

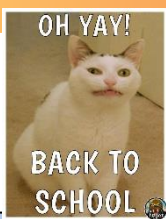
## Remote Learning is here!

Hi all!

We have just finished our first 4 weeks of Remote learning and everyone is doing an amazing job keeping connected, staying motivated and pushing through in these challenging, strange and stressful times!

We hope you find this Wellbeing Newsletter helpful, interesting, and maybe even entertaining!

Please give us your feedback anytime or let us know if you want to contribute something for the next edition!



**Laugh a Little!**

**Joke of the Week:**

**Q) What happens to vampires when it rains?**

**Riddle Time**

**I weigh nothing, but you can still see me. If you put me in a bucket, I make it lighter. What am I?**

# VCAL Wellbeing Newsletter

## MANAGING MENTAL HEALTH DURING ISOLATION

Here are some simple ways to help support your mental health during this time:

**Set up a daily routine:** include things that you need to do PLUS things you enjoy!

**Stay active:** go for a walk, try a new fitness class online or start a push up OR TIKTOK challenge!

**Eat well:** it is important for your mind and body to eat regular, healthy meals. Soups are great this time of year and give you loads of leftovers!

**Take a break** from the news to avoid becoming overwhelmed

**-Stay connected** with family and friends via phone, video etc.

Try to **stay positive**- we will get through this!

**Access support.** Teachers and wellbeing staff are here every day, plus there are great resources and services available online (check out the two pages attached)

## DVLC WELLBEING SURVEY

Complete the Wellbeing Survey to let us know how you are going and how we can best support you 😊

## Healthy & Yum



**DARK CHOC PANCAKES** (great for antioxidants & brain power!)

- You need: 2 bananas, 2 eggs, ½ cup oats, 2 tablespoons cocoa powder, ¼ cup dark choc chips, ¼ teaspoon salt.

- Mash bananas, mix eggs then combine all ingredients, mix well.

-Heat a pan with a little oil. Spoon some mixture into the pan, cooking on each side until it bubbles.

-Serve with some berries or your favourite garnish 😊

## PETA'S PERFECT PLATTER CHALLENGE!

(PRIZES FOR THE BEST PLATTER PICS SENT IN!)



-Cheese, biscuits, sausage, prosciutto, avocado, carrot, dips, nuts, whatever you like! Platters are a great way to graze on a wide variety of food groups 😊

Joke answer: They get wet! Riddle answer: a hole!

## Grounding Exercise

Grounding is a mindfulness technique used to help focus on the present and reduce anxiety. This exercise can be used anywhere, anytime, just by tuning in to your senses. All you need to do is, take a minute to breathe deeply and name...

5 things you can see

4 things you can feel

3 things you can touch

2 things you can smell

1 thing you can taste



### Wellbeing Wordsearch

Find the words in the list below

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

HAPPINESS  
NETFLIX  
FRIENDS  
CREATIVITY  
SUNSHINE

SLEEP  
EXERCISE  
FACETIME  
ZOOM  
GOALS

CHOCOLATE  
FAMILY  
WELLBEING  
HEALTHY

### FUN RANDOM FACTS!

\*North Korea and Cuba are the only places you cannot buy Coca-Cola!

\*The entire world's population could fit inside Los Angeles!

\*The longest place name in the world is 87 letters long!

Taumatawhakatangihangakoauauotamatea-turipukakapikimaunga-horonukupokaiwhenua-ukitana-tahu is in New Zealand and is a Maori word for a hill.



### STUDY TIPS TO STAY FOCUSED & MOTIVATED

- Pick your **study space** and try to do all your study there. This helps to focus.
- Make a **plan** for the day, & set some simple goals
  - have set **breaks**
  - make a study **playlist**
  - online study groups
- Set a daily **routine**, try to get up and go to **sleep** at regular times
- Eat well!** Brain foods include: avocado, bananas, berries, nuts, greens and whole grains
- reward** yourself for your effort: do something you enjoy when you finish a task or reach a study goal!



Want to contribute to the next Edition of the Wellbeing Newsletter? Let us Know!

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Here are some great places to access Online Support, Phone Support and Apps to support your wellbeing



## Crisis Support - Phone and online counselling



### Lifeline

24/7 phone counselling, and online crisis support chat available each evening.



**Suicide Call Back Service** 1300 659 467  
National 24/7 professional telephone & online counselling for anyone affected by suicide.



**Beyond Blue Support Service** 1300 22 4636  
Telephone (24/7), online and email counselling.



**1800RESPECT** 1800 737 732  
24/7 phone & online counselling for people seeking for domestic violence situations.



**MensLine Australia** 1300 78 99 78  
Advice, therapy and support for men with families and relationship concerns.



**QLife** 1800 184 527  
Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



**GriefLine** 1300 845 745  
Phone and online counselling for individuals and families experiencing loss and grief.

## Apps



**MoodMission**  
A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



**Snapshot**  
A free app for Australian adults to check and monitor their mental health and wellbeing status.



**MindGauge**  
A free app that allows users to easily and quickly track their mental health, mood, and lifestyle.



**BeyondNow**  
An app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



**ReachOut Breathe App**  
A free app (iOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.



**Smiling Mind**  
A website and app teaching mindfulness meditation to young people and adults.

## Aboriginal and Torres Strait Islanders



**MindSpot - 'Indigenous Wellbeing'**  
A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.



**iBobbly**  
Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.



**MindSpot - 'Wellbeing Plus'**  
An online program for stress, worry, anxiety and depression in adults aged 60 and above.



**Be Connected - e-Safety Commissioner**  
Tools and resources to increase the confidence, skills and online safety of older Australians when they use the internet.

## Self-Guided Programs



### MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



### MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



### THIS WAY UP



### Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



### e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



### Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

## Moderated Forums



### Beyond Blue Online Forums

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.



### Sane Australia

Moderated forums providing peer-to-peer support.

## Young People



**Kids Helpline** 1800 55 1800  
24/7 phone and online counselling for youth (5-25yrs).



### Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



### eheadsace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



### ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



### The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.



### The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



### BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.



[www.coronavirus.beyondblue.org.au](http://www.coronavirus.beyondblue.org.au)

Coronavirus Mental Wellbeing Support Service

1800 512 348

Online forum