



LUCAS HEIGHTS COMMUNITY SCHOOL

132 Old Illawarra Road Barden Ridge: Ph 9543 8317

Principal: Julie Perkins

HI THERE! HOW ARE YOU?

Wow, the world sure has had some big changes lately and you may have found yourself stuck at home more than you would have liked to be...or not. Making sure that your body and your brain are feeling OK is more important than ever during these scary times but thankfully there is plenty of help out there and ways you can help yourself too!

ONLINE SUPPORT AND RESOURCES



Kids Helpline - 1800 55 1800
<https://kidshelpline.com.au>



The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free. There are also programs for parents.

Youth Beyond Blue

Information and support for youth
<https://www.youthbeyondblue.com>

The Body Coach TV—YouTube
Free body workouts to keep your body active

FREE APPS!



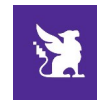
Smiling Mind

Meditation and mindfulness app for children, youth, and adults.



ReachOut Breathe

Helps you reduce the physical feelings of stress and worry by slowing down your breathing and heart rate.



Habitica

An app to help you set goals and earn rewards.



Cosmic Kids

An app that teaches kids yoga through stories.



GoNoodle

Educational and fun videos for kids.



TanZen Free

54 free relaxing puzzles.

CAN I STILL SPEAK WITH THE SCHOOL COUNSELLING SERVICE?

You sure can, it'll just work a bit differently for the time being! Whilst we can't see you in person at the moment, we are more than happy to speak on the telephone or via video-conferencing.

During School Term/School Hours you or your parents can call the School on **95438317** and ask to be put through to the School Counsellor. If we are not available, leave your name and preferred contact number (or an email) and we will be in touch!

LOOKING AFTER YOURSELF IS IMPORTANT...and so is washing your hands.

IDEAS FOR FEELING BETTER WHEN ANXIETY GETS ME DOWN

- Dress up. Or down.
- Whatever makes you feel good.
- Cuddle a stuffed animal. (No, you aren't too old.)
- Eat that one thing that sounds better than all the other things. Eat it s-l-o-w-l-y.
- Unicorn puns x Read something silly.
- Make a nest.
- Remember that you are lovable. Say it out loud.
- Tell your diary all about it.
- Admire something lovely.
- GO OUTSIDE
- DRINK WATER
- ASK FOR HELP
- CREATE SOMETHING
- TAKE A DEEP BREATH
- WRITE ABOUT HOW YOU FEEL
- LISTEN TO SOOTHING SONGS
- FIND A POSITIVE DISTRACTION
- STAY PRESENT

IF YOURSELF OR SOMEONE YOU KNOW IS IN CRISIS PLEASE CALL LIFELINE ON 13 11 14 OR DIAL 000 IF AN EMERGENCY