

BEING WELL HOLIDAY PACK

This wellbeing pack has been made in the hope that it will give you some ideas and resources to ensure you are caring for yourself over the holiday break and some places to call or visit if you are struggling.



CRISIS SUPPORT SERVICES:

Are you struggling right now and need some support? Here are some numbers and email contacts that you can use when you are in need:

Remember if you or someone around you are hurt or in immediate danger please call 000

Kids Helpline

1800 55 1800

<https://kidshelpline.com.au/get-help/webchat-counselling>

Free, confidential and available 24/7 via phone or webchat

Beyond Blue

1300 22 4636

<https://online.beyondblue.org.au.au/#/chat/start>

Contact a trained mental health professional via phone or web chat 24/7

eHeadspace

1800 650 890

<https://headspace.org.au/eheadspace/connect-with-a-clinician/>

Connect with a clinician over the phone or online. Available 9am – 1am



SELF CARE ACTIVITIES YOU CAN DO AT HOME:

JOURNALING – can be a good aspect of self-care. A journal can be whatever you want it be – maybe it’s something to collect memories, record what’s happened in your day, or somewhere to write all about the shows, movies or books that you have enjoyed. A journal can also be something to decorate and a space to be creative or maybe it is somewhere for you to put down the feelings that you may not want to share with others. Jot down some ideas below that you could journal about:



LISTING THINGS TO BE GRATEFUL FOR – If you are ever stuck and feel like you’re having a bad day, it may help to remind yourself of some things you are grateful for. Sometimes remembering those positive aspects of our life can help boost our thinking. It may be helpful to write some of your grateful thoughts down somewhere as a reminder.

This website lists some ideas of things people may feel gratitude for (you may be able to find a reminder of something you are grateful for):

<https://antimaximalist.com/gratitude-list/>



CREATIVITY – Sometimes getting creative and doing something artistic can help us relax, express how we are feeling or pass some time. You don't need to be the world's best artist to start creating.

Here are some ideas for creative things you could try:

Scrapbooking – record some memories in a creative way, stick photos, favourite pictures, words...anything at all!

Drawing – draw anything that comes to mind. You don't have to show anyone when you're finished so don't stress about how it looks – just enjoy the process and let your creativity out! Use different tools such as crayon, pastels, pencils.

Painting – use some colour! You could use colours to express your feelings if you aren't sure how to put them into words.

Colouring in – You can find lots of colouring pages online or there are some sheets at the back of this resource you can use.

Make up a dance – Moving your body can be creative too! Make up a fun dance and maybe even share it with your friends for them to try!

Baking or cooking – Try to make something new or decorate some baked goods as a way to be creative in the kitchen! You can even share these with your loved ones after you are finished!

There are countless ways to get creative! Just do anything that is enjoyable to you!!!



MOVING YOUR BODY – Getting out of the house each day and getting some fresh air can be fantastic for our mental health! Maybe go for a walk with someone or just go exploring on your own! You could listen to music or a podcast as you walk or even just walk quietly and take the time to reflect on your day or the day to come.

There are also so many other ways to move your body! You could try some new exercises that you can do from home, go to your local pool for a swim, go for a ride if you own a bike or scooter or shoot some hoops at your local school basketball court.



TALKING TO FRIENDS – Make time to catch up with your friends and check in on how they are doing! It is important that you try to stay connected to the people that you care about. If you can't see them in person, take the time to call them or reach out via social media.



KEEPING A HEALTHY HEADSPACE

Good mental health is a state of wellbeing where you feel able to work and study, feel connected to others, be involved in activities in your community and 'bounce back' when life's changes and challenges come along.

HOW CAN I BOOST MY MENTAL HEALTH?

Get enough sleep: Sleeping well is good for your brain and body, and helps you feel energised, stay focused and protect your mental health.

Eat well: Eating well can improve your mood, energy levels and general health and wellbeing. Fill up on nutritious food like veggies, fruit and whole grains. Drink plenty of water to give your body and brain all the power it needs to function well.

