

Wellbeing Resources

Coping strategies to consider when times are tough:

- Create a **routine** and plan your day around your routine.
- Do things that make you feel **safe**; **connect** to people who are helpful to your wellbeing.
- Do things you've done in the past to help manage challenge and stress; reflect on your own **coping strategies** and write them down, put them in a place you can access daily.
- Engage in activities that promote a sense of **calm** and feeling **grounded**; **mindfulness, meditation or breathing exercises**.
- Ensure you are looking after your **BASE** - **be active, sleep, eat**; sleep (9 hours), eating a good variety of healthy foods each day, plenty of water and aiming for at least 30 – 60 minutes of exercise a day.
- Learn something new or get **creative**; check YouTube for more ideas. Watch or read something **uplifting**.
- Limit exposure to information from social media and the news. Source **positive news** pages and uplifting stories instead.
- Listen to **music**, choose something that makes you feel good and make a playlist. Dnice on Insta is brilliant and jams out most days.
- Make a list of **activities** that you can do at home with your family, with siblings or by yourself.
- Listen to a **podcast**; teenager therapy, crappy to happy, and the teen life coach are just a few that are available.
- Practice **GEM**; **gratitude** -write down 3 things you are grateful for each day, **empathy** - do something kind for someone in the household, **mindfulness** - online apps like smiling minds, buddhify, reachout breathe are great to keep your practice up.
- Be **GRITTY** which is passion and perseverance towards very long term goals.
- **Stay connected** with your classmates; it's just as important as the learning that takes place.
- Talk with a **trusted adult** if it all feels a bit much.
- **Reach out** to your **teachers** and **house leaders** because we are here to help you through this remote learning.
- Continue to strive for your **personal best** during this time.



Local Support Services:

Organisation	Services available	Contacts details
e-Headspace	Free online and telephone service between 9am-1am.	https://headspace.org.au/eheadspace/ Call 1800 650 890
Community Information and Support Centre	White building close to the Jetty road and Pt Nepean corner, beachside.	https://www.spcsic.org/ PH: (03) 5986 1285

Mornington Peninsula Shire	Providing care packages to our community members in need on a triage basis.	Contact Customer Service on 1300 850 600 to register your family.
Anglicare Rosebud	Offering advice and family support. Hours of Service: Mon - Fri 9:00am - 5:00pm	https://www.anglicarevic.org.au/ PH: (03) 8792 4600
Rosebud Memorial Hall	Fresh food, bread, veggies and fruit available daily	Available for those that cannot afford to purchase or have lost their job
Additional youth support services: Kids Helpline: 1800 55 1800 or kidshelpline.com.au ReachOut: reachout.com.au BRAVE Program: brave-online.com		