

# WELLBEING STRATEGIES FOR THIS UNUSUAL SEASON

## SELF-CARE : THE BASICS

- Talk to God about any worries or frustrations you are experiencing
- Fix your eyes on Jesus and trust in Him – He is in control 😊
- Read Luke 12; Psalm 130; Psalm 46; Isaiah 55; Matthew 8:23-27
- Think of up to five people you can talk to if you are feeling anxious – whether that's face-to-face (if they live with you) or via email, messaging or video call
- Get exercise, fresh air and sunshine
- Eat well and drink plenty of water
- Get a good night's sleep each night

## SELF-CARE : WHILE LEARNING ONLINE

- Balance your schoolwork with stretch/exercise breaks – you don't get the "incidental" exercise at home that you would at school
- Incorporate rest breaks – time to be still and have a break from your screen

## RESOURCES FOR STUDENTS

- Beyond Blue Coronavirus Mental Wellbeing Support [https://coronavirus.beyondblue.org.au/?utm\\_campaign=hp\\_banner](https://coronavirus.beyondblue.org.au/?utm_campaign=hp_banner)
- Kids Helpline <https://kidshelpline.com.au/>

## RESOURCES FOR FAMILIES

- Dealing with cabin fever (Dr Lea Waters 2:26mins) [https://www.youtube.com/watch?v=g5Uulo\\_AS1Q](https://www.youtube.com/watch?v=g5Uulo_AS1Q)
- Talking to children about their worries about the future (Emerging Minds 4:16mins) <https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

## SELF-CARE : LOOKING AFTER YOURSELF MENTALLY AND SOCIALLY

- Connect with others by messaging, video chatting or even old-school card, postcard or letter writing – every day make the effort to connect with someone (especially if you haven't been in touch for a while)
- Check in with your own wellbeing regularly – how is your wellbeing? If you do have a "flat" day, have some strategies in mind that uplift you eg. thankfulness journal, going for a walk, patting the cat.
- Acknowledge any negative feelings – it's okay to have these in unusual circumstances! But if you feel "stuck" in a bad place mentally, talk to someone you trust and access resources such as your GP or those listed below.
- Limit screen time (including social media) – it's okay to opt out for as long as you need to!
- Limit news watching – it's also okay to opt out of this!
- Take on a project – something artistic!
- Have a bake-off with friends via Zoom
- Jigsaws
- Reading
- Boardgames – could do with friends virtually
- Ask your parents to teach you a game they played as kids eg. hopscotch
- Make a list of things you don't usually get time to do and work your way through the list

**CONTACT THE STAFF WELLBEING TEAM IF YOU ARE CONCERNED ABOUT HOW YOU OR YOUR FRIENDS IN OUR SCHOOL COMMUNITY ARE COPING.**

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