Get into life: Keep doing the things you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of accomplishment and purpose, boost your confidence and help to connect with others. Some of these things, such as skating, reading or playing the guitar, might be just for fun, but other things like work or study can give you new skills and might help to give you meaning.

Stay active: Staying active can help you to sleep better, manage stress and boost your mood.

Make time: to take a break from study or work, whether it be going to the gym, kicking a ball around with a mate or just going for a walk. Whatever it is, start small, and make sure it's something you enjoy.

Connect: Spending time with family, friends (including pets) and people in your community can help strengthen your mental health and wellbeing. You can try things like:

- volunteer work
- hobbies
- clubs or committees
- sports.

Just like physical fitness, mental fitness takes regular effort. But sometimes life can get in the way of improving your mental health. Here are some important things to know.

Learn new ways to handle tough times.

Taking time to think about how you're handling tough times is really important. Sometimes the things we do naturally can help, and other times they don't. Increase your options for handling tough times as they'll come in handy now and into the future.

Some options to consider include:

- using art, music or journaling to express yourself.
- spending time in nature.
- setting some small goals and getting help seeing them through.
- talking kindly to yourself.
- searching for websites and free apps that can help.

How can I get help?

"If a problem feels like it's too big to deal with by yourself it probably is. It's important to speak up and get support from friends and family."

If you feel like support from family and friends isn't enough, seek professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local headspace centre or visit eheadspace for online and phone support.

Remember, keeping a good mental health involves building your mental fitness, so you can stay actively and mentally on top of things.



“After making small changes to my routine I really noticed the positive benefits of quality sleep. I feel brighter, more optimistic, and energetic when I sleep well.”

Getting the right amount of quality sleep can give you more energy, improve concentration, help you better deal with stress and, keep a healthy headspace!

Sleep and your mood

Quality sleep is like a mental health superpower.

When you get enough sleep it's easier to manage your emotions, you have more patience and can deal with stressful situations better. You also reduce your risk of mental health challenges in the future!

However, struggling to sleep is quite common. That's because your sleep can be impacted by many things – from the food you eat to feeling worried or anxious and even using your phone before bed. So... how much sleep is enough? If you're aged between 12-17 then 8-10 hours sleep is ideal, while 18-25 year olds should try to get 7-9 hours.

Here's how sleep can improve your headspace:

- provide more energy.
- improve your memory, attention and concentration.
- make you less likely to crave unhealthy snacks.
- help you deal better with stressful situations.



Here are some quick tips for improving your sleep:

- At least an hour before bed, change from video games, YouTube and social media to TV or watching a movie.
- Lower the brightness on your phone and computer screens at night. Some phones have features where you can automatically dim and change the colour of your screens to help you prepare for rest.
- If you find it hard to wind down, try a mindfulness exercise like one from the Smiling Mind app.
- Try to sleep the same amount every night. An extra hour, every now and then, is fine – but any more can confuse your body clock.
- If you need to get up during the night, try to avoid turning on bright lights and try to get back into bed quickly.
- Avoid caffeine at least six hours before you go to bed.
- If you can, avoid napping during the day.

“For years, whenever I was feeling low and stressed, I would stay up really late. It really affected my mental health. I read about the link between quality sleep and mood, so I decided to try to improve my routine. I began with small changes – aiming to be in bed before 11pm. From about 9pm I would watch Netflix or read, instead of browsing the internet or chatting with friends online. Slowly my routine changed and now I really notice the positive benefits of quality sleep – I feel a lot brighter, more optimistic, and energetic when I sleep well, and I’m more productive!”

Getting a good night’s sleep is one of these healthy habits, but it’s not the only one. Things like exercise, eating well, and spending time with people you love also play an important role in good mental health.



Beginner Journal Prompts

If you are just beginning to write a journal, here are some good journaling prompts to try. These prompts are just a starting point, and you can adjust them or come up with your own to fit your needs and interests.


