



Sydney Lockdown 2021

WELLBEING RESOURCES AND
SURVIVAL TIPS FOR STUDENTS AND
THEIR FAMILIES

Useful helplines



Did you know that if you text
0477 13 11 14
between 6pm – midnight (AEST),
when you are feeling really depressed,
suicidal or in need of support, a Lifeline
crisis supporter will text with you?
Many people don't like talking on the
phone and would be more
comfortable texting.
Lifeline Text is a service
run by Lifeline.



- Kids Helpline 1800 551 800
- Parent Line NSW 1300 1300 52 (Mon to Fri: 9am to 9pm; Sat & Sun: 4pm to 9pm)
- Lifeline 131 114
- Beyond Blue 1300 224 636
- eHeadspace 1800 650 890
- NSW Mental Health Line 1800 011 511
- Friendline 02 722618708 (Online friendship support)
- Carers Line 1800 422 737
- Sexual Assault / Family Violence support 1800 737 732
- In an emergency, please call 000



1800RESPECT



Useful Apps



Name	About	Website
Calm Harm 	<p>Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.</p>	<p>Free</p> <p>App Store Google Play</p>
Clear Fear 	<p>The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.</p> <p>Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.</p>	<p>Free</p> <p>App Store Google Play</p>
ReachOut Worry Time 	<p>ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7</p>	<p>Free</p> <p>App Store</p>
ReachOut Breathe 	<p>ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone</p>	<p>Free</p> <p>App Store</p>
Smiling Mind 	<p>Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>
WellMind 	<p>WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.</p>	<p>Free</p> <p>App Store Google Play</p>

Free online psychological services

- www.getmosh.com.au
- www.someone.health

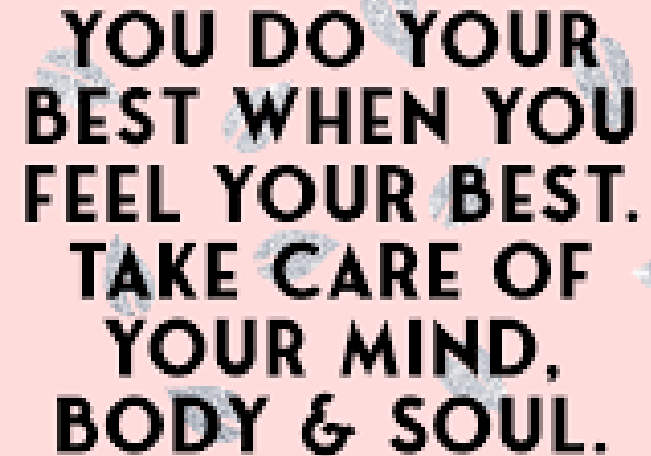
Learning

Virtual classrooms are still classrooms, so...

- Be respectful and use appropriate language
- Don't post personal conversations or information into Google classroom
- Keep posts positive
- Remember to THINK:
 - Is it **T** rue?
 - Is it **H** elpful?
 - Does it follow **I** nstructions?
 - Is it **N** ecessary?
 - Is it **K** ind?
- Ask questions!

Do your best

- Be patient! This is a tricky time for everyone
- Be kind to yourself



**YOU DO YOUR
BEST WHEN YOU
FEEL YOUR BEST.
TAKE CARE OF
YOUR MIND,
BODY & SOUL.**

Wellbeing

Sleep

- Good sleep habits have been shown to improve our mood, concentration and learning/work performance
- Lack of sleep is linked to symptoms of depression such as feeling down, hopeless, irritable, having thoughts of suicide, and using alcohol or other drugs
- Develop a good sleep/wake cycle by going to bed and waking at the same time each day, even on weekends
- Hours of sleep per night to aim for:
 - 10-13 hours (3-5 years)
 - 9-11 hours (6-13yrs)
 - 8-10 hours (14-17yrs)
- Create a comfortable sleep environment with minimal noise and light
- Unwind before bed by doing something that relaxes you
- If you are anxious at bedtime, use a guided meditation or listen to a calm audiobook



Exercise

- Our bodies and minds need exercise to function well, prevent weight gain and keep the spirits up during these challenging times
- Lockdown often means we are more sedentary (sitting, reclining) than usual. Take regular breaks from continuous sitting in front of your computer, tablet, or smartphone every 20 to 30 minutes
- Exercise can help keep our immune system strong, less susceptible to infections and their most severe consequences, and better able to recover from them
- Using the stairs is an extremely time-efficient way to maintain fitness. As little as three 20-second fast stair climbs a day can improve fitness in only six weeks
- Use the stress-releasing magic of music, and dance at home like nobody's watching!
- Social-distancing is a good opportunity to bond more with the little two and four legged members of your family through active play

