



# WELLBEING NEWSLETTER!

Things to help keep you sane during the  
isolation period

**THIS WEEKS THEME?**

ROUTINE

Thanks to local businesses

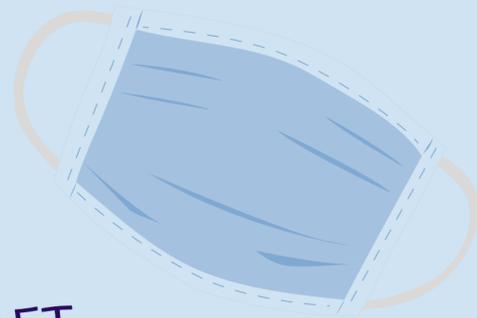


# WHAT'S INSIDE?



## BOREDOM BUSTERS

1. DIY -Transferring a photo onto a plank of wood
2. Recipe of the week - Easy to make and cheap ingredients
3. Mindfulness colouring sheet



1M / 3FT

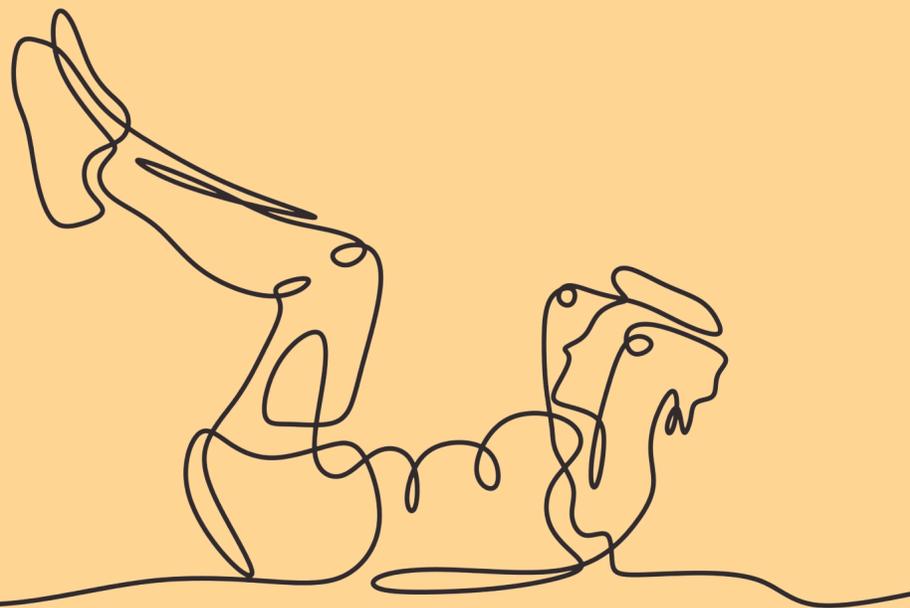
## CRISIS RESOURCES

If you're struggling with mental health or any emergency, we have some resources that could be useful to you!



## SELF CARE POINTS

Focus on routine to de-stress and help you achieve all your goals during isolation!



## PHYSICAL CHALLENGE

An exercise program that you can do this week to stay active during isolation

# DIY INSTRUCTIONS!

## WHAT YOU'LL NEED:

- A square or rectangular piece of smooth wood (the lighter the better)
- A photo of your choice (printed on normal paper)
- Damp cloth or tea towel
- Mod Podge

## METHOD:

1. Cover the piece of wood in a layer of Mod Podge
2. Place your photo face down on the piece of wood
3. Make sure you smooth out any bubbles
4. Let dry overnight
5. Grab your damp cloth and wet the photo
6. Gently rub the wet paper and get rid of paper residue
7. Cover with Mod Podge and let dry
8. All finished!

If you'd like a visual to help you create this masterpiece, head over to this youtube link!

[https://www.youtube.com/watch?v=n9\\_3wpuQPts](https://www.youtube.com/watch?v=n9_3wpuQPts)

Serves: 4

# Recipe of the Week!

## Anzac Biscuits

*A quick and easy recipe that will make isolation a whole lot tastier!*

### **INGREDIENTS:**

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cup coconut
- 125g unsalted butter
- 2 tbs golden syrup
- 1 tbs water
- 1/2 tsp bicarbonate of soda



### **INSTRUCTIONS:**

1. Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
2. Melt the butter in a saucepan, then add golden syrup and water.
3. Stir the bicarbonate of soda into the liquid mixture.
4. Add the liquid to the dry ingredients and mix thoroughly.
5. Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.
6. Biscuits will harden when cool.- Well Done!



