

## BANYULE YOUTH SERVICES

# WELLBEING AT HOME

## *information & advice*

### RETURNING TO SCHOOLS & WORKPLACES..

In only five months of 2020 life has been SO different to what we are used to! When we started the year, none of us expected to be studying online, working from home or changing all of our routines with family, friends, our favourite hobbies & sports.

Now that things are slowly transitioning back to normal, with schools re-opening for all students over the coming month and workplaces slowly asking people to return to their work sites, it's a good time to reflect on what we have learnt..



### SO, WHAT CAN WE LEARN FROM OUR TIME STUDYING & WORKING FROM HOME?

This week our **theme** of this email is around **getting prepared to go back to school & work.**

Find out about making your own Calm Reminder template, taking lessons from this time with you back into everyday life & using handy virtual tools ongoing.

Next week our theme will be **Understanding our brain & body** - how understanding what is happening in our bodies can empower us to have greater wellbeing



# A PLAN FOR HEADING BACK TO SCHOOL & WORK

One of the best ways we can support ourselves to transition back to school & work well during this time is to be prepared for moments that may be stressful for us.

By creating your own toolkit of things that can help you to be well, you can be prepared for any challenging moments and seek the support you need to get through them.

We love this breathing video by Smiling Mind that you can save on your phone to help you if you feel worried in any moments: <https://www.youtube.com/watch?v=gUqLVa34S3c>



## YOUR CALM REMINDER

We have created a Calm Reminder template to help you manage moments of stress. This can be used if something challenging or upsetting happens and you need some help to feel calm again.

Write down what works best for you on the template & save a photo of the plan into your phone in case you ever need the reminder.

**A copy of the Calm Reminder template is on the next page of this email**



## SENSORY TOY FOR YOUR PENCIL CASE

When we are nervous or stressed, having something to play or fidget with can help us to feel distracted or more calm.

Have a look around your house for your own sensory toy to keep in your pencil case at school, on your desk at work or in your pocket.

Things like a a bouncy ball, squidgy toy, fidget spinner or even a clicky pen can all work well.



# MY CALM REMINDER

If you are feeling upset or stressed right now, this is a reminder to yourself about things that can help you in this moment to feel better. You can show this list to people around you right now, if you are finding it hard to tell them what you need.

If at any time you need more support, please call  
Kids HelpLine on 1800 55 1800

A positive thing that helps to relax me that I can do right now is..

A song that helps me to feel calm that I can listen to right now is..

A safe place for me to go to right now would be..

A person who helps me to feel better that I can contact right now is..





## WRITE A LIST OF THINGS THAT HAVE BEEN POSITIVE ABOUT THIS TIME

To help you move forward, take time to think about the things you have learnt during the study and work from home period.

Were there parts of your at-home routine that you liked the best? Could you bring them into your life going forward?

Was there anything you missed the most? Will you appreciate things differently now after this experience?

**We have put a template on the next page that you can print out and fill in about things you can do in the future that were positives during this time**

## DAILY HABITS

Take time to consider what daily habits have been good for you whilst staying home more. Maybe you have had more time to cook? Or perhaps you have been getting more sleep than usual?

Use a journal to write down some daily parts of your routine at home that have been useful for your health & then remind yourself to check-in about them in the coming months to make sure you still are finding time to do these things for yourself



## VICTORIA TOGETHER

We are still being encouraged to stay at home when we can at the moment. You may be looking for things to do to keep busy and entertained.

The Victorian Government have created Victoria Together, a website full of great things to do from the comfort of home. It includes The State of Music, which are episodes featuring Australian local artists performing during this time.

**To check out the Victoria Together website, head here: <https://www.together.vic.gov.au/>**



# ***Positive things from time at home***

Write down things you have learnt &  
can continue to do after this time



**Something that was  
positive for me during this  
time**

**Something I got to do  
more of during this time**

**A new hobby or passion I  
found during this time**

**Something new I learnt  
about during this time**

**Things I would like to  
continue doing after this  
time**



**Banyule Youth Services**



## KEEP USING THE NEW TOOLS YOU HAVE FOUND AT SCHOOL & WORK

Many of us are now familiar with things like ZOOM and KAHOOT. They have been helpful ways to keep us connected and we can continue to use them to make things easier for us in the future.

Suggest meetings or presentations to be done using these tools with the groups you study and work with.

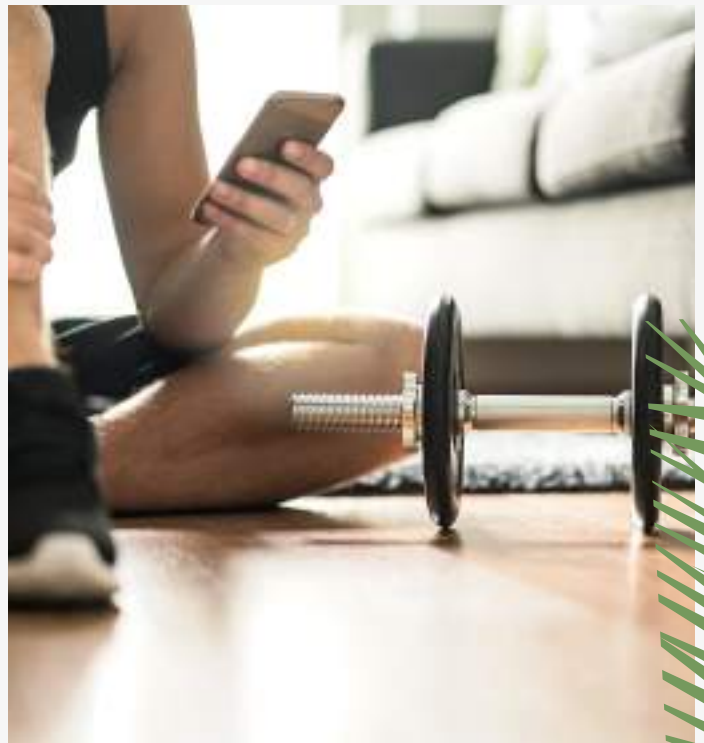
**Talk to your Teacher or Co-Workers about what the best tools to use during this time were and how you could use them in the future**