1. What happened today?
2. What was the best thing that happened today?
3. What was the worst thing that happened today?
4. What was the most interesting thing I saw or heard today?
5. What was the most challenging thing I faced today?
6. What am I grateful for today?
7. What did I learn today?
8. What was the most fun thing I did today?
9. What was the most surprising thing that happened today?
10. What did I do today that I am proud of?
11. What is the current problem or challenge I am facing?
12. What are my goals and objectives related to this problem or challenge?
13. What are some potential solutions to this problem or challenge?
14. What are some creative and unconventional solutions I can consider?
15. What are some pros and cons of each potential solution?
16. How can I collaborate with others to find a solution?
17. What are some resources I can utilize to help solve this problem or challenge?
18. How can I apply my skills, knowledge, and experience to this problem or challenge?
19. What are some potential roadblocks or challenges to implementing a solution, and how can I overcome them?
20. How can I prioritize and organize my thoughts and ideas to effectively solve this problem or challenge?

MY DAY

Name: _____ Date: _____

Monday Tuesday Wednesday Thursday Friday Saturday
Sunday

The weather today was: _____

My mood today was:  _____

Today I: _____

My favorite part of today was: _____

Tomorrow I want to: _____

“When I started trying to improve my mental health I also knew I needed to improve the way I was eating. I started by having healthier snacks around and cooking up big meals. That way, when I was hungry, I had something that I could eat.”

Eating well gives you more energy, helps you sleep better, improves your concentration and, you guessed it, keeps a healthy headspace.

Food and your mood

When you think of improving your mental health, you may not think about changing the food you eat, but there is a strong link between what we eat and how we feel!

We know an unhealthy diet can be associated with increased symptoms of depression and anxiety, but now we are seeing a healthy diet with a variety of fruit, veggies, nuts and whole grains can actually improve mental health.

This is a pretty new and exciting area of research. In fact, recent studies have investigated whether healthy food could reduce depressive symptoms. And the results were clear. People who ate a healthier diet improved their depressive symptoms more than people who focused on only social support.

Here’s how eating well can improve your headspace:

- help you get a better night’s sleep.
- give you more energy.
- improve your concentration.
- make you less likely to crave foods with high sugar, salt or fat.

Here are some tips for healthier eating options to support your mental health.

- Often, we turn to unhealthy snacks when we are stressed. It’s good to develop coping strategies that are not related to food, these could include things like exercise or mindfulness.
- We know that some foods are very good for a healthy mind. Make sure your diet includes things like colourful fruits and vegetables, foods high in fibre: wholegrain cereals and bread, beans, chickpeas, lentils and nuts, fermented foods like unsweetened yogurt, olive oil, and fish (tinned is fine).
- Make small changes that are easy to stick to. Start by swapping an unhealthy afternoon snack for a healthy one, like a piece of fruit.
- You don’t have to be perfect, and don’t be too hard on yourself. A burger or a chocolate bar are fine every now and then but it’s important to make sure your food choices include a variety of nutritious foods.
- Try to avoid too much red meat – a little bit is fine but keep it to 3-4 times per week.

