



LEARNING AT HOME WELLBEING

MINDFULNESS MONDAY

- 1 This is the last of our Mind Body Spirit Wellbeing series for remote learning. This week you and the community will be able to access a module on Communication.

Today we want you to be mindful of how you have or haven't been communicating these past few months.

Sometimes we get used to keeping our thoughts to ourselves. As you start to come back to school remember that it's ok to reach out and share your feelings with family, friends, and staff at the College.

WELLBEING WEDNESDAY

- 1 Watch the following video - watch it till the end.....you will be surprised by the outcome of this social experiment :)
[Soulpancake](#)

FEELIN' FINE FRIDAY

- 1 Time to be grateful for the extraordinary being that you are: at the top of your voice and with your favourite person or pet get up and dance to....

[This is me](#)



COMMUNICATION



We did some research on social media and there are various forums flooded with people your age talking about how difficult it is to deal with social isolation. This got us thinking: many of these sites and blogs are **positive and hopeful**. People are finding creative ways to reach out to other teenagers and just talk about what it's like - some are through chats but many are doing it through photo competitions, online challenges etc.

The one thing that is crucial to our emotional wellbeing is **communication**. We are relational beings. You know that you are missing your friends more than anything. However, you are the smartest generation in being able to find creative ways to communicate using technology as your medium.

You can still **connect, reach out, and have fun** with your friends whether restrictions are in place or not.

You can take the risk and open up to doing this with your family that are trapped :) in the house with you. It could be having conversations, playing a game, supporting each other, and just being there. It could be going for a walk with a family member or doing a dress-up movie night.

When we hold onto our feelings and thoughts they can sometimes inspire us but they can also trap us in a cycle of self rumination and negativity.

Communicating **helps shift those moods** and seek support when we need it most.

If you are struggling and your usual support people are at school. Reach out to them.

If you are finding that your emotions or mood is slipping - find one person that you can communicate with that can support you.

COMMUNICATION



BE POSITIVE TO CHANGE

If you notice or are aware of someone else who is struggling - reach out. Your kindness, compassion, and care will go a long way in supporting another.

Communication comes in non-verbal and verbal forms. Sometimes we don't feel like talking but would be happy to just have 'virtual' company talking about silly things or doing a quiz or even watching a movie/music together.

Trust yourself - you know what you need. Just don't isolate yourself further in your bedroom when there are people right outside the door that want to love and be present for you.

- Remember this is a **moment** in time and it **will pass**.
- It's important to stay **positive and hopeful** for yourself and others.
- Try to **accept** that this is how things are for now and that you are ok and safe.

As we transition back to school, TRUST your ability to adapt to the change of routine.

Knowledge and Understanding of COVID-19

In our quest to maintain a healthy state of wellbeing, knowledge of COVID-19 can aid in reducing anxiety and building resilience can act as our coping mechanism. Connection with others is equally as important.

This is important to consider when we manage our own wellbeing. We must be aware of what is happening with the global pandemic to allay some of our concerns, however, overexposure to the media and in some cases, unreliable media outlets, can increase our levels of anxiety and concern.

Ask your family or teachers questions if you feel like you need to better understand why we are isolating or how the virus works. Whilst we want you to be informed and kept up to date on what's happening, you have to be a good judge of when you start to feel saturated or overwhelmed by reading too much.

COMMUNICATION



GET CREATIVE

Support through connection

Did you know? Research conducted following the SARS outbreak in Hong Kong (2008), has provided [evidence](#) that maintaining or even increasing social connectedness during this time of isolation can offset negative mental health impacts incurred from the pandemic. This can be achieved through:

- Call friends to check on their welfare
- Send an email to a friend
- Leave a note under a friend's door
- Don't underestimate the power you have to offer hope to another person

Strategies - Get creative with how you interact with each other

- Reach out to others, at least once daily for thirty minutes. Try to do FaceTime, Skype, phone calls &/or texting
- Connect with other people to seek and provide support
- Set up virtual catch-ups with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc
- Express yourself through journaling, creating an artwork, or singing/playing an instrument.
- Set up a gratitude tree amongst your friends where every member posts a message or sends a text to other members to share something they are grateful for.
- Agree on a time to watch the same TV shows/movies with someone and message each other your thoughts along the way...
- Join your community social media group! This will keep you up to date with what's going on directly around you. It may also include ways you can reach out and connect with someone less fortunate than you and ways to assist them.
- As **restrictions are lifted** start to **engage** with more outdoor activities with a friend or family member.

Lastly, you have journeyed the past 3 months with **strength**, **courage**, and **resilience** by being at home for long stretches of time, engaging with remote learning, and dealing with a disconnection from your activities of daily living.

As you re-engage with your schooling and aspects of your life, remember that being wholeheartedly true to yourself includes respecting your ability to communicate your thoughts and feelings and being present for others.

COMMUNICATION