## + USE THE NEW TOOLS TO SOCIALISE FROM HOME

You may have watched some online gigs, had a streaming movie night, joined in on a virtual baking class, used YouTube to work out from home or had a catch-up with friends on video chat during this time.

Continue to schedule in 'virtual activities' - it's a great way to connect with others in a way you feel comfortable with & will help you to stick to the current restrictions around staying home when you can.

To find out about joining one of our **FREE** online groups for young people, head here: <https://www.banyuleyouth.com/get-involved-jets-crew-members>



## APP FEATURE OF THE WEEK

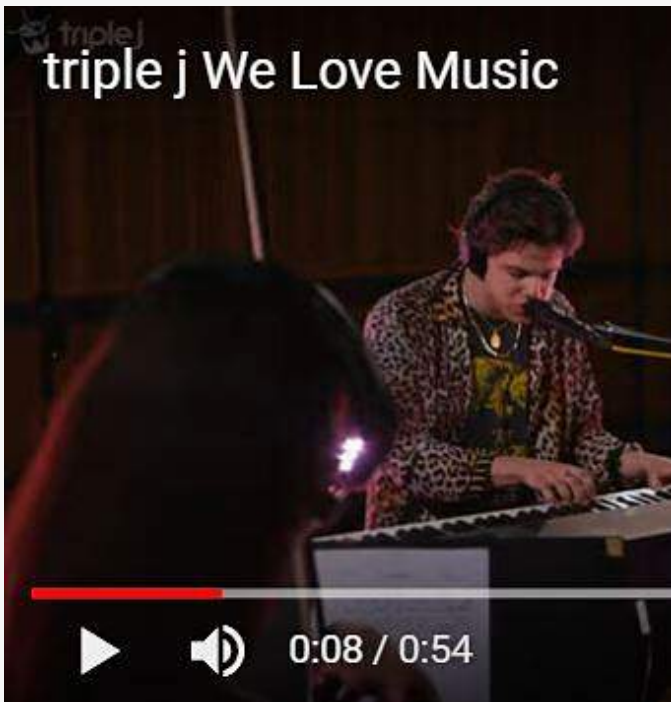
SPACE is an app that can help you to get on top of your phone habits, to help you find balance between phone time and non-phone time in your life. The app tracks what you do on your phone, then gives you information and advice to help you create a balance that is helpful for you.

**You can find out more about it & download it here:**

<https://kidshelpline.com.au/tools/apps/space>







## YOUTUBE FEATURE OF THE WEEK

We love the power that music has to make people feel good. We also really like to support local Australian artists. So, this week our YouTube feature is for the Triple J YouTube page. Check out live performances & other great content.

+ If you are a musician head to our website to find out more about Jets Studios where you can rehearse & record music of your own right here in Banyule.

Watch their videos here:

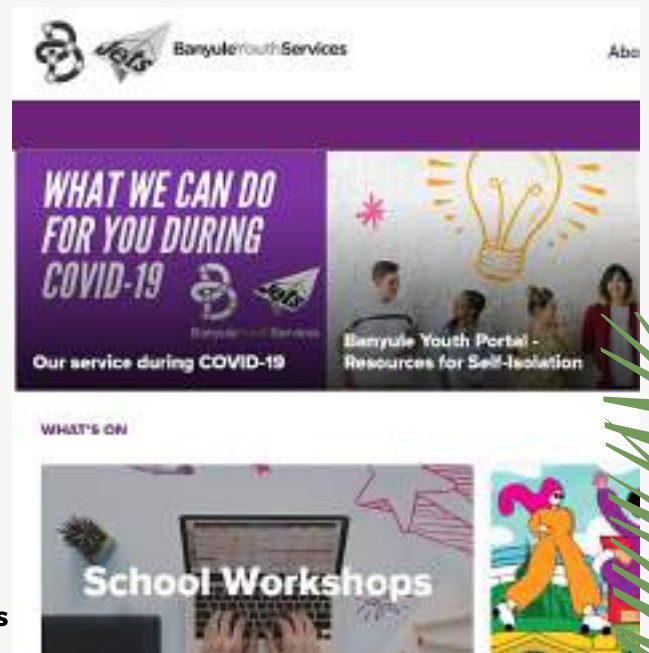
<https://www.youtube.com/user/triplejtv>

## NEED HELP WITH YOUR RETURN TO SCHOOL OR WORK?

Our service understands that it can be really stressful to think about going back to our usual lives, particularly whilst COVID-19 is still happening in our community.

You can contact us to talk about this if it is a concern for you or someone you know.

We will be uploading advice and tips for returning to school and work over coming weeks on our website, so stay tuned for more info coming soon: [www.banyuleyouth.com](http://www.banyuleyouth.com)



## 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





 **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**