

Avila Continuity of Wellbeing

Top 10 Tips for Students



1. Stay Calm

Acknowledge your feelings but rather than focus on the 'what if's', concentrate on what you actually know and the positives in your life.



2. Self Care

Look after yourself. Ensure you get a good night's sleep. Eat healthy. Exercise. Self soothe, reassure yourself and use relaxation techniques like mindfulness, deep breathing or meditation.



3. Perspective

It is ok to feel nervous but try to maintain perspective. Experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.



4. Facts

Be mindful about where you are drawing your information from. Use reliable sources who are reporting responsibly and with balance.



5. Social Media

Take a break from news or social media, especially if there is no new information or you are feeling overwhelmed.



6. Activity

Maintain your day-to-day normal activities and routine. Where possible keep doing the things you enjoy.



7. Connection

Stay in touch with friends and family members. Chat and talk regularly.



8. Support

Don't be afraid to ask for support. This could be from friends, family, school staff or other organisations.



9. Hygiene

Follow the recommendations issued by qualified health professionals. Wash your hands regularly, cover coughs, disinfect surfaces and dispose of tissues properly.



10. Mix it Up!

Create a healthy and bright work space for yourself. Sit in a chair that supports your back. Stand up and walk around for a few minutes every half an hour. Give your eyes a rest from the screen by looking at something in the distance.



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Support Services

Don't be afraid to ask for support. There are many organisations available to offer support and provide information about maintaining your wellbeing.

Some services that assist our community include:



Kids Helpline

www.kidshelpline.com.au

1800 55 1800



headspace

www.headspace.org.au

1800 650 890



Monash Youth Services

www.monashyouth.org.au

Other Useful Links

- The **Australian Psychological Society's** advice for [maintaining positive mental health](#)
- **Beyond Blue's** information about [wellbeing in relation to the coronavirus](#)
- **The Royal Children's Hospital (RCH)** Melbourne's [keeping healthy and staying safe video](#)
- **headspace's** [information for young people and Tips to maintain a healthy headspace.](#)