

Self-care!

During busy times, it's important to look after yourself. Doing this can reduce stress and help you focus on things!

Just like your devices, your body and brain need time to recharge every day.

How can I do this?

- > Eat well. Food is fuel!
- > Stay active.
- > Take breaks while studying.
- > Practice mindfulness and meditation.
- > Reach out!
- > Create a playlist of songs that lift your mood!
- > Take a nice bath.
- > Watch your comfort show or movie.
- > Bake something or cook your favourite meal.
- > Keep a journal of your thoughts and feelings.
- > Understand that it is okay to say 'no' to socialising if you're not in the mood to go out.



How can I get support?

Talk to our Wellbeing team

Chelt.Sec has counsellors, mentors, and provisional psychologists who can help you manage your mental health and learn new coping methods!

Online support

Headspace:

A local and online youth service that can help you with mental health, study and work!
Find them at www.headspace.org.au

Minus18:

Health and wellbeing support to support queer and gender diverse youth. They also hold socials such as formals and picnics.
Find them at www.minus18.org.au



Year 12 Survival Tips



Cheltenham Secondary College
Wellbeing Team

What is stress?

Stress can arise from both positive (eustress) and negative (distress) situations. You can experience stress from anything demanding or overwhelming.

How can I deal with stress?



- > Make time for interests and hobbies.
- > Practice mindfulness and gratitude. Try breathing techniques, name five things around you that are blue. etc.
- > Get a good night's sleep + regular sleep.
- > Positive self-talk.
- > Regular exercise.
- > Work on time management.
- > Reach out to your support people. This can be friends, family, teachers, social workers, etc.

On exam days:

- > Try to stick to your routine.
- > Drink water and eat well.
- > Set an alarm to wake up so that you aren't rushed.
- > Prepare uniform and resources the night before.
- > Surround yourself with people who practice positive self-talk.

Study 101



- > Create dot point notes to test your knowledge.
- > Use the past VCE exams as practice exams.
- > Study groups with friends! This can be online or in person.
- > Be aware of your space! The area can impact your productivity and concentration.
 - * Consistent space can boost your memory!
- > Take study breaks. Shorter, more frequent sessions are better.
- > Find what suits you! Everyone learns differently.
- > Avoid cramming. It's like a band-aid to your learning.



Organisation Tips!

- > Create daily and weekly checklists and plans for assessments/SACs, work, tasks and commitments.
- > Pack your bag and put out your uniform the night before school.
- > Keep an updated diary or digital calendar.
- > Talk to teachers about any uncertainties.

Further Resources



Mental health and wellbeing resources:

- > Mindfulness
<https://www.happierhuman.com/mindfulness-activities-teenagers/>
- > Breathing exercises
<https://positivepsychology.com/breathing-exercises/>

Academic resources:

Monash University - follow the link or scan the QR code.
monash.edu/virtual-school

