

# 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.





## Support Services

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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](http://www.kidshelpline.com.au)

1800 55 1800



headspace

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

1800 650 890



Monash Youth Services

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

## Other Useful Links

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- 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.](#)