

## Ways to stay on top while working from home

*A few ideas from the Noosa District State High Student Welfare Action team*

Life is changing each day at the moment so we thought that we would put together a few resources that may help you stay on top of things.

### Be Proactive

**Create a ROUTINE.** This includes:

- A regular wake time and morning ritual eg walk dog
- Meal times (morning tea, lunch etc.)
- School/Learning time
- Other activities like chores, cooking, exercise (this is still learning and family team activities)

Example only:

Time	Activity
8.00	Walk Dog and check daily plan commitments ,check emails ,do School Dairy Wellness Activity Reflection
9:00	Maths and Science
10:00	Humanities and English
11:00	Exercise
12:00	Lunch and free time
13:00	Design & Tech and
14:00	Chores eg feed chooks, pet walk, rake leaves, wash parents car, vacuum
15:00	'Screen-free' time, something you enjoy
16:00	Chill out with friends online as

- Be honest with yourself. You know how you work best.
- Don't set up unrealistic expectations of working 3 hours with no break
- Set up 20 minute blocks of activities or class time as per timetable advice emailed by Principal
- Allow flexibility in case you're on a roll!
- If you get stuck, move to the next learning activity and come back to it later
- You are not expected to be online, doing school work

### Look after yourself

- Having a routine will help
- Get the right amount of sleep
- Eat Healthy – focus on getting lots of fresh vegetables and fruit
- Practice some Mindfulness each day
  - Mindfulness is appreciating the right now, moment by moment
  - Smiling Mind is a great app for some guided mindfulness
  - Great way to escape from the barrage of information on our social feeds
- Exercise

- Keep doing what you normally do - if you can
- There are heaps of apps and YouTube clips. Don't get too bogged down. Just pick one and have a go. THE SCHOOL DIARY HAS DAILY HEALTH AND WELLBEING TIPS
- Sign up for Biteback's 6 week Mental Fitness Program.
- Stay connected with your friends – thank goodness for the internet in times like these



#### BITE BACK

Online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people (12-25yrs). [www.biteback.org.au](http://www.biteback.org.au)

Note: This does require some basic personal details to login (name, age postcode) so make sure you have permission from your parent/carer.

#### Smiling Mind

A website and app teaching Mindfulness Meditation to young people and adults.

[www.smilingmind.com.au](http://www.smilingmind.com.au)



## Be Aware

### Notice when things are not quite right:

- Trouble sleeping or getting out of bed
- Head is full
- Challenges in your relationships -too much unbalanced News
- Feeling low or lonely
- Missing school and social connections

### What to do:

- Talk to someone (family, friends via social media)
- Check out some key websites



#### Recharge

A six-week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.

[www.itunes.apple.com/au/app/rechargesleep-well-be-well/id878026126?mt=8](http://www.itunes.apple.com/au/app/rechargesleep-well-be-well/id878026126?mt=8)



#### The Desk

Online tools, quizzes, information and forums to promote mental and physical health and wellbeing in students.

[www.thedesk.org.au](http://www.thedesk.org.au)



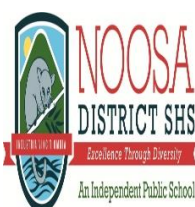
#### ReachOut

Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps.

<https://au.reachout.com/collections/coping-during-coronavirus>

## Be Responsible

So you've tried some of these and it's not making enough of a difference. Seek help. Here are some places you can go:



If it's subject related: Email your **Teacher**. See school website for addresses:

<https://noosadistrictshs.eq.edu.au/our-school/our-staff>

- If it's something else: Email your **Head of Year**. They may be able to help or point you in the right direction.

- Guidance Officer COOROY CAMPUS Mr Quinn (9-12) or Mr Fuller POMONA CAMPUS (7-8).

- Chaplains Lisa( Cooroy Tues/Wed) and Lisa(Pomona Wed) will be at schools on regular days next term at both campus

#### Head to Health

A website that links Australians to online and phone mental health services, information and resources.

[www.headtohealth.gov.au](http://www.headtohealth.gov.au)



#### eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.

[www.headspace.org.au](http://www.headspace.org.au) 1800 650 890



#### 1800RESPECT

Phone and online counselling for people seeking help for themselves or someone else.

1800 737 732 (24/7) [www.1800respect.org.au](http://www.1800respect.org.au)



#### Youth Beyond Blue

Information, online and phone counselling for young people (12-25yrs)

[www.youthbeyondblue.com](http://www.youthbeyondblue.com) 1800 224 636



#### Kids Helpline

Phone and real time web-based crisis support for youth (5-25yrs).

[www.kidshelpline.com.au](http://www.kidshelpline.com.au) 1800 55 1800 (Phone: 24hrs)





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