Wellbeing

Eating

- Eating well not only has benefits for your physical health but it impacts other areas of your life, like your academic performance
- Research has shown people who eat breakfast do better academically than those who skip breakfast
- Ideally, for each main meal, you should aim to fill your plate:
 - Half with colourful vegetables
 - A quarter with grain foods (mostly wholegrain and/or high cereal fibre varieties)
 - A quarter with protein sources (such as lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans)
- Low GI foods like wholegrains release their energy over a longer period of time, which gives you sustained energy to go about your activities throughout the day



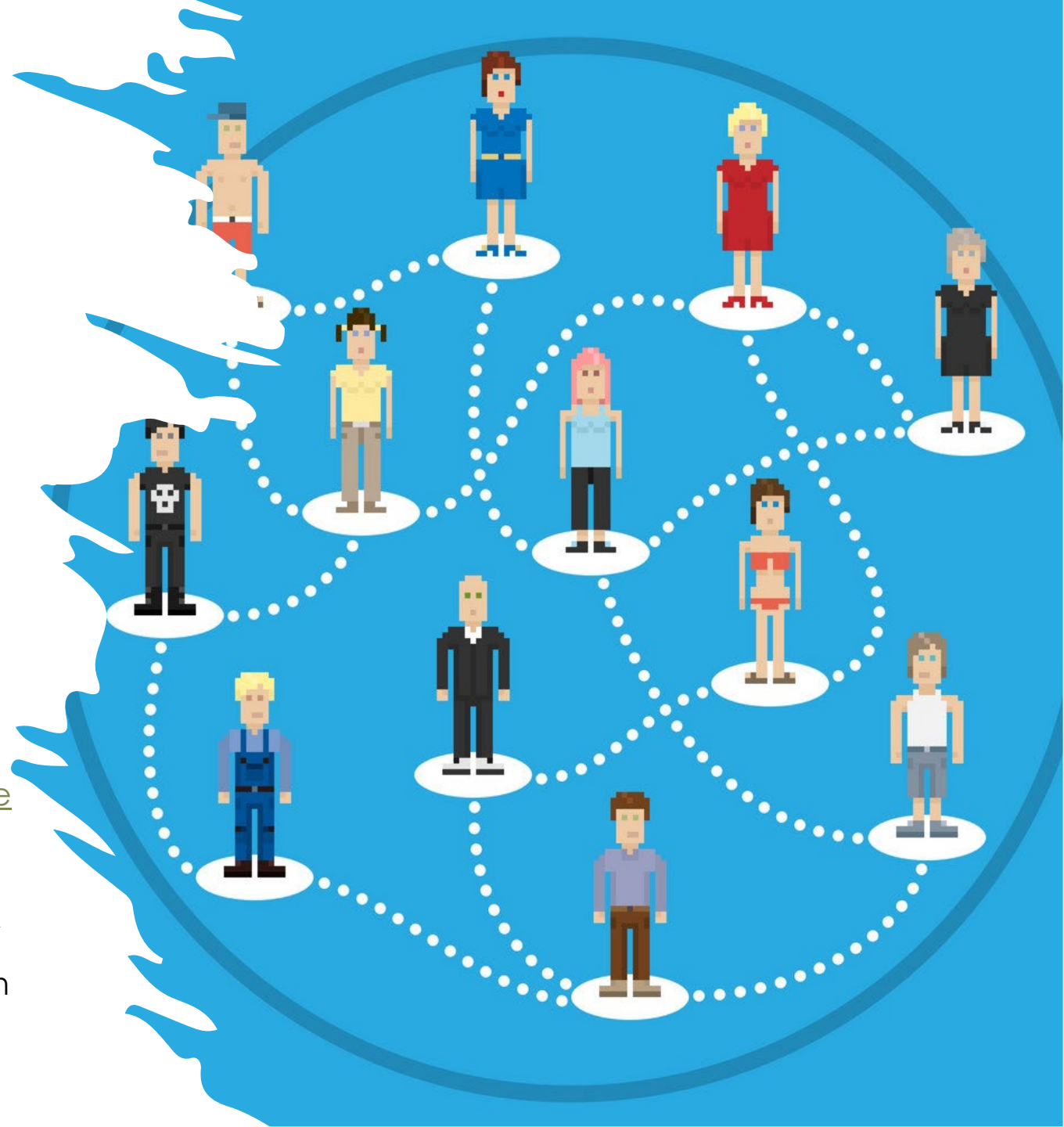
Routine

- As we settle into this lockdown, it can be valuable to take some time to reflect on what you learnt during last year's experience
- While working from home can have its benefits, when we are in lockdown, we generally lose control and flexibility. This lack of control, in combination with social isolation can significantly increase stress and exacerbate the underlying levels of emotional exhaustion and fatigue that have been building over the last 18 months
- It is important to exert some control over your day like creating a routine, planning (and taking) regular breaks, exercising, eating well and keeping good sleep habits



Staying socially connected

- Everyone has a different experience of lockdown – for some it can be incredibly isolating and lonely, for others, it can be busy and stressful supporting family members and children
- A simple phone call to those socially isolated by the pandemic can be beneficial to their mental health
- Being in synchrony with others (achieved through physical touch, eye contact, talking to each other, sharing our emotions, and following each other's bodily gestures) increases cooperation, social connection and positive thoughts about others. Virtual interactions can stimulate comparable bodily and brain responses to those from real-world interactions, so be sure to stay connected!
- Embrace virtual interaction via work meetings, quick chats and socially distanced workouts, quizzes or movie nights. It won't be quite the same, but we can still get some of this feeling of synchrony with others that is so important for us.