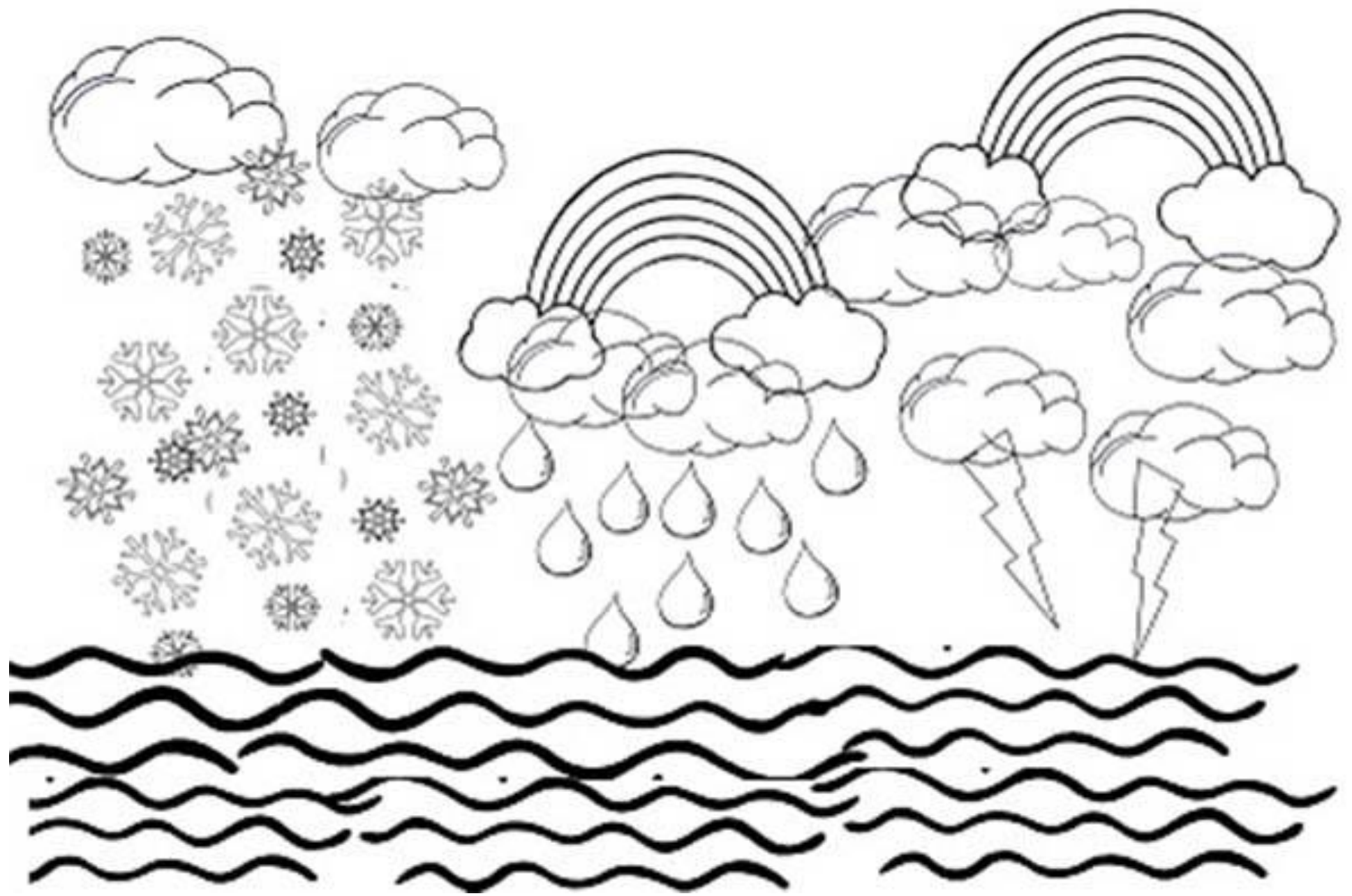
Creating My Own “Wellbeing toolkit” A great place to start is to see what works for you and what you might like to include in your “wellbeing toolbox”

Music & Mood	<ul style="list-style-type: none"> • create a ‘happy’, ‘calm’ playlist • play an instrument • play your playlist when you are feeling low
Creativity	<ul style="list-style-type: none"> • schedule time in your day to be creative • watch a tutorial about a creative pursuit you are interested in
Sleep	<ul style="list-style-type: none"> • create zones in your bedroom • do a bedtime routine • unplug an hour before bedtime
Zen Your Bedroom	<ul style="list-style-type: none"> • clean your bedroom of clutter & organise • put up posters, artwork plants that make you happy
Food & Mood	<ul style="list-style-type: none"> • cook something from the cookbook • cut down on sugary drinks & coffee • track your water intake (keep hydrated)
Spending Time With Loved Ones & Pets	<ul style="list-style-type: none"> • make a list of friends/family that you can contact when you need support • schedule time to call/visit/text each week
Move Your Body	<ul style="list-style-type: none"> • find an exercise that you enjoy & plan to do it a few times a week • explore your local park • take a walk with a friend or your dog
Writing Or Journaling	<ul style="list-style-type: none"> • keep a notebook by your bed & start writing when you wake up • at the end of the day write in your journal for 10 minutes
Gratitude	<ul style="list-style-type: none"> • start a group chat with friends or family to share gratitude’s • help someone or start volunteering • make a gratitude jar and write down a note of gratitude each week/day
Mindfulness	<ul style="list-style-type: none"> • check out the smiling mind & headspace apps • give yourself “screen free” time each day • try a mindful exercise, there are heaps online.
Essential Oils	<ul style="list-style-type: none"> • research about different essential oils and create your own blend • make a body/lip scrub using oils • use a fragrant oil in your bath or shower
Plan For Self-Care	<ul style="list-style-type: none"> • create your own “self care kit” which might include; herbal tea bags, hand cream, essential oils, journal, warm socks, eye mask, positive books, a “feel good” playlist, gratitude jar, list of ser-

