

## YOU GOT THIS!!!

### ☺Tips to stay Healthy and Happy during COVID 19☺

Things are pretty gloomy at the moment, with lots of people feeling down, stressed and anxious about COVID-19, which of course is perfectly understandable and normal! To make things worse, we can't do all the things we used to do to stay healthy and happy, like sports, hanging with friends, going to school, going to the movies and so on. But this doesn't mean we have to be miserable or bored.

It just means that life has changed for a while and we need to do things a bit differently. More than ever we need to take care and really focus on doing stuff that makes us feel good!!!

As always, the Student Support team at NTHS are available and committed to providing ongoing help. Always feel free to contact school and ask to speak with your Assistant Principal or Grade Supervisor, who will forward on the request to us and we will get in touch ☺ We would love you to reach out if you're having difficulty!!!

Apart from that, here are a few other ideas that will help:

#### Get Lots of Sleep

- Go to bed at a decent hour during the week (like 10.00 and get up before 9 if you can). You don't want to muck up your whole sleep wake cycle and sleep is SO important for your mood.

#### Eat Stacks of Healthy Food

- Berries, bananas, almonds, rolled oats, avocado and eggs are great for your mood and considered 'Super Foods'
- Carbs are also good – they are your body's fuel and are actually linked to feeling happy!

#### Stay as Active as possible (This is a no brainer and absolutely essential!!!)

Exercise releases endorphins which are the brains happy chemicals – we all need more of those!

Ideas include:

- Walking – try and get your 10,000 steps a day. Set a challenge with your mates and see who can get the highest
- Running (even round the block is great)
- Riding your bike
- Shooting hoops
- Kicking the soccer ball or footy
- Playing frisbee
- Do 20 push ups and star jumps each day or every hour!
- Surfing/swimming (if the beach is open!)
- Skateboarding (still allowed on the Hobart/New Town bike track)
- Lift weights
- Punch a boxing bag
- Flying a kite

#### If you can't get outside, there is stacks of stuff you can do on-line.

- [Nike Training Club](#) can help you stay active and offers heaps of free workouts you can do from home. It also features wellness and nutrition guidance from experts.
- Seven – 7 Minute Workout app ([iOS](#) and [Android](#)). These seven-minute workouts are based on scientific studies and are designed to provide the maximum benefit in the shortest amount of time. You can also link up with friends in the app to encourage each other (or, let's be honest, compete!) – it's a great way to stay connected and fit!!!

#### Hang Out with Friends on line...

It is incredibly important to stay social - keep in daily contact with your mates via SnapChat, text, Messenger, WhatsApp, FaceTime, or (gasp!) a phone call. Ask them how they're feeling and let them know if you're feeling crappy – they are probably feeling the same way!

## **OTHER COOL THINGS TO DO: (You can set a challenge to do all these and tick them off as you do)**

Listen to lots of music –it can make you feel so much better!!!

- Make a playlist of inspirational and uplifting songs and play and sing them very loudly!!! Get a group play list happening and get your mates to add five of their favourite songs.

Watch every single movie you have ever wanted to see.

Get lots of fresh air and sunshine – Vitamin D is so important for your mood.

Talk to someone you trust if you are feeling bad or worried – they are probably feeling the same way!

Learn a new hobby – origami; magic tricks; the ukulele - YouTube has great free online tutorials for pretty much everything.

Go camping in the back yard and light a fire pit – spot the constellations. You could even make damper. Invite your mates – virtually 😊

Think about three things you are grateful for every night or morning.

Do a jigsaw – a massive one! Get the whole family to help out.

Walk, play with or cuddle your pets – your dog or the cat or the guinea pig...whatever you can really – but maybe avoid the fish 😊

Cook up something fabulous – pizza (make your own dough), choc chip cookies, banana bread, pancakes....yum!!!

Read a book – actually read three!

Play Monopoly, Cluedo, Chess - any board game with your family is good.

Watch You Tube clips that make you laugh or something that you find uplifting and allow yourself to zone out from what's going on in the world.

Do Random Acts of Kindness – these help others but also make you feel great.

- Do the dishes, vacuum without being asked
- Wash the car
- Give someone a compliment
- Write an email or a letter to a family member who lives away
- Take the rubbish out

Create a list of all the Good Things in your world – Focus on the Positive!!! It really does help.

Play Charades with the family. That is always good for a laugh!

Have a bath – with bubbles! And junk food!

Make something with wood – a new desk or a table...

