

# Mindfulness

Get Out of Your Mind. Get Unstuck. Start Getting Back to YOU.

## COVID 19 SUCKS!!

We can all agree that 2020 has been a difficult year. So it's understandable that you might be feeling all sorts of different emotions. Feeling stressed, anxious, frustrated, angry or sad, are some of the emotions you may be experiencing. You might also be having trouble concentrating, staying motivated, and even have difficulty sleeping.

That's OKAY, we are all going through a tough time.

BUT sometimes we need a little extra help to get us through, and that's also OKAY.

This brochure has a list of resources that you can access should you need some extra help or if you know someone who might benefit from them.

Also don't forget you can always reach out to the Wellness Team should you need to.



## Support Numbers & Websites

Beyond Blue: 1300 22 4636

<https://www.beyondblue.org.au/home>

Life Line: 13 11 14

<https://www.lifeline.org.au/>

Kids Helpline: 1800 55 1800

<https://kidshelpline.com.au/>



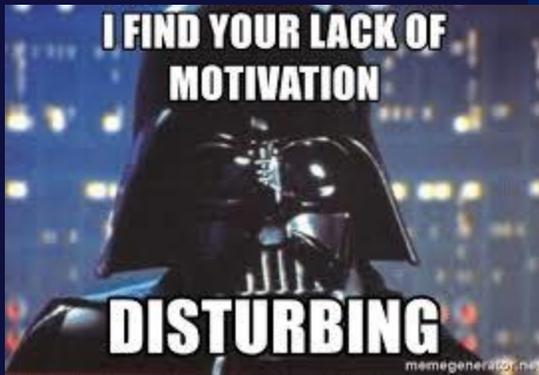
## No Motivation? No Problem!

Sometimes we struggle to stay motivated and focused. This can often be due feeling overwhelmed, exhaustion, fear, lack of sleep, procrastination, or stress to name a few.

You might be experiencing these and this is causing you to lose motivation in not only your school work, but also your hobbies, relationships, and daily activities.

Here are some resources to help you understand procrastination and ways to overcome it.

- ❖ Procrastination, what is it?  
<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Procrastination/Procrastination---Information-Sheets/Procrastination-Information-Sheet---01---What-Is-Procrastination.pdf>
- ❖ No more procrastination:  
<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Procrastination/Procrastination---Information-Sheets/Procrastination-Information-Sheet---03---Dismissing-Procrastination-Excuses.pdf>
- ❖ Stress exploration:  
<https://www.therapistaid.com/worksheets/stress-exploration.pdf>
- ❖ Self-care tips:  
<https://www.therapistaid.com/worksheets/self-care-tips.pdf>
- ❖ Time management:  
<https://www.therapistaid.com/worksheets/time-management-tips.pdf>



## Is your mind racing? Feeling sad, anxious, or down?

These feelings can be overwhelming and debilitating. You might feel alone and unable to tackle these emotions. But there is an abundance of supports and resources out there for you to access and use.

One resource is our very own amazing wellness team who is available should you need them.

Other fantastic resources are:

- ❖ **Orygen**  
<https://www.orygen.org.au/>
- ❖ **Headspace**  
<https://headspace.org.au/>
- ❖ **Beyond Blue**  
<https://www.beyondblue.org.au/home>
- ❖ **Life Line**  
<https://www.lifeline.org.au/>
- ❖ **Kids Helpline**  
<https://kidshelpline.com.au/>



- \*over analyzes situation
- \*immediately overreacts
- \*everything turns out fine

Me:



When you're thinking about going to sleep but now you can't sleep because you're thinking too much about going to sleep



## Sleep! I need more sleep!

Lack of sleep can really mess with our bodies and our minds. When you don't get enough restful sleep it can affect your mood, concentration, and can even compromise your immune system.

Good sleep habits are super important especially to hard working students like you.

Here are some great resources to help you:

- ❖ Sleep facts and good habits:

<https://headspace.org.au/assets/Factsheets/HSP225-Sleep-Fact-Sheet-DP3.pdf>

- ❖ Insomnia and your thinking:

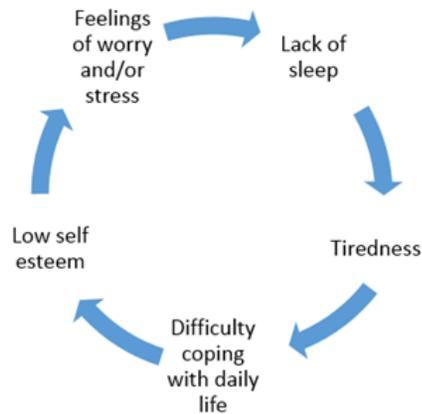
<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Sleep/Sleep---Information-Sheets/Sleep-Information-Sheet---03---Insomnia-and-Your-Thinking.pdf>

- ❖ Sleep Diary (track your sleep & triggers):

<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Sleep/Sleep---Worksheets/Sleep-Worksheet---01---Sleep-Diary.pdf>

- ❖ Sleep Hygiene (making your room a space for sleep):

<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Sleep/Sleep---Information-Sheets/Sleep-Information-Sheet---04---Sleep-Hygiene.pdf>



## Staying connected in the isolated world

It can be difficult to be so isolated and you might start feeling disconnected from friends and family.

It's important to remember that you can still connect with your friends and family through social media, phone calls, and all those funky chat rooms you use, like discord. You can even try writing an old fashion letter.

It's not only important for your own mental health and wellbeing, but also your family and friends.

Keep in touch!

