



Galen
Catholic College

Wellbeing Bulletin



Contact: Wellbeing@galen.vic.edu.au 0357216322

FRIDAY 21st AUGUST

Cocoa the Therapy Dog told me some advice about her best friends the humans... "Go walking, remember to smell the roses, take in nature there is loads to see & gosh it makes my senses happy. Say hello to your friends/family, praise them with a kind tone. I know you can't sniff them right now but you can check in with them over the phone (ask them if they are ok). They will be there at the end of this trust me. Remember you are perfect just as you are and you are doing great. Make sure you tell someone you care about that you L O V E them, until next week, take care xx 🐾 poocharama Cocoa



Creating good communication when all working from home

Communicate early, especially when you noticing things aren't working so well with expectations or people's needs and priorities. Take a 'you and me vs the problem' approach express your perspective, expectations and opinions in a respectful way. Acknowledge & summarise what each person has said. Use 'I' statements rather than you statements. Keep the lines open when critical conversations are needed. Take one day at a time. For more on this topic click <https://headspace.org.au/assets/Uploads/20200424-COVID19-Balancing-online-school-WFH-Fact-Sheet-hN.pdf>



HOW STUDENTS CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING LOCKDOWN

- Be there for each other if a friend needs extra support try and support them to find it.
- Engage in a relaxation or meditation activity each day which you can all be part of online.
- If a friend is struggling rememberate care and compassion.
- Identify things you have found helpful and share with each other.
- Work through homework tasks together online. A great way to maintain relationships and stay in contact.
- Schedule a time each week where you can all connect and catch up on what you have done.
- Engage in some group online exercise. This can help boost mood and reduce stress and anxiety.
- Identify some self care activities that you can all engage with!
- Encourage each other to stay connected and to activities that provide a sense of pleasure and achievement. Schedule these activities into a weekly diary and share with each other.
- Make sure you check in with each other on a regular basis and see how everyone is doing.

@BELIEVEPHQ

As we create this wellbeing newsletter for you **please let us know** if there is anything you would like more information on or **share tips of what works for you?** Remember you are not alone, please reach out if you need anything, we are here to support you. Wellbeing staff can be contacted at Wellbeing@galen.vic.edu.au

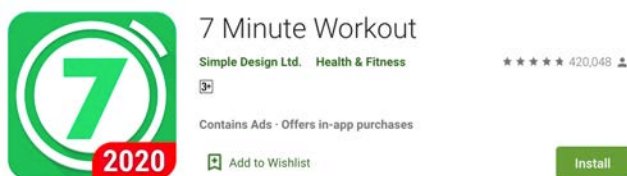
Prayer for Our Community:

O Great Love, thank you for living and loving in us and through us. May all that we do flow from our deep connection with you and all beings. Help us become a community that vulnerably shares each other's burdens and the weight of glory. Listen to our hearts' longings for the healing of our world. [Please add your own intentions.] . . . Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God, amen.

A quick contemplation / meditation @ home for 5 mins (set a timer)

Find a quiet place and go to the stillness of your heart. Place your hands there. Feel the rise and fall of chest. Breathe in & out slowly (4secs). Notice the sensation of calm as you connect with your body. Feel the fatigue and heaviness lift with each breath. Your mind has clarity and beauty, go on with your day speaking your Truth. (Inspired by the words of Hildegard of Bingen)

A free app suggestion that sounds doable for you at home, just 7 minutes ☺



For other Apps please go to:

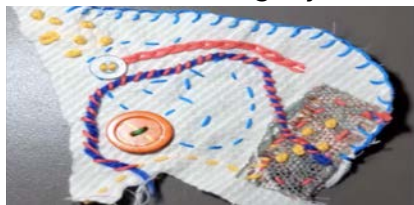
<https://au.reachout.com/tools-and-apps>

We will feature one each week :O) please let us know what works for you by sending us an email ☺



Get creative in a mindful way ☺

Introducing **A Stitch Out of Time** facilitated by headspaceAlburyWodonga / Art Therapy Student Karina Kerr. By using **Mindful Slow Stitch** your finished product (any size) can be made into a Galen Community Artwork ISO Piece (if we have enough interest, otherwise your slow stitch will be forwarded to Karina). Check out this link to SEE <https://bit.ly/3aetm7E> Contact Wellbeing if you are keen? Or the email headspaceAW@gatewayhealth.org.au



A bit more on grief experiences...



Are you a Creative writer?

ABC's Heywire Competition is calling for true stories from students in years 10, 11 & 12, living in regional, rural & remote Australia. The Heywire Competition empowers young people from all over Australia to tell the nation what life is like their part of the world, (especially in these times)!! There are **free online storytelling workshops**, delivered by an ABC producer, for the rest of this term & there is a [recorded version](#) of the storytelling workshop available too. See [Heywire Facebook](#) page too! The Heywire Competition closes on September 16, 2020 & students can enter their stories here <https://www.abc.net.au/heywire/competition/> Let wellbeing know too, we would love to publish your story ☺





One Pot ISO Wonder

Inclusions

250 grams of pasta*, gluten-free or regular
 Punnet of cherry tomatoes, cut in half
 garlic cloves, minced
 1/2 onion, thinly sliced
 1 small zucchini, chopped and quartered
 100gms of mushrooms, sliced
 1/2 teaspoon red pepper flakes (optional)
 1/2 teaspoon salt
 1 & 1/4 cup pasta sauce of choice
 2 1/2 cups water & 100gms fresh spinach

Method

1. Add the uncooked pasta to a large pot (or pan with deep sides).
2. Add the remaining ingredients - except for the spinach - and mix well. Bring the pot to a boil over high heat.
3. Once boiling, reduce the heat to medium low and cook the pasta for 10-14 minutes, until al-dente. Stir the mixture every 2 minutes to prevent anything from sticking to the bottom of the pan. (Note: cooking times will vary based on the type of pasta used. Turn the heat off and fold the spinach into the pasta. Once the spinach has wilted, divide the pasta into serving bowls and top as desired.

Please send me your One Pot ISO wonder for inclusion in the newsletter ☺

Resources, links, likes, parent supports & podcasts suggestions



- **Beyond Blue** <https://www.beyondblue.org.au/> chat site for all ages **1800 512 348**
- **Lifeline 24/7 help** <https://www.lifeline.org.au/> **131114**
- **Kids Help Line** <https://kidshelpline.com.au/> **1800 551 800**
- **Head to Health Assistance** <https://headtohealth.gov.au/covid-19-support/covid-19>
- **Tips for Coping** with Coronavirus Anxiety - [click here to download.](#)
- **Tips for working from home** <https://headspace.org.au/assets/Uploads/20200424-COVID19-Balancing-online-school-WFH-Fact-Sheet-hN.pdf>
- **Maintaining** your Mental Health During Social Isolation - [click here to download.](#)
- How to **Cope with Stress** Related to COVID-19 - [click here to download.](#)
- **Talking to Children** About COVID-19 (Coronavirus) - A Parent Resource - [click here to download.](#)
- **Beating Stress** and Worries (A Guide for Parents and Young People) - [click here to download.](#)
- Coronavirus Virus for Young Children (**A Social Story**) - [click here to download.](#)
- **Helping Minds 1800 811 747 - Feeling overwhelmed** by COVID-19 and **need some support?** This is a specific helpline including three (3) free sessions with a Mental Health professional for mental health difficulties related to coronavirus.
- **ReachOut - Tips and advice for adolescents** you might be feeling anxious or unsure of the future. There are some resources on this site to help you manage your wellbeing through all this. <https://schools.au.reachout.com/covid-19>
- **Online Course** - This Way Up's **online courses** are designed to help you identify, understand and improve psychological difficulties like stress, insomnia, worry, anxiety and depression. <https://thiswayup.org.au/how-we-can-help/courses/>
- <https://headspace.org.au/assets/Uploads/20200424-COVID19-Balancing-online-school-WFH-Fact-Sheet-hN.pdf> **tips for balancing online school again**
- <https://headspace.org.au/assets/Uploads/20200525-YP-COVID-19-Tips-to-get-back-into-life-Fact-Sheet-hN.PDF> **tips for getting back into life like this again**
- **Food and household assistance** (St Vincent de Paul call 0357224959 after 1pm weekdays).
- **Email** Wellbeing@galen.vic.edu.au for support ☺ t

Education Links

- **Victorian Education Department** - how to help kids learn from home <https://www.education.vic.gov.au/about/department/Pages/learningfromhome.aspx>
- **Smiling minds mindfulness and meditation resource** <https://www.smilingmind.com.au/>
- <https://au.reachout.com/tools-and-apps> a great link for resources/apps for you at home ☺
- **Victorian Parents Council** <https://vicparentscouncil.vic.edu.au/> (since 1959) resources, tips and podcast for parents and their child's education.



Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centers in Victoria are still open and able to offer appointments to young people via phone and online services.

Find your closest centre

headspace centers are still here for you. In response to COVID-19, headspace centers across the country are operating a combination of in-person, online and phone services - depending on the situation in their local communities.

You can find your closest centre at

headspace.org.au/centres

Create a headspace account

Just by visiting the headspace website at headspace.org.au and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.

Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

