



Remote Learning Ready



UPDATE 6



ST JOSEPH'S
COLLEGE MILDURA

What can I do to stay mentally healthy?

Here are five self-care tips on how you can look after yourself during this unsettled time.

1. Practice good self-care:

All the normal practices of good self-care continue to apply during the COVID-19 shutdown. It is important to eat well, sleep well, exercise regularly and practice relaxation techniques.

2. Guard your thinking:

Stress and anxiety are normal in these unsettled times, but the challenge is to keep a proper perspective on the level of threat and not let overly negative or overly scary thoughts hijack your thinking. Try to keep your thinking realistic and balanced.

3. Approach – don't avoid:

When something is stressful or frightening, there can be a tendency to avoid it. The most helpful thing you can do with a challenge like this is to approach it – to work out some small but manageable steps you can take to tackle the problem. Starting small is OK and then gradually increase, as you get more confidence.

4. Stay connected to those who support and energise you:

There are many ways to connect with family and friends, and it's important to do so. The more you can stay connected, the better.

5. Reach out for help:

If you are really struggling, please don't struggle alone: speak to your parents, Homeroom/PCG teacher, Wellbeing, or local community-based mental health services.

How to prevent emotional or boredom eating?

While many students (and staff) are enjoying warm lunches during the remote learning period, are you finding that you are eating more than your usual three nutritious meals and a healthy snack each day?

If this sounds familiar, please check out the tips and pointers below to prevent overeating while staying at home.



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Physical hunger

You may request additional food purely because of physical hunger. Sugary or high carbohydrate foods, such as chips, cause a spike in blood sugar levels, and those levels drop rapidly, causing you to feel hungry again much sooner.

To help in this situation, consider the following tips:

- **Avoid certain food types:** Try not to buy or eat food that is high in sugar or carbohydrates.
- **Look for healthy snack options:** e.g. hummus and carrot sticks, butter-free popcorn or fruit.
- **Set meal/snack times:** Try to have meal/snack times at the same time as if you were going to school (recess and lunch breaks).
- **Plan:** With your parents, try to plan nutritious meals in advance.

Boredom/emotional hunger

Children, like adults, often eat for reasons other than being hungry. It can help to try and identify when and why you eat – that is, what were you doing just before you went to the fridge and/or pantry?

Some tips on how to manage emotional eating include:

- **Plan regular scheduled breaks:** As well as planning regular breaks, plan what you will do during these breaks.
- **Help break tasks down:** Break down new tasks into more manageable chunks, sometimes we eat when we struggle to begin a new task or when we are stressed – procrastination.
- **Listen:** If your eating is prompted by negative emotions, it could help to listen and talk through those emotions.

Remember that adequate sleep, exercise and a healthy nutritious diet all contribute to positive health and wellbeing.

COVID-19: We've got this covered, Macquarie University

<https://www.mq.edu.au/research/research-centres-groups-and-facilities/healthy-people/centres/centre-for-emotional-health-ceh/covid-19-weve-got-this-covered!>



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Studio Dax @School Art Competition

The Dax Centre is part of the Sane Australia Group. Dax runs art programs to raise awareness/reduce stigma around the topic of mental illness. They have a gallery space near Melbourne Uni.

They are currently running an Art Competition with cash prizes, themed: **'How I am Feeling Right Now'**.

If you would like to enter or just find out more about it, the link is as follows:

<https://www.daxcentre.org/daxathome/studio-dax-school/>