

## BANYULE YOUTH SERVICES

# WELLBEING AT HOME

*information & advice*

## THANKS FOR SIGNING UP FOR OUR WEEKLY EMAIL!

This is a difficult time in our community. Our usual routines and life has been changed and you may be finding it harder than normal to find ways to take care of your health and wellbeing.

Every Friday for a month you will receive an email like this to your Inbox with advice, tips & information about taking care during this time.

**Find out more about these topics & get lists of free things to do online for young people on our website: [www.banyuleyouth.com](http://www.banyuleyouth.com)**



## WHAT IS WELLBEING?

This week our **theme** of this email is around the **basics of wellbeing, self-care and taking care of your health.**

Find out about self-care, our physical health, the impact of stress and how to start introducing a routine that is good for your overall wellbeing.

Next week our theme will be **STUDY - getting prepared for a return back to school + what we can learn from our time studying from home!**





# FREE SELF-CARE WORKSHOP TUTORIAL

Get access to our FREE Self-Care Workshop. We usually offer this in-person at schools, but we are now offering an online video version FREE for you. You can watch it to get ideas about what self-care is and how to create a self-care routine in your life.

**Find it here:**

<https://www.youtube.com/watch?v=z1dFGOWitAI&feature=youtu.be>

**If you are a Teacher at a local school, this can be used as a lesson shared with all of your students**

## MAKE A SELF-CARE BOX

We have heaps of downloadable resources on our website, including tips for making your own self-care box at home. Use the graphics as a guide and then add extra things that you like too.

**You can find these to download on our Wellbeing page on our Youth Portal:**  
<https://www.banyuleyouth.com/wellbeing-self-care>



## MAKE AN AROMATHERAPY SPRAY FOR YOUR PILLOW

- Get an old spray bottle you have at home (preferably glass) and clean it out thoroughly
- Pour 25 drops of an essential oil (lavendar is great for sleep!)
- Fill it half way with Witch Hazel (you can get this from a Chemist)
- Fill the rest of the bottle with water
- Shake the bottle before spraying on your pillow lightly before bed each night





# HEALTHY COOKING IDEAS

There are heaps of great tutorials online about healthy, easy & cheap cooking for beginner cooks.

We like the following accounts on Instagram for recipe ideas that you can try:

- @buzzfeedtasty
- @tastyvegetarian
- @cookinglight
- @delicioushealthyvideos

Or you can download a **FREE** copy of our **Recipe Book** for young people at [www.banyuleyouth.com](http://www.banyuleyouth.com)

# HOW FOOD CAN IMPACT YOUR MOOD

Did you know that the food you eat can directly impact the mood you are in?

Gut bacteria impacts our brain & various studies have found a connection between symptoms of anxiety & depression with regular high intake of sugary and fatty foods.

**Check out our helpful info about Food and Mood at the bottom of this email**



**Drinking more water & eating more nutritious meals** are great ways to improve your physical health. But did you know that improving your physical health directly impacts your mental health?

During times of great stress, it can be hard to keep a healthy diet. 80% healthy and 20% treat food is a good way to plan your meals.

**Try writing a weekly meal plan** - make 80% of your meals full with vitamin-rich foods like vegies & fruit, then 20% of the food you eat can be treats!

**We have included a meal plan template on the next page for you to print or save on your phone as a guide**



# MY WEEK

## Weekday routine: Food & Water



Banyule Youth Services

MONDAY

Breakfast

Lunch

Dinner

Snacks

How many glasses of  
water?  
Aim for 8 per day

TUESDAY

Breakfast

Lunch

Dinner

Snacks

How many glasses of  
water?  
Aim for 8 per day

WEDNESDAY

Breakfast

Lunch

Dinner

Snacks

How many glasses of  
water?  
Aim for 8 per day

THURSDAY

Breakfast

Lunch

Dinner

Snacks

How many glasses of  
water?  
Aim for 8 per day

FRIDAY

Breakfast

Lunch

Dinner

Snacks

How many glasses of  
water?  
Aim for 8 per day



## KEEPING BUSY AT HOME

While spending more time at home, you may be looking for some things to do to keep you busy & entertained!

We recommend creating a list of things you want to achieve over the next month. It could include things you want to learn, read, watch or do.

**We have included a template for your list on the next page. You can print it out or save it on your phone and post to your Instagram Story.**

## NEED SOME INSPIRATION?

Learn a new language, a new skill or educate yourself on a topic you have always wanted to learn more about!

**Find ideas here:**

**<https://www.banyuleyouth.com/online-training>**

Or, stream a live performance, take a look through a virtual museum or take part in an online trivia competition.

**Find these ideas & more here:**

**<https://www.banyuleyouth.com/free-streaming-online>**



## APP FEATURE OF THE WEEK

The awesome team from Smiling Mind are supporting people during this time by creating 'THRIVE INSIDE'. Thrive Inside is a special initiative to help you stay calm and healthy.

**You can download their apps for free & find out more on their website:**

**<https://www.smilingmind.com.au/thrive-inside>**



# things to do at home

SOMETHING NEW I WILL LEARN:

SOMETHING CREATIVE I WILL DO:

A BOOK OR TV SHOW I WILL READ/WATCH:

A POSITIVE INSTAGRAM PAGE OR WEBSITE  
THAT I WILL FOLLOW:



## NEED HELP WITH STUDYING FROM HOME?

Good news is that most people will be heading back to their classrooms soon! However in the meantime you may be looking for some support and advice around getting through your last weeks of studying from home.

