

BANYULE YOUTH SERVICES

WELLBEING AT HOME

information & advice

UNEXPECTED PLACES WE MAY FIND SUPPORT

This week the focus of this email newsletter is to highlight some activities or places that we may find support in times when we need it.

There are lots of ways to take care of our wellbeing - but some of them may be a surprise to you.



SUPPORT COMES IN DIFFERENT WAYS

Talking to a youth worker or psychologist can help during hard times, but there are other people and places that can also help you to improve your wellbeing too.

It's important to find things that work for you. We will talk about a few ideas in this email.

This is the final week of this email module, however later in the email we have information about continuing to hear from us if you want to.

LEARNING ABOUT OURSELVES

A great way to take care of ourselves is to be clear about what things make us feel good and what things do not. Everybody is different and will need different things to help them to relax, share how they feel or to feel better in tough times.

Try writing down things that make you feel better and things that do not and keep this list saved in your phone to remind you in times of need what will help you.



MEETING NEW PEOPLE

Studies have shown that being around new people who share similar interests as you can be great for your mental health. By expanding ourselves to meet new people, we can often get perspective and be enriched with new experience.

Try connecting with online groups, such as Film Clubs, Book Clubs or Social Groups.

If you want to learn more about the free groups we run for young people, contact us or head to our website: <https://www.banyuleyouth.com/get-involved-jets-crew-members>



FINDING NEW HOBBIES

A great strategy for being well is to prioritise spending time doing things that make you feel good - but sometimes it's easy to forget our own hobbies or interests because we are doing what our friends or family are doing instead!

Commit to finding at least 1 new hobby for yourself - try doing things you haven't done before such as writing, art and craft, running, yoga, jewellery making, taking & editing photos.. find a hobby that is just for you!





CREATIVITY

Being creative does not mean that you need to be passionate about making art. Creativity is a self-care strategy that improves your mood by allowing you the space to express yourself and use different parts of your brain - such as your imagination!

Some people prefer to use art therapy as a way to manage their wellbeing and mental health. There are lots of groups local to Banyule that offer this for young people.

Contact us at banyuleyouth@banyule.vic.gov.au and we can send you a list of what we and other local services provide

MUSIC

Music is one of the most popular strategies that people use to feel good.

Try making separate playlists for different moods - one for when you feel you need a mood boost, one for when you want to have calm and relaxing time, one for when you feel angry or upset and one for when you feel like reminiscing on great times you have had in the past.

If you are struggling to make your own playlist, try following one like 'Mood Booster' on Spotify:
https://open.spotify.com/playlist/37i9dQZF1DX3rxVfiBe1L0?si=V7K_gnfxRC-j0cPBopVM6g



FITNESS

Talking about how we feel is important, but something just as important for our mental health is to move our bodies. The more we move the better we feel. Exercise triggers a release of happy hormones into our body that helps our mood to improve and makes us feel good.

If you find yourself unsure what type of movement you can do, try DANCING. Dancing by ourselves is a great way to let go of bad feelings, feel free and move our bodies in a fun way.

Try YouTube dance classes to get you started:
<https://www.youtube.com/user/TheFitnessMars>
[hall](#)





WELLBEING ACTIVITIES

We have a page on our website that is dedicated to Wellbeing and giving young people advice and activities that are good for their wellbeing. It's a great idea to use the extra time we currently have at home to develop wellbeing practices and routines to help you in the long-term.

To find the Wellbeing page and activities head here: <https://www.banyuleyouth.com/wellbeing-self-care>



YOUTUBE FEATURE OF THE WEEK

Headspace is guided meditation for everybody. Relax with guided meditation sessions that will help you rest and reset after a long day, let go of worried thoughts with our Stress pack, or create the ideal conditions for healthy, restful sleep with our sleep meditations and sleep sounds.

Watch their videos here:

https://www.youtube.com/channel/UC3Jhfs_gFPLSLNEROQCdj-GQ



APP FEATURE OF THE WEEK

Drinking a minimum of 2 litres of water per day is one of the easiest and most important things we can do for our bodies and health. However many of us find it hard to remember to drink enough each day. Use this great app to track your water intake and to keep check of your mental and physical health.

You can find out more about it & download it here: <https://apps.apple.com/us/app/aloe-bud/id1318382054>



FUTURE WELLBEING EMAILS FROM US

This is the last week of our 4 weeks of Wellbeing emails during this time of COVID-19. However, as we have had such a great response, we will now be sending an email once per term. It will be a longer version of this email.

Tell people you know to register for the email here: <https://tinyurl.com/y7ucnbzo>

Email kate.james@banyule.vic.gov.au if you do not want to receive this email

WANT TO FIND OUT MORE ABOUT WHAT WE OFFER

Find out more about Banyule Youth Services by connecting with us online. We post regular updates of things for young people to do in Banyule and surrounds on our website and social media pages.

Facebook:

www.facebook.com/BanyuleYouthServices

Instagram: [@banyuleyouth](https://www.instagram.com/banyuleyouth)

Website: 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



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