Do some drawing, painting or colouring in

Learn how to play cards or play UNO – everyone loves a good game of UNO.

Laugh loudly and as often as possible 😊 😊 😊

Make a list of the stuff you are going to do when life returns to normal

Go fishing off the shore – you might even catch something. People are actually catching lots of salmon.

Walk along Cornelian Bay tracks; the Lenah Valley Rivulet track; South Hobart rivulet; Montrose Foreshore track...they are still open.

Do some meditation and mindfulness – you might actually like it! Here are some great apps:

- Smiling Minds (probably the Go To Meditation app)

This has mindfulness programs either via their website or a free app. For people aged between 3 and 18 years of age as well as programs designed for adults and families

- Insight Timer

This has over 25,000 free guided meditations, from 1 to 90+ minutes. Try searching by a topic that interests you (e.g. stress, learning to meditate, sleep).

If meditation isn't for you, try doing an everyday activity in a mindful way – in other words, put aside distractions and focus fully on one small task. For example, while you're eating a biscuit, pay attention to your senses (the smell of it, the feel of the crunchy bits in your mouth, the taste of it..etc etc)

Write in a journal – keeping a diary and recording your thoughts and feelings really helps.

Use your Library - Join online for free on the website, at [www.libraries.tas.gov.au](http://www.libraries.tas.gov.au)

They have heaps of online services available for you to use from home.

- Download eBooks and audiobooks
- Find a wide range of magazines, comics and graphic novels to download and read – no holds, no waiting and no returns.
- Stream hundreds of documentaries, independent films and educational videos.
- Explore your family history
- And while you're at home, why not learn a new language, including Mandarin, Arabic, German or Greek?

**IF IT'S ALL GETTING A BIT TOO MUCH...and you need more support...try and talk to someone. These websites are also fabulous and have some great advice:**

**ReachOut** – a website specially designed for young people, aimed at improving your mental health by giving you lots of advice and different apps to use. They will also send you a monthly newsletter.

**BITE BACK** – this is an actual program by the Black Dog Institute for 12-18 year olds and aims to improve your wellbeing and mental fitness.

**The Brave Program** – a free online program which helps you manage anxiety.

**Kids Help Line** webpage is super good too. It has heaps of great ideas to help you improve your mood.

You could actually do these programs for half an hour every day – build them into your routine 😊

**Other great APPS:**

**niggle** – a free app by Kids Helpline which provides a self-help toolkit for all things related to mental, social and emotional wellbeing. Allows you to track your wellbeing, access resources and provides tips to help you tame your niggles: <https://kidshelpline.com.au/niggle>.

**ReachOut WorryTime** – a free app designed to interrupt repetitive thinking by setting aside worries until later (Only available through the Apple App Store).

**ReachOut Breathe** – a free app which helps you to reduce the physical symptoms of stress and anxiety by helping you to control your breath and measuring your heart rate (only available on iPhone or Apple Watch).

**Worry Kit:** another free app which gives you tools to manage anxiety and distract yourself.

**IF NONE OF THIS HELPS AND YOU STILL FEEL DOWN, ANXIOUS OR STRESSED, PLEASE TELL SOMEONE!!! It could be your parents, a family member, a friend....**

**The following are also great phone or online resources. Just Google them:**

**Beyond Blue (for all ages)**

**24-hour Counselling Service** - Call [1800 512 348](tel:1800512348).

Trained counsellors are available to 24 hours a day, 7 days a week. They have a specific COVID 19 support too which is great for the whole family.

**Lifeline (for all ages)**

Phone: 13 11 14 - free from mobile phone.

Online chat available too.

**eheadspace (for ages 12-25)**

Confidential, free, anonymous and secure space where you can chat or email qualified youth mental health professionals.

**Kids Help Line (for all ages)**

**Phone: 1800 55 1800**

Free, private and confidential 24/7 phone and online counselling service.

***If you would prefer to see someone for support (which will probably be by phone at the moment), you can try:***

**Headspace** – book an on line appointment to get information, support and advice on general health; mental health and wellbeing.

**Visit your GP** – they are great supports and a good place to start if you are feeling consistently down or anxious or having problems sleeping.

So... there is actually stacks of stuff you can still do to stay happy and healthy😊!!! Covid-19 WILL pass and life WILL return to normal and when it does you'll have a heap of new skills and interests – Gotta Love That!!!

Take care, be kind to yourself and others and remember...

**YOU GOT THIS!!! 😊😊😊**

**(and if you don't, then that is OK too. There is lots we can do to support you...just get in touch with school)**