THANK

Positive







MAGICAL VIBES FROM RHYME & REASON DESIGN



Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S
W D C S E M A G N S U O S H S K O O B C
F A O I C E C R E A M T O V E P I J Z I
X N T B K G W L P H R Q E L R U T D R N
P O T E L O C S M A N B Y L I M A F E C
U M A V R I Z D W J G S R O F Q C X L I
C E G N S M O B R I Y N G T N H A S K P
H L E P F U E Q D L M C I Z O J V G N W
N I O T M R E L A X O M Y L B S N E I D
G P K Z R A J K O B H V I W E I Q F R A
S T M I X E C Y A N L D H N D V C O P U
D K E Q N O F R Z Q A J W A G B A H S G
N S L A M G B V E Y C A E X I D M R Z U
E J E M H E T C S M F R Q K T A P W T S
I D A L C S E I R O M E M R A Y I B N T
R H J U Z W T M A K B U I C V L N Q E X
F B E G A Z N S T R O P S D U R G L Y M
V A K R B X U W Q H S G N I E O N A C L
M G Y L U J D P S E N Z B E A C H I F R

- | | | | | |
|----------|----------|-----------|------------|--------------|
| August | canoeing | holidays | pool | sprinkler |
| barbecue | cottage | ice cream | popsicles | strawberries |
| beach | family | July | puzzles | summer camp |
| biking | friends | lake | reading | swimming |
| bonfires | games | lemonade | relax | traveling |
| books | hammock | memories | road trips | vacation |
| camping | hiking | picnics | sports | watermelon |

Tree Valley Academy

ANIMALS WORD SEARCH

H R D R T C F B E C K A A E N T H L C J
G D S B J G M T H O D H M G O D C L D F
J Y Q P A H K O H N R A B B I T K A U I
Z U G E H E M R A H R V X O F B A M C Q
E N G N Y D C P A M P M H Y I Y J A K K
H P T G N G D Q L I P L L S H E E P R K
A A E U W E A W U C D W A L U T R I E V
M O H I R H O Y G B U Z M T B N P Q E C
S R S N T O Q F Y A X J B Q Y E O G D A
T P Z X U G I Z H S I F C Z U P A G S T
E W K Z G J E I Y N Y N L U R M U V F Q
R F L N N Z O L G D N I L Q L O X S E Q
R N A R O C L F E H I H R P N U F I C R
T T E J D O L G H M Y P K F C S H K Q K
S U G K K D C A T A T L Y Y K E O E W O
E R Y X C H N C H P H O G V U A Z C C V
B T K D P I X E A W O D P L L L E M A C
H L H O M C H T T R R H I A V O Z V J S
Z E S W V M L C D U M A G D V A T R C L
M Y M S N P K T I U S P N K N D H J L G

WORD LIST

- | | | | |
|---------|----------|---------|-----------|
| BEAVER | DUCK | LLAMA | PLATYPUS |
| CAMEL | FISH | MOUSE | RABBIT |
| CAT | FOX | NARWHAL | RACCOON |
| CHICKEN | HAMSTER | OWL | RED PANDA |
| DEER | HEDGEHOG | PENGUIN | SHEEP |
| DOG | KOALA | PIG | TURTLE |
| DOLPHIN | | | |