Apps to Help Kids Stay Connected to Friends and Family

1. **Zoom playdates** is a great way to have a video group chat with friends. If you set up an account, you can make as many 40 minutes video calls as you want! Kids can chat, show each other their rooms, and play games like: Bingo, Guess Who and Would you rather.
2. **Caribu** is an app that allows you to read kids' books and play games together. They are offering 60 days of free and unlimited access to the family-friendly app.

Apps to Help Kids Stay Connected to Friends and Family

3. Facebook Messenger Kids allows kids to chat with their friends from their device or your phone. Kids can use Facebook Messenger Kids to video chat, send audio messages, send stickers and emojis, and play games like Guess the Llama. The great thing about this app is that parents can see what their kids are doing on it and approve contacts. Kids can also chat with adult Facebook profiles that you've approved like grandma and grandpa!

4. Netflix Party allows kids to watch a movie or TV show together and chat in real-time. This app is only available on Chrome browsers on desktop or laptop computers.

Apps to Help Kids Stay Connected to Friends and Family

5. House Party is an app for those aged 13 and over that offers video chat games for kids to play with their friends on their phones. This app is recommended for ages 13 and up because you can potentially chat with strangers and there's a live video feed. Parents, it's also a fun way to connect with your friends during this time!

Ways to address the challenges of working from home as a parent/carer

Feeling overwhelmed

- Set realistic expectations – rather than striving for perfection, aim for ‘good enough’
- Self care – as a parent/carer, prioritise your own wellbeing so that you are calmer, more energised and better equipped to manage your carer responsibilities
- Enlist your family’s support – agree a loose daily plan with your partner/children/housemates where everyone pitches in

Increased household tension

- Divide the home into clear zones (agree upon designated quiet zones, play zones, work zones, adult only zones etc)
- Acknowledge anxiety and worry about the current situation
- Talk honestly to your children in an age appropriate manner and encourage communication

Remote learning

- Maintain a loose routine – keep mealtimes and breaks consistent but be flexible as each day may bring new challenges
- Manage your expectations – accept that your children may have more screen time than usual
- You are assisting, not teaching – you are not expected to be your child’s school teacher
- Time poor? Focus on the core learning tasks such as maths and spelling/writing/reading) and leave less critical conceptual activities

Tips for surviving extended home stay with children



Divide your home up: quiet/noisy/school



Make a loose schedule for the AM and PM



Plan rewards/discipline to manage behaviour



Hold a family meeting to brainstorm and decide on the points 1, 2 and 3 above



Schedule in 30 minutes of one-on-one time with each child individually



Don't referee children's fights



Re-discover the love and remember why you wanted a family in the first place!

*Professor Mark Dadds, University of Sydney

More details regarding the above tips can be found at: <https://www.sydney.edu.au/news-opinion/news/2020/03/30/self-isolating-with-your-kids-during-covid19.html>

Resources to support home learning



- Education Live Recordings: <https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home>
- ABC TV Education – detailed guides: <https://www.abc.net.au/tveducation/>
- Story Factory – creative writing courses and resources for kids: <https://www.storyfactory.org.au/after-school-workshops/>
- NRICH Maths: <https://nrich.maths.org/>
- Mashup Math: <https://www.mashupmath.com/#intro>
- Australian Design Centre: <https://australiandesigncentre.com/learn/>
- Outschool: <https://outschool.com/>
- Minecraft Education: <https://education.minecraft.net/en-us/homepage>

External support

- Financial support during lockdown-
<https://www.nsw.gov.au/covid-19/financial-support>
- Housing instability – Link2Home NSW Crisis Accommodation
Line 1800 152 152 or
<https://www.coronavirus.dcj.nsw.gov.au/services/housing-and-homelessness#mask>
- Online assistance (various) - <https://askizzy.org.au/>
- Mental health – See slide 2 for a choice of available helplines
- If you are in crisis, please dial 000

Further resources

Supporting Children's Mental Health During a Pandemic Toolkit:

<https://emergingminds.com.au/resources/toolkits/supporting-childrens-mental-health-during-a-pandemic/>

Resources for parents working at home with kids:

<https://www.sydney.edu.au/arts/schools/sydney-school-of-education-and-social-work/resources-for-parents-working-at-home-with-kids.html>

Resources for supporting young adults through the pandemic:

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

Explaining the Coronavirus to young children: https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcbf1539dcf6ba4b89.pdf

<https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf>