

Staying

at

home

pack



Hope Jar

Every time you want to do something or go somewhere that you can't currently do due to isolation, write it down. You can write it down in this jar, or on a piece of paper in a physical jar. Examples might be playing sport, meeting a friend for coffee, visiting an elderly relative or going to the movies.

Once this time of isolation is over, pick an activity in the jar and do it!

It will give us something to look forward to, and we can appreciate it when the time arrives.



Mindful Colouring



MINDEFUL COLOURING

Mindful colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.

If we catch ourselves thinking about the past or the future, we can **bring our awareness back to what we are doing** in the present moment by describing what we are doing.

"I am picking up a red pen and will use it on all of the hearts in the picture"

We need to let go of judging whether the colouring in is good or bad, amazing or terrible and whether we are good at it or not. **There is no right or wrong way** to colour in, it is a form of self-expression.

"In this current moment, I am colouring in"

Mindfulness can improve our overall sense of well-being. We **feel more relaxed** by paying attention to the present moment. We are also practicing training our minds to focus which can help in our study and work.

"I have coloured in the robots with blues and greys and the background in yellow"

"Colouring helps me wind down and calm down after the stresses of a day at school or work"

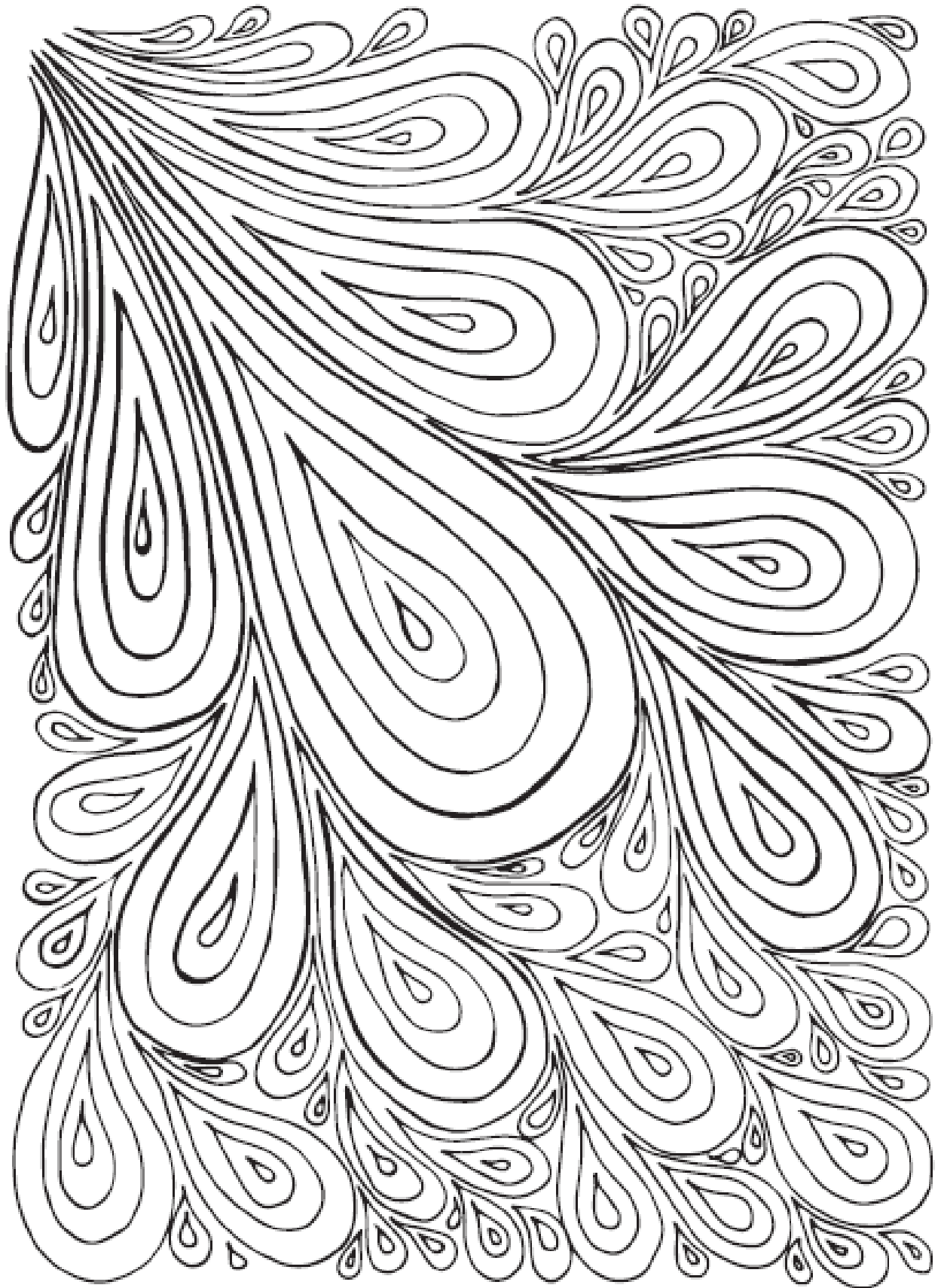
RELAX

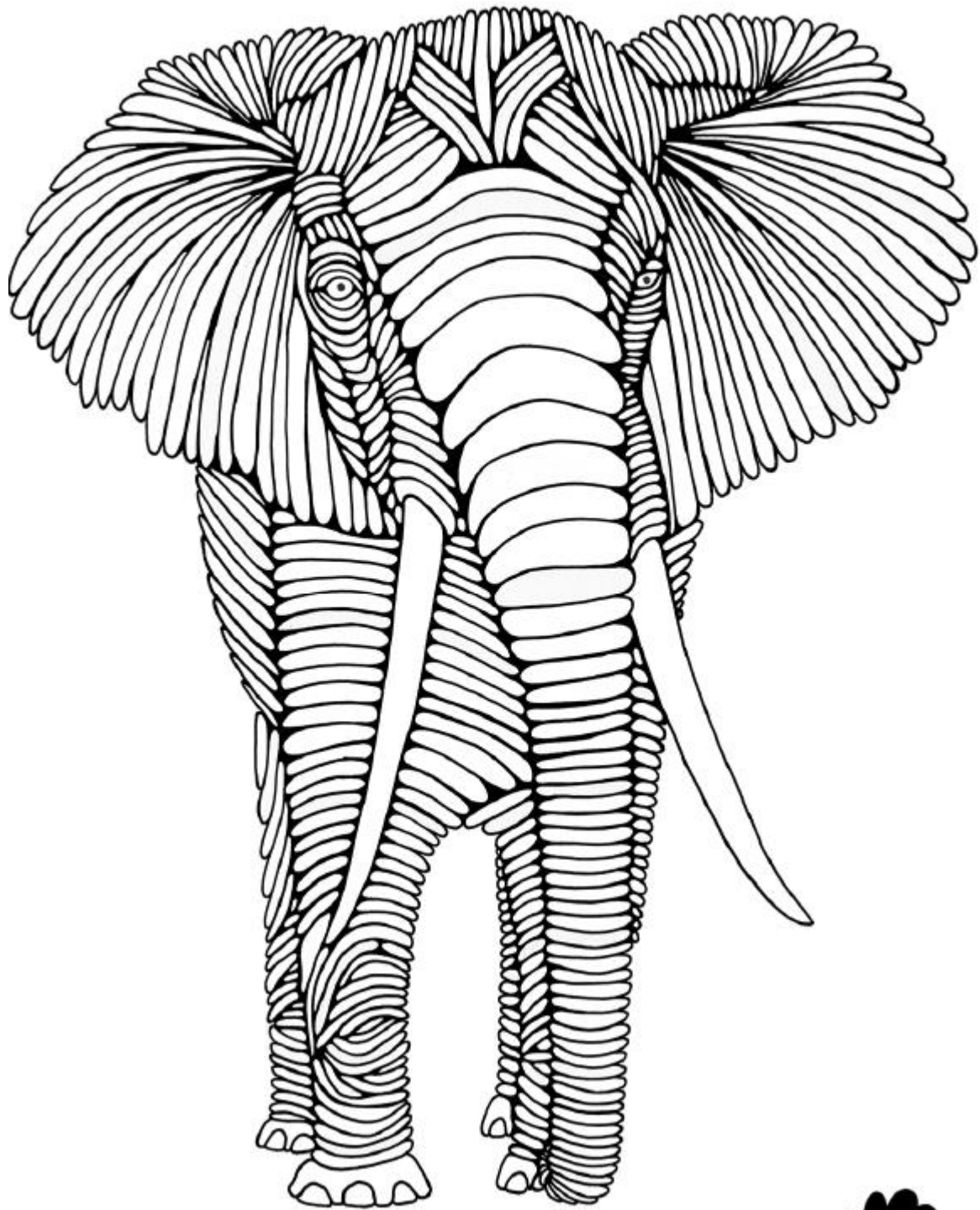
youthfocus.com.au

If you are a young person seeking support or if you know of someone who may need some help please call Youth Focus on [08] 6266 4333, email hello@youthfocus.com.au or visit our website
54 Goodwood Parade Burswood | 1/93 Grand Boulevard Joondalup | 5/5 Goddard Street Rockingham

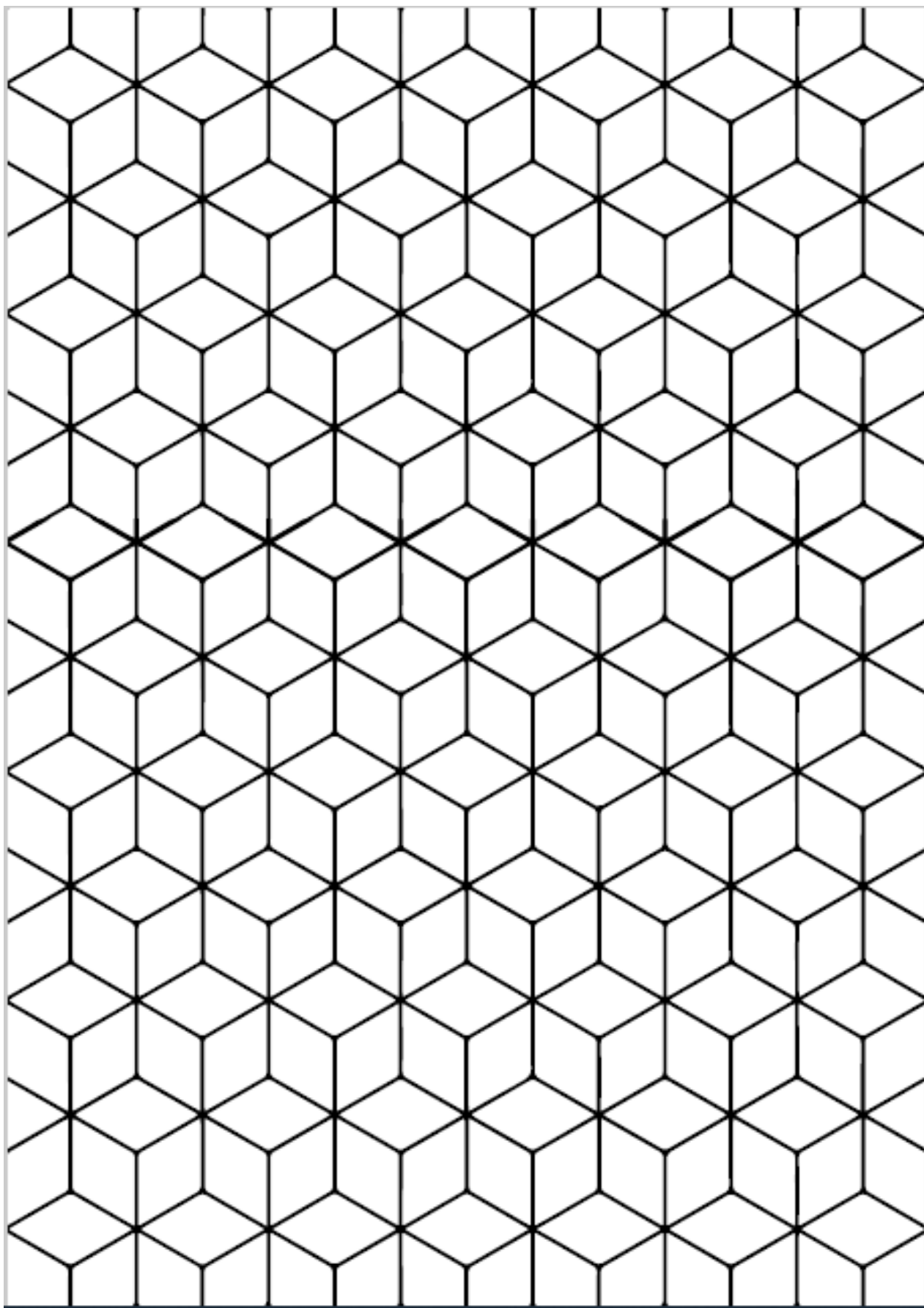


https://youthfocus.com.au/wp-content/uploads/2018/04/YF_Mindful-Colouring_FA.pdf

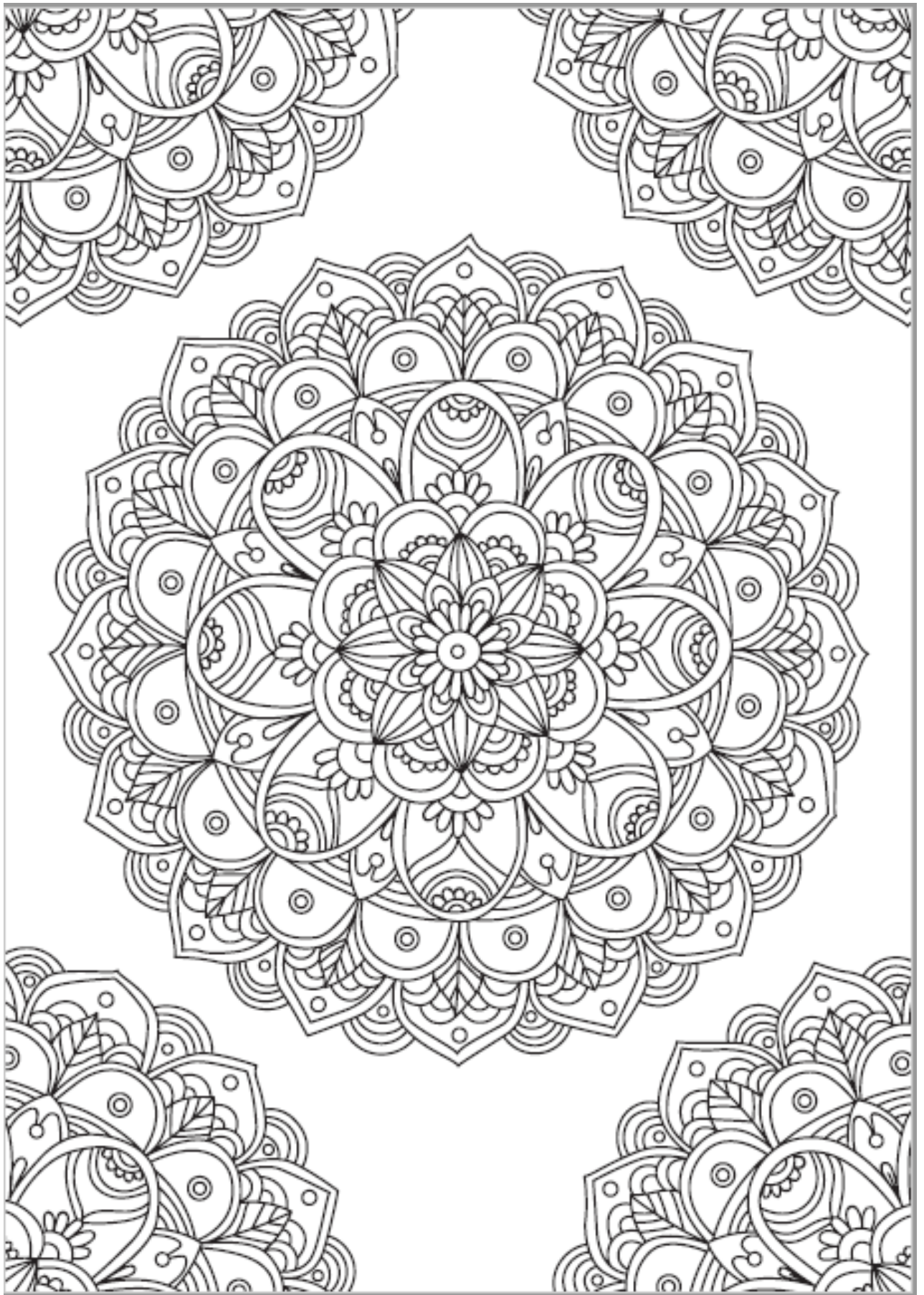




https://www.dropbox.com/sh/azbv6pypqktqer/AABwuJDI_uGlSMLc7e5jSRtBa?dl=0



https://youthfocus.com.au/wp-content/uploads/2018/04/YF_Mindful-Colouring_FA.pdf





https://youthfocus.com.au/wp-content/uploads/2018/04/YF_Mindful-Colouring_FA.pdf

Maintaining my Wellbeing in Isolation – Weekly Schedule


Monday - To look after my self today I will do... **Date:** _____

 Something to keep socially connected:

 Something to use my brain:

 Something for my physical health:


 Something for my self-care:


 Something to be productive:


 Something I enjoy:


Tuesday - To look after my self today I will do... **Date:** _____

 Something to keep socially connected:

 Something to use my brain:

 Something for my physical health:

 Something for my self-care:

 Something to be productive:

 Something I enjoy:

Wednesday - To look after my self today I will do... **Date:** _____



Something to keep socially connected:



Something to use my brain:



Something for my physical health:



Something for my self-care:



Something to be productive:



Something I enjoy:

Thursday - To look after my self today I will do... **Date:** _____



Something to keep socially connected:



Something to use my brain:



Something for my physical health:



Something for my self-care:



Something to be productive:



Something I enjoy:

Friday - To look after my self today I will do...

Date: _____



Something to keep socially connected:



Something to use my brain:



Something for my physical health:



Something for my self-care:



Something to be productive:



Something I enjoy:

Saturday - To look after my self today I will do...

Date: _____



Something to keep socially connected:



Something to use my brain:



Something for my physical health:



Something for my self-care:



Something to be productive:





Something I enjoy:

Sunday - To look after my self today I will do...

Date: _____


 Something to keep socially connected:

 Something to use my brain:

 Something for my physical health:

 Something for my self-care:

 Something to be productive:

 Something I enjoy:

Stuck? Some ideas:

- *Something to keep socially connected:* Ring a friend, write a letter (the old fashioned way!), play an online game with a friend, have a zoom/skype/facetime party
- *Something to use my brain:* Learn a new skill (a language, an instrument, or a cooking technique), do a puzzle, research an interesting topic, listen to a podcast
- *Something for my physical health:* Go for a walk around the block, live-stream a yoga class, plan some healthy meals, explore youtube and app stores for free work-outs
- *Something for my self-care:* Do a mindful activity, try adult colouring in, take a bath, get changed out of pyjamas, have a go at progressive muscle relaxation, light a candle
- *Something to be productive:* Spring clean your home, do that odd-job at home you keep putting off, sign up for a free online course, organise old photos, re-style a room
- *Something I enjoy:* Read a book, listen to some music, play with a pet, do some gardening, play an online game, re-watch a favourite movie, get creative with art, bake a favourite treat

Susanna H – Sutherland Mental Health Rehabilitation Clinician

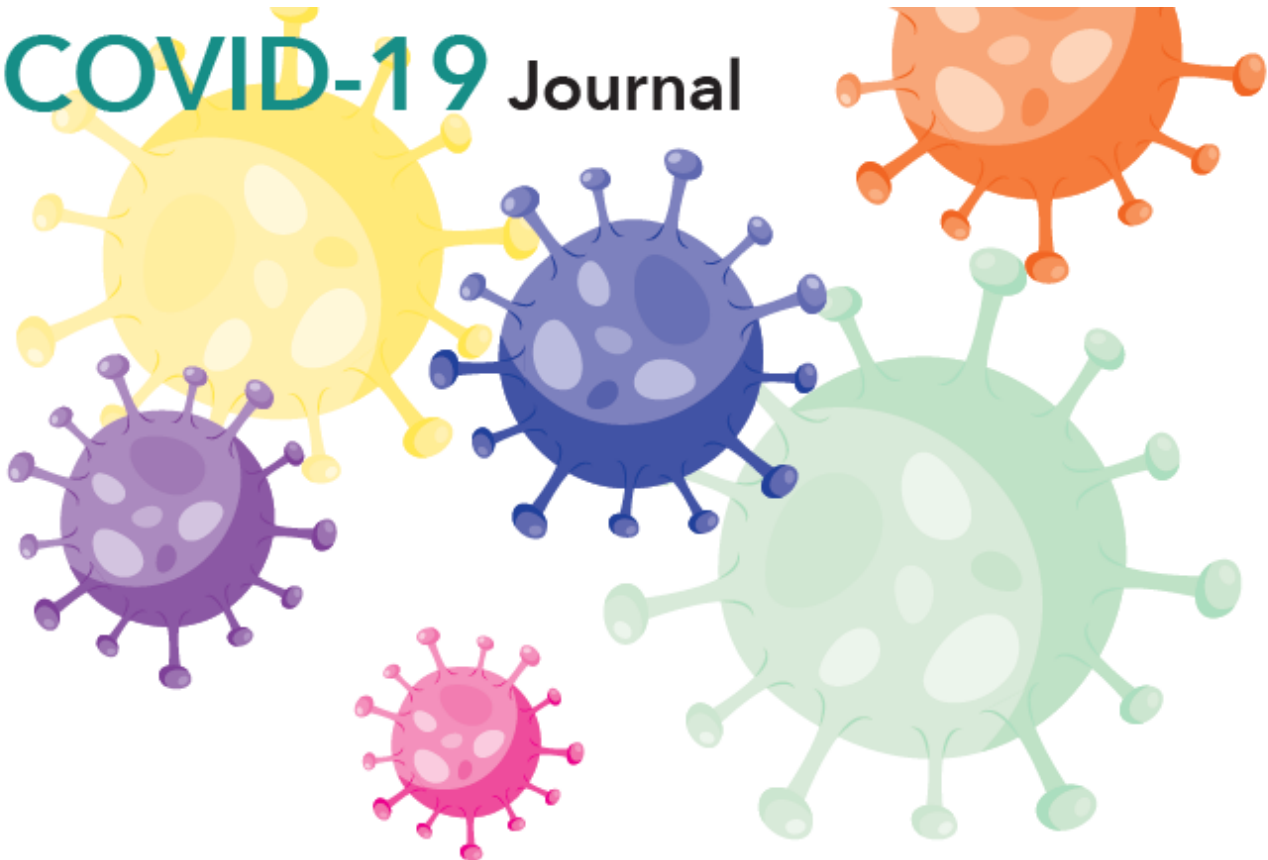
WEEKLY ACTIVITY SCHEDULE

Week Beginning: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Hand Hygiene

COVID-19 Journal



Beating the

CORONAVIRUS

20 SECONDS
at a time!



© Nicole Batiste | HUB FOR HELPERS

What do I need to know about the Coronavirus?

1. Coronavirus, also called COVID-19 is a virus that effects the lungs. (Lungs help you breathe)
2. COVID-19 is spread from one person who has the virus to another person. (Just like the flu)
3. People with COVID-19 may have a fever (high body temperature), cough, difficulty breathing, runny nose and chest pain.
4. You can protect yourself by: washing your hands, keeping hands out of nose, eyes and mouth, staying at home when sick, AND by coughing or sneezing in elbow.
5. Based on what we know, children are less likely to get sick than adults. While some children have gotten sick, most COVID-19 cases are adults.
6. Children with COVID-19 usually have milder symptoms. (This means the sickness usually isn't as bad for kids!)
7. You do not need a mask.
8. Staying at home keeps you safe!
9. Don't be worried, be safe!

The **BEST PROTECTION** against COVID-19 is **HANDWASHING.**

Wash your hands with soap and warm water for at least 20 seconds - **ESPECIALLY...**

- **AFTER BATHROOM**
- **BEFORE EATING**
- **AFTER ANY COUGHING OR SNEEZING**

Sing **Old Town Road** while washing!

Can't nobody tell me nothing,
you can't tell me nothing.
Can't nobody tell me nothing,
can't tell me nothing.



I'm gonna take my horse to the old town road,
I'm gonna ride til' I can't no more.
I'm gonna take my horse to the old town road,
I'm gonna ride til' I can't no more.

Today I'm feeling _____
because of _____.
_____ will help me feel better.

A large, intricate mandala design with a central circular motif and many layers of floral and geometric patterns. Below the mandala is a text box with three lines for writing.

Looking after our Sleep

Facts about sleep



The Nature of Sleep

Sleep is such an important part of our lives, yet many of us don't pay much attention to it. It is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. As well as humans, other mammals, reptiles and birds all sleep, while fish, amphibians and insects do not (although they may rest). Some animals sleep in many short bursts, while others, like humans, prefer to sleep in one long block.

We all know what sleep looks like - we recognise a sleeping person because they have their eyes closed, will usually be lying down, breathing in a slow rhythm, with relaxed muscles and generally keeping still, although they may rearrange their bodies every so often. Being asleep is being unconscious to most things happening around you, but is different from a coma or passing out because sleeping people can be woken up, by loud noises or bright lights or touch.

Stages of Sleep

Research tells us that there are two types of sleep:

- **REM rapid-eye-movement sleep:** this type of sleep occurs for about 25% of the night, and is characterised by electrical activation of the brain, very relaxed muscles and body becoming immobile, and rapid eye movements as the eyes dart back and forth under closed eyelids. REM sleep provides energy to the brain and body and supports daytime performance. Dreams often occur during REM sleep, although they can occur at any stage.
- **NREM non-rapid-eye-movement sleep:** this type of sleep occurs during the other 75% of the time, and can be further broken down into 4 stages:
 - **Stage 1:** this stage is light sleep, between being awake and falling asleep
 - **Stage 2:** this stage is the onset of sleep, when the person begins to become disengaged from their surroundings. Body temperature drops and breathing and heart rate become regular.
 - **Stages 3 & 4:** These stages are the deepest and most restorative sleep, known as 'delta sleep' - Stage 3 is a transition into Stage 4, or 'true delta.' During these stages, blood pressure drops, breathing becomes slower, muscles are relaxed and receiving more blood supply, tissue growth and repair occurs, and hormones are released (including growth hormone, which is why growing teenagers need to sleep more).



Role and Function of Sleep

Sleep is essential to humans, just like air, water and food. When necessary, people can cope without sleep for periods of time, but the longer we are awake the stronger the urge to sleep becomes.

The exact role and function of sleep has been a topic of debate for researchers, but most agree that sleep serves a restorative purpose, both psychologically and physiologically. It is thought that delta sleep (stages 3 & 4) is most involved with restoring the body and physical energy, while REM sleep is most important for restoring mental function such as memory and concentration.

Sleep is important for general physical health, restoring energy, repairing injuries or illness, growth, psychological well-being and mood, concentration, memory, work performance, and getting along with others.

Effects of Lack of Sleep

People vary in terms of how much sleep they need - while the average sleep duration for adults is 6-8 hours per night, some people function well with a little less sleep and others with a little more. Whatever your individual needs, lack of sleep or poor sleep quality can have effects including:



- Poor attention, concentration and memory
- Irritability and other mood disturbances
- Impaired judgement and reaction time
- Poor physical coordination (dangerous for driving)

The seriousness of these effects depends on how bad the sleep deprivation is (e.g. less sleep vs. no sleep; one night's poor sleep vs. chronic problems) and the tasks and responsibilities of the day. If you have ongoing problems with sleep, it is important to seek help.

How Well do Good Sleepers Sleep?

Good sleepers usually take less than 30 minutes to fall asleep at the beginning of the night and will wake up once or twice during the night. In other words, it is unrealistic to expect to fall asleep immediately on getting into bed or to never wake up at all during the night. Even the best sleepers in the world don't achieve this! Also, everybody, even the best sleepers, will have a night now and then when it takes them a long time to get to sleep. This is often triggered by a stressful event and will usually pass after a night or two. Similarly, everybody will have a night now and then when they find it difficult to get back to sleep after waking in the middle of the night.

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Relaxation Techniques for Sleep

1. Guided meditation

Following a guided meditation is a simple way to take your mind off your worries, focus on something positive, and relax.

You can listen to a meditation video or audio track through your phone, laptop or i-pad. You could place this on a bookshelf, desk or nightstand, close your eyes and listen to

If you have a relaxing bedtime routine that you like to repeat, it's a good time to squeeze in a guided meditation. You can find many on Youtube, Spotify, phone Apps, and specialist meditation websites.

Try - YouTube: "Guided Meditation for Sleep... Floating Amongst the Stars" by Jason Stephenson - Sleep Meditation Music

2. Progressive muscle relaxation

Progressive muscle relaxation is a simple technique which works well for several reasons:

- Tension in the muscles can lead to tension in the mind.
- Focusing on your body can stop you from focusing on your thoughts.
- By tensing and releasing your muscles you learn what a relaxed state feels like. And that gives you a goal to work towards when relaxing at night.

<https://www.nosleeplessnights.com/sleep-hygiene/relaxation-techniques/>

Step by step muscle relaxation

- Take a minute to breathe slowly and deeply in a natural way.
- Take a deep breath and tense your toes and feet for 3 to 4 seconds.
- Slowly exhale, and relax your toes and feet again.
- Take a deep breath and tighten your lower leg muscles, hold for a few seconds, and then relax again with the exhale of breath.
- Breathe in and tense your upper legs, hold, and then relax.
- Breathe in and tense your abdomen and lower back, hold for a few seconds and then relax.
- Repeat with your chest and upper back.
- Repeat with your hands, lower arms, then upper arms, shoulders and neck.
- Tense your face, scrunching it up tightly.
- Finally, tense your whole body at once, and hold for a few seconds.
- Slowly exhale and relax your entire body, with a gentle sigh if you like.
- Repeat the full body process 3 times.

Here's a very calming video that talks you through a progressive muscle relaxation: "Progressive Muscle Relaxation" on YouTube by Relax For A While - Meditations & Sleep Stories

<https://www.nosleeplessnights.com/sleep-hygiene/relaxation-techniques/>

Ideas to Occupy Your Time

- * Write a letter to a friend or family member to let them know you are thinking of them
- * Try out a new recipe
- * Have a picnic lunch on your balcony/in your backyard/on the lounge room floor
- * Play a board game with the people you live with/over Skype or Zoom
- * Do a jigsaw puzzle
- * Do a crossword
- * Keep a gratitude diary, write at least 2 things you are grateful for each day
- * Pamper yourself- have a bath, put on a face mask
- * Play with your pet
- * Start a Netflix group/book club
- * Do some gardening
- * Practice mindfulness- make a cup of tea and focus on your senses- the sound of the kettle, the smell of the tea, the warmth of the cup, the taste
- * Keep a 'Hope jar' full of things you are looking forward to doing once restrictions are lifted
- * Practice progressive muscle relaxation

If you have access to a phone or computer:

- * Do a free online TAFE course
<https://www.tafensw.edu.au>
- * Do a free online Museum of Modern Art course
<https://www.coursera.org/moma>
- * Organise a virtual trivia game with friends through

online platforms such as Zoom/Skype

- * Free online workouts
<https://www.facebook.com/crunchaustralia/>
- * Tune in to watch Maggie Beer's free cooking lessons
<https://www.facebook.com/OfficialMaggieBeer>
- * Try a free Latin dance workout
https://www.youtube.com/watch?v=8DZktowZo_k
- * Watch free Netflix documentaries here:
<https://www.youtube.com/playlist?list=PLvahqwMqN4MOGRkZY8WkLZMb6Z-W7qbLA>
- * Watch a live travel stream:
<https://concreteplayground.com/brisbane/travel-leisure/leisure/seven-travel-live-streams>
- * Search for new recipes
<https://www.hellofresh.com.au/recipes/>
- * Do a free online course (Mindfulness, Stress Management, Anxiety)
<https://thiswayup.org.au/>
- * Make a playlist and share it with friends
- * National Portrait Gallery free 14 day online course from 28/04/20
<https://www.portrait.gov.au/content/the-amazing-face/>
- * Read a free E-book
<https://library.cityofsydney.nsw.gov.au/Montage/eBooks.aspx>
- * Do a free Ivy League course
<https://www.classcentral.com/collection/ivy-league-moocs>

Movement

breathe easy

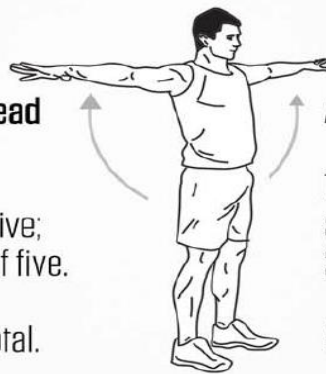
WORKOUT by @ darebee.com



Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.



Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 5 times in total.



Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.



Shoulder Stretches *arms behind your back*

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.

Repeat 5 times in total.

<https://darebee.com/pdf/workouts/breathe-easy-workout.pdf>

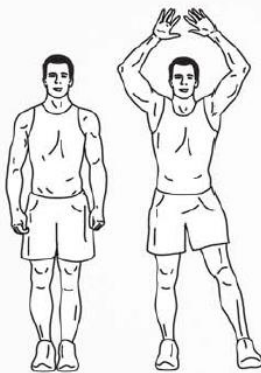
HOME WORKOUT

MADE by DAREBEE © darebee.com

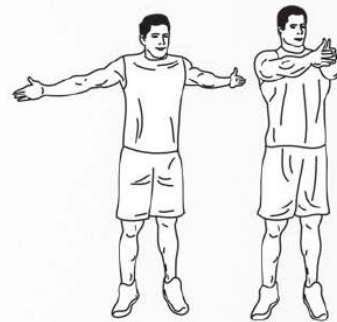
Repeat 5 times in total - Rest up to 2 minutes in between



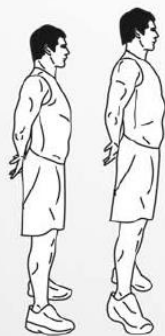
10 hip rotations



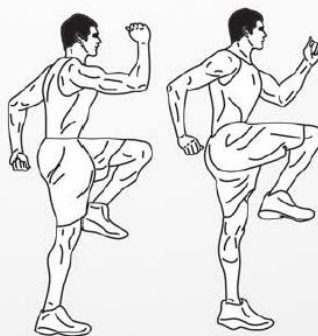
10 step jacks



10 chest expansions



10 calf raises



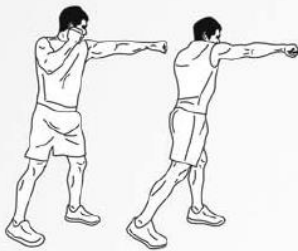
10 march steps

<https://darebee.com/workouts.html>

#FINAL BELL

DAREBEE WORKOUT © darebee.com

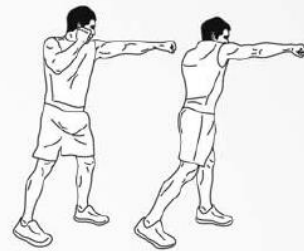
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



