your bucket is full you feel more confident, secure, calm, patient and friendly. Your thoughts are positive.

When your bucket is empty you can easily become sad, negative, nervous, angry, depressed, stressed, worried, afraid or physically ill.

Term 3 has been a big term so its important that over the holidays and into term 4 we make the effort to keep our buckets full.

WHAT THINGS CAN REFILL YOUR BUCKET?



What can you do in the school holidays to refill your bucket?

- 1. Rest:** What would happen if we made our bodies run for 24hrs straight? They would suffer an injury. Our brains are the same. Rest is one of the best things we can do for our mental health. If you can – start the school holidays with a few days of rest.
- 2. Exercise:** Its funny saying this after talking about rest, but after rest, exercise is the next best thing you can do to refill your bucket. The endorphins you get will work wonders for your mind and exercise will fill your body with serotonin which leaves you feeling great when you are done.
- 3. Declutter:** Do you use everything you have? Is your bedroom a place you want to be in? Can you find schoolwork or personal items when you need them? Or are they hiding all over the house? Spend some time cleaning and organizing your space – thrown out rubbish, donate items you don't use and put things away. A clean and organized space can reduce anxiety and give us energy.
- 4. Think positive thoughts:** When you don't have time to exercise, thinking positive thoughts during the day can leave you feeling energized. One thing you can do is to write some positive things about yourself (e.g. I am a strong and kind person, I keep trying until I succeed) and put them on a wall in your room so that you read them a different times every day.
- 5. Be Grateful:** There is a lot of negativity around at the moment, so we have to make the effort to identify things we are thankful for. When we think about things we are grateful for, it lifts our mood and helps us to have hope. Make the effort over the holidays to turn off negativity and to focus on the positive. Aim to name 3 things you are thankful for each day.
- 6. Do things you enjoy:** Start your holidays by writing a list of things you like doing (cooking, walking, trying new makeup styles, art, music etc.). Once you have your list aim to do as many of those things as you can. You might choose to do one a day or you might choose to have a whole day of activities e.g. pamper day or movie night (watch a few movies, eat some homemade pizza you made etc.)
- 7. Fill someone else's bucket:** Acts of kindness will not just fill someone else's bucket – it will also fill yours. Think of ways you can show kindness to others.



Preparing for term 4



Another way to refill your bucket is by being prepared. Preparing for term 4 will help reduce the amount of energy you spend, as well as reducing your stress and worry. Below are some ways to help you get prepared and organized for term 4:

1. Step back into routine: a few days before you start school try to get back into a good sleeping routine (go to bed a little earlier each night and get up a little earlier each morning)
2. Get back into a school mindset: towards the end of the holidays – start to think about school again. Rather than wait to the last minute, check to see if your holiday homework is done, is your desk space set up ready to go and look at your diary, so you know what is coming up.
3. Set some goals: What do you want to achieve when it comes to school work this term? Do you have some bucket filling goals? E.g. what do you intend to do daily or weekly to look after yourself? Who's help do you need to ask for to help you reach your goals?



iHomework is a student organiser which helps you keep track of your school work. It helps you plan your homework (due dates) and keeps track of tests/assignment scores.



Evernote helps you to create notebooks, planners and organisers to assist you to stay on top of your schoolwork. You can type in notes or scan in handwritten notes.

Kids Help line	Telephone chat: 1800 55 1800 24/7 Online support: https://www.kidshelpline.com.au 24/7
Beyondblue	Telephone chat: 1300224636 24/7 Online support: https://www.beyondblue.org.au/get-support 3pm-12 am