# Mindfulness Colouring

Feel free to print this page out and colour!  
If you don't have a printer, we've got your back!  
Here's a link for something to colour online for  
free!  
<http://www.supercoloring.com/coloring-pages/black-eyed-susan?colore=online#>



## **WHY IS ROUTINE IMPORTANT?**

During isolation you may be experiencing anxiety, stress, depression or just generally struggling to be motivated. These feelings are totally understandable and there are some key things we can put in place to help manage these emotions. Routine helps us find structure and stability in the chaos and can eventually help us embrace the inevitable curveballs that life throws our way.

### **PLAN YOUR DAY!**

BEFORE YOU GO TO BED EACH NIGHT, TRY PLANNING WHAT YOU NEED TO DO FOR THE FOLLOWING DAY. INCLUDE 3 GOALS, AND A SCHEDULE OF THINGS YOU'VE GOT ON THE NEXT DAY

### **WAKE UP AT THE SAME TIME EVERYDAY!**

TRY SETTING AN ALARM FOR THE SAME TIME EVERY DAY FOR ONE WEEK, EVEN IF YOU DON'T HAVE TO BE UP FOR ANYTHING. YOU WILL NOTICE AN IMPROVEMENT IN EVERY LEVELS AND IN ATTENTION SPAN.

### **DRINK WATER!**

AS SOON AS YOU WAKE UP, TRY DRINKING A WHOLE GLASS OF WATER. DOING THIS EVERY MORNING WILL LEAD TO MORE ENERGY DURING THE DAY AND QUICKER TO WAKE UP.

**Weekly Inspirational talk -**

**<https://www.youtube.com/watch?v=SELWtQpcy1A>**

# WEEKLY PLANNER

ICONS



MONTH ..... WEEK .....

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# Weekly Organizational Planner

You can use this planner to create goals and to set a 'to-do' list for your day



### MY SLEEP PRESCRIPTION

Bed Time: \_\_\_\_\_

Rise Time: \_\_\_\_\_

DAY OF THE WEEK							
DATE							
<b>Q1</b> What time did you go to bed?							
<b>Q2</b> What time did you try to go to sleep?							
<b>Q3</b> What time did you fall asleep?							
<b>Q4</b> How many times did you wake up during the night?							
<b>Q5</b> In total, how long did these awakenings last (minutes)?							
<b>Q6</b> What time was your final awakening?							
<b>Q7</b> What time did you get out of bed to start your day?							
<b>Q8</b> Note anything that interfered with your sleep							



#### End of week calculations

Easy calculations at [mysleepwell.ca/calculator](https://mysleepwell.ca/calculator)

My sleep duration (typical night): \_\_\_\_\_ My sleep efficiency (typical night): \_\_\_\_\_

# Weekly Sleep Tracker

Feel free to print this page out to track the amount of sleep you're getting.

Don't want to track it manually? No problem.

Download an app called 'Pillow Automatic Sleep Tracker', and follow the app prompts to track your sleep hygiene!

*Weekly*

# PHYSICAL CHALLENGES!

Youtube workout of the week:

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=_Cd0eIKXcSs&list=PLs7ADdt6-Ou-gWHHi3RoLFHrRlH1eveuB&index=2&t=1664s)

[v=\\_Cd0eIKXcSs&list=PLs7ADdt6-Ou-](https://www.youtube.com/watch?v=_Cd0eIKXcSs&list=PLs7ADdt6-Ou-gWHHi3RoLFHrRlH1eveuB&index=2&t=1664s)

[gWHHi3RoLFHrRlH1eveuB&index=2&t=1664s](https://www.youtube.com/watch?v=_Cd0eIKXcSs&list=PLs7ADdt6-Ou-gWHHi3RoLFHrRlH1eveuB&index=2&t=1664s)

## *15 Minute Workout!*

*15 jump squats*

*10 burpees*

*10 leg raises*

*15 reverse lunges*

*20 mountain climbers*

*20 sit ups*



*Repeat X4*

**Challenge:** See how long you can hold a hand stand for!

Tip - engage your core, it will help your balance



# RESOURCES FOR *Mental Health* *+ Emergencies*

- MINDSPOT - ONLINE MENTAL HEALTH CLINIC (1800 614 434)
- HEADSPACE - MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE (USE WEBSITE)
- BEYOND BLUE - 24/7 SUPPORT SERVICE (1300 224 636)
- EMERGENCY SERVICES 000
- LIFELINE 13 11 14
- KIDS HELPLINE 1800 55 1800
- [WWW.EHEADSPACE.ORG.AU](http://WWW.EHEADSPACE.ORG.AU)
- SOMERVILLE SECONDARY COLLEGE WELLBEING SUPPORT - [WELLBEING@SOMERVILLES.C.VIC.GOV.AU](mailto:WELLBEING@SOMERVILLES.C.VIC.GOV.AU) OR 5973 1000 (PLEASE NOTE A REPLY MAY TAKE UPTO 2 SCHOOL DAYS).



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence