



# School Student Self-Care

Be extra kind to yourself during this time, try to remain positive and compassionate. You might like to try out these tips to keep mentally, emotionally and physically healthy.

## Acknowledge your emotions

Feeling anxious in new situations is normal. Don't try to push it away, acknowledge any new emotions you may be feeling.

### Meditate



There are plenty of free meditation apps out there. Take the time to visualise a peaceful space and live in the moment for 5-10 minutes.

## Stay active

Go for a walk each day, try to see the sky and breathe fresh air every day, whilst keeping a safe distance from others. Why not use a YouTube work out video to motivate you?

## Maintain a balanced diet

Eat nutritious food as this helps with energy levels and stress management. Try to avoid too much caffeine or sugar.



## Seek out facts

Seek out facts from trusted sources about the current situation. Facts can help to minimise fears.

## Stay virtually connected

You might like to try:

- Starting a Netflix group, watch the same series as friends and chat online about it.
- Having a virtual music party or share a playlist.
- Reading a book, start an online book club.

## Keep a routine

Try to maintain the same routine you would for a normal school day.

Zzzz

## Get quality sleep

Help yourself to wind down by switching off electronic devices at least one hour before bed. Try a relaxation technique if you are having trouble falling asleep.

## Try something new

Look on YouTube for creative ideas of new things to try. Bake a cake or try some origami. Learn something new and teach it to someone else if possible.

## Ask for help

It can help to talk to someone about what you are feeling, whether that be a friend, family member your doctor or a counsellor.

GP's and Mental Health Professionals are still available for you to access. If you are feeling overwhelmed you can access support from professionals at:

Lifeline: 13 11 14

Kids Helpline - 1800 55 1800

Eheadspace

South Coast Youth Clinics



South Coast Prevention Team

Working with our community to achieve healthy lifestyles.

For more tips and ideas follow us on Facebook or our website.

Source: Headspace - [headspace.org.au](https://headspace.org.au)

Orygen Youth Health <https://oyh.org.au/>