Get a copy of our **Guide to Studying Online** here: [www.banyuleyouth.com/tips-support-students](http://www.banyuleyouth.com/tips-support-students)

## YOUTUBE FEATURE OF THE WEEK

ReachOut.com have a great YouTube channel, full of advice from Australian young people to other young people.

Watch their videos here:

<https://www.youtube.com/user/ReachOutAus>



## WANT TO CHAT?

At Banyule Youth Services we are offering **FREE 30-minute support sessions** for young people, parents/carers and school staff. We can call you on the phone, by video call, send you a message on Facebook or your phone or even send you an email - whichever you prefer!

Our youth workers are available for casual conversations and to offer you advice.

**Head to:**

<https://www.banyuleyouth.com/support> to let us know how we can support you or someone you know

# FOOD AND MOOD

THE FOOD AND DRINK YOU HAVE CAN IMPACT ON YOUR MENTAL WELL-BEING. EATING NUTRITIOUS AND NOURISHING FOODS EVERY DAY CAN IMPROVE YOUR PHYSICAL HEALTH AND LIFT YOUR MOOD.



## FOODS THAT PUT YOU IN A GOOD MOOD



### VEGETABLES



Vegetables contain fibre, antioxidants and a whole heap of vitamins and minerals. These components prevent cell damage and keep our minds in tip top shape.

Eating a wide range of colourful vegetables is key to get all the goodness, different vegetables have different benefits.

? Steam, roast with herbs or eat raw - the options are endless!

### FRUIT



As with veggies, fruits are packed with important nutrients and complex carbohydrates.

Fruit can be a great option when craving something sweet. You will get a hit of fibre and vitamins in the same package as sweetness. Eating a range of fruits will give you a heap of goodness!

? Blend frozen fruits into smoothies to up your intake.

### PROTEINS



Proteins are vital building blocks of our bodies and they contain amino acids which make up the chemicals your brain needs to regulate your thoughts and feelings.

Incorporate lean meat, fish, eggs, cheese, yoghurt, legumes (peas, beans and lentils), soya products, nuts and seeds into each meal.

? Snack on a handful of nuts or yoghurt throughout the day.

### WHOLE GRAINS



Whole grains are high in fibre and include things like corn, brown rice, quinoa, oats, rye and barley. They contain a type of amino acid that makes your body produce serotonin aka the 'happy chemical'.

These grains will keep you fuller for longer and regulate your blood sugar levels keeping your mood level.

? Choose wholemeal options of foods you already eat - bread, rice etc.

### WATER

B+ cups per day



- TIPS**
- Don't feel like you need to do a complete overhaul of your food habits straight away - aim to make one small change and stick to it for a few days/weeks and so on.
  - Skipping meals lowers your blood sugar and leaves you feeling weak and tired - eat small portions frequently throughout the day.
  - Cutting out entire food groups (carbs etc) is not beneficial - varied diets are key to getting all the essential nutrients.
  - Head online to find heaps of quick, cheap and healthy meal recipes.

→ **WHOLE FOODS | VARIED INGREDIENTS | MINIMAL ADDITIVES**



# FOOD AND MOOD

FOOD AND DRINKS CAN CHANGE THE WAY YOU THINK AND FEEL.  
IT CAN CONTRIBUTE TO THE SYMPTOMS OF ANXIETY AND  
DEPRESSION.



## FOODS THAT PUT YOU IN A BAD MOOD

Sugary foods are common to reach for when you're feeling low but they are highly addictive and can contribute to your risk of mood disorders. They may boost your energy in the short term but that sugar hit will be followed by a quick crash in mood. They have little to no nutritional value and take up valuable space that should be filled by nutrient rich foods.  
? Get your sugar hit from fruit - its the best of both worlds!

### SUGARY FOODS/DRINKS



Processed foods with added fats, sugar and salt may taste great and be quick and easy but can worsen symptoms of depression and anxiety.

These fats can decrease brain function and make it harder to focus and remember things.

? Eating healthy foods can be cheaper than junk food.

### FAST FOOD



Drinking lots of alcohol can have a negative effect on mental health. Alcohol can interrupt sleep patterns, and affect your ability to focus. Alcohol may give you a temporary buzz and make you feel relaxed but it is a depressant - the next day you will likely feel low, anxious and irritable.

? Try to cut back on drinking for a month or two and see how you feel.

### ALCOHOL



Caffeinated drinks such as tea, coffee, iced drinks, soft drinks act as a stimulant and will give you a quick boost of energy but can leave you feeling anxious or depressed when the effects wear off.

Caffeine can disrupt your sleep and poor sleep is a huge factor in low moods. Caffeinated drinks can often have high amounts of added sugar.  
? Try switching to the decaffeinated version of your drink of choice.

### CAFFEINE





**BanyuleYouthServices**



**03 9457 9855**



**03 9098 8000**



**banyuleyouth@banyule.vic.gov.au**



**jets@banyule.vic.gov.au**



**banyuleyouth.com**



**banyuleyouth.com/jets**



**Banyule Youth Services**



**Jets Bundoora**



**@banyuleyouth**



**@jets\_banyule\_youth\_services**