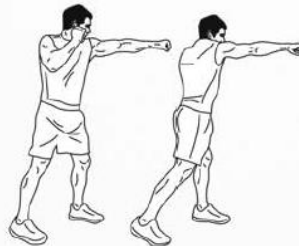
10 uppercuts



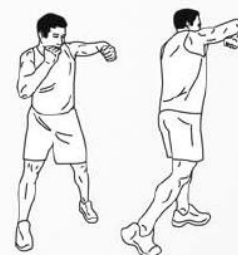
20 punches



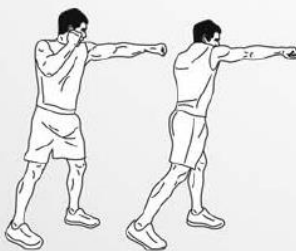
10 hooks



20 punches



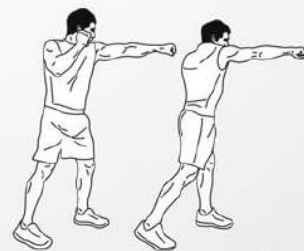
10 hooks



20 punches



10 uppercuts



20 punches

<https://darebee.com/pdf/workouts/final-bell-workout.pdf>

Sudoku Puzzles

Printable Sudoku Puzzles – Easy #2

5		3						
2			3					
	4		7	1		2		3
		5	4				7	1
		4	2		1	8		
6	8				7	5		
1		7		6	9		3	
					4			6
						9		5

	5			2	9			
						1	7	
7	9	6			3	2		
				1	5		9	
3	6						2	1
	4		6	9				
		2	8			3	1	4
	1	8						
			2	7			5	

	9	2					7	4
				2	3			5
4								
	6			3	4			7
2		8	7	1	5	4		9
1			6	9			3	
								8
8			5	6				
7	4					3	2	

	4					5	6	
	3	9			8		7	
7			2	5				
3	1				6	7		
		5		7		1		
		6	4				8	9
				9	7			2
	2		8			6	5	
	8	1					9	

Printable Sudoku Puzzles – Medium #2

	7			3			1	
1	3	9		8	2		6	
6							8	
7		2						1
			9		4			
8						9		6
	8							5
	5		1	4		2	9	7
	1			9			3	

		7				8		6
		3	8		2			
6					4	9	5	
3	6			1				
4			3		5			7
				2			3	9
	9	1	5					4
			2		1	7		
8		4				2		

	4	7			3			5
			6	8	7		4	
			2	4		9		7
		6					1	8
				1				
2	7					5		
8		5		6	1			
	9		8	5	2			
1			9			8	5	

2	3				7			1
1	8		5	3		4		
	4	6						
	5				8			2
	6			2			9	
9			3				1	
						8	2	
		3		5	9		4	7
5			7				3	9

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<https://www.memory-improvement-tips.com/printable-sudoku-puzzles-medium-2b.html>

Printable Sudoku Puzzles – Hard #2

	4	3	1					
7		9	4	6				
8		6			3		1	
9		2			7			
	6						4	
			3			9		7
	7		6			2		5
				2	4	6		1
					1	4	3	

			5				3	4
			4			7		
	1			7	3		5	
5	3		8		1			
1			2	4	5			8
			9		7		1	5
	2		3	8			7	
		1			9			
4	8				6			

	6		4					8
		1		8	6			2
8				9		1		6
	8	2		4	5			
			1	3		8	4	
1		6		5				8
4			6	2		5		
	9				7		2	

6				3	8	5		
	8		6		7	3		
			5				6	
7		8	4			6		
1								2
		9			1	4		7
	1				5			
		2	7		6		8	
		3	2	1				5

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<https://www.memory-improvement-tips.com/printable-sudoku-puzzles-hard-2b.html>

Word Search's

Name: _____

Date: _____

Positive Affirmations

H M V H B R A N R Y B Z Y P X O X N T D Q I R X
C R A Z V J A C P S W E E A M Q U H A P P Y C S
F F R Z H S J F H O R H P G K E U V U U B D D L
I T P W Q W H C A D M I R E D P I B D P F J A A
V C J M E A N I N G F U L V U G F D G U L L L H
W B S G H A N D S O M E T O M W S T R O N G Z N
W E C V Q L H R G K N D G L Q L K A K O L V W S
V A O X X E L W I K R L E Y J F L V R M J A C A
S U M T X H R Z X P R G E N E R O U S E C L F D
C T P X U F U N N Y U J M B K L W U O G X U C T
R I A G L X F S I N D E P E N D E N T X H A L P
E F S Y O H E Y S E F I M J J U W U W L S B E I
A U S W Y J L E A D E R X W K Y T E I M J L V X
T L I G I B C B X P F P A U S M D P M J E E E C
I V O O N U A S R K C O U Q A U X T A E S N R E
V M N O G A R B E D R S M A R T I S G O B X T I
E H A D Q C I N Z W E I L P I H T J I B R H Z D
S I T B J L N T P C L T K I T R P E N C A V J L
L C E I U R G J S B I I S K C Y Z H A Z V B N A
P K Z G K J F X B Y A V F G W C F M T R E E C K
D C G U H D U T S W B E X B S O K D I Z U W W R
R V G O W M V V E G L E R Y W X M C V E O E O G
C O N F I D E N T G E M H W M O L T E Y J G W F
Z V R G U W P F R I E N D L Y W O N D E R F U L

WONDERFUL VALUABLE STRONG SMART RELIABLE POSITIVE MEANINGFUL
LOVING LEADER INDEPENDENT IMAGINATIVE HAPPY HANDSOME GOOD