Homemade
GIFTS MADE EASY

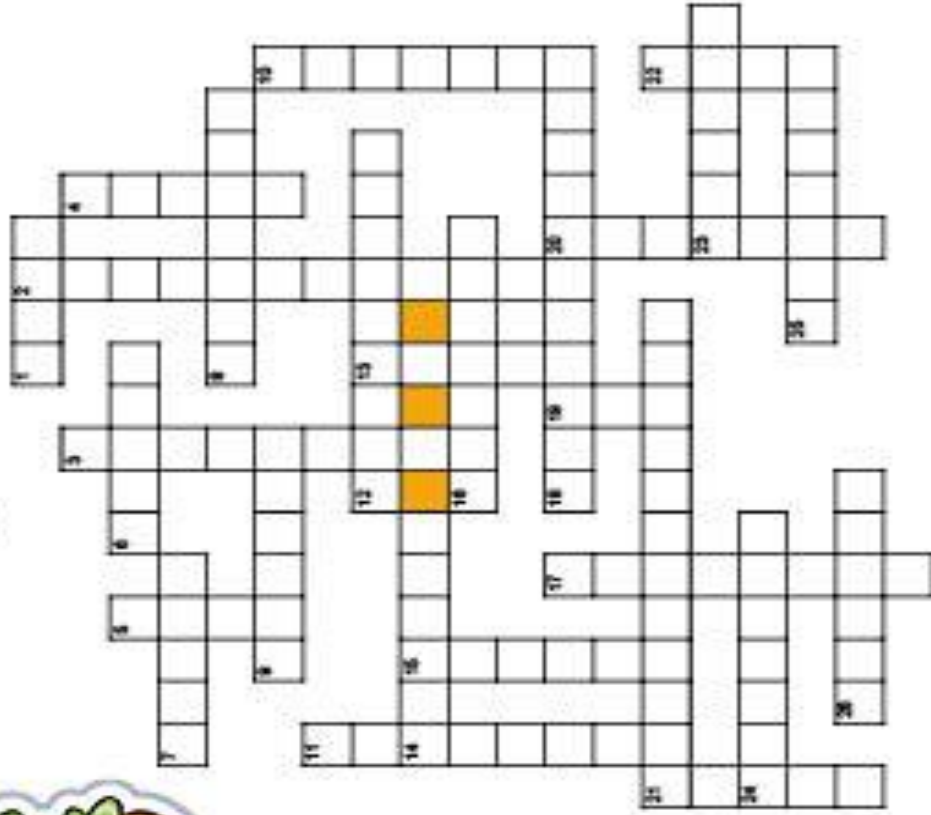
Name: _____ Date: _____

Fast Food Crossword



Across

1. Fizzy drink.
6. ____ rings.
7. Tube used to drink with.
8. Knot shaped bread.
9. Cakes with a hole.
12. Beef patty on a bun.
14. Small towel for your face and fingers.
16. Condiment made with tomatoes.
18. Fried potato strips.
21. Beef patty on a bun with cheese.
23. Sausage in a roll.
24. Yellow condiment.
25. Flour tortilla folder around a filling.
26. Red slice on a burger.



Down

2. Order from your car.
3. Cold, frothy, dairy drink.
4. Italian pie with toppings.
5. Food in an edible shell.
10. Small chicken pieces.

11. Two pieces of bread and filling.
13. Sizzling strips.
15. Preserved cucumber.
17. Frozen milk dessert.
19. Breakfast muffin topping.
20. Eat in restaurant order.
21. Package deal.
22. Take away order.

Word Bank

Bacon	Hamburger	Pickle
Burrito	Hot dog	Pizza
Cheeseburger	Ice Cream	Pretzel
Combo	Ketchup	Sandwich
Donuts	Milkshake	Soda
Drive-through	Mustard	Straw
Egg	Napkin	Taco
For here	Nuggets	To go
French Fries	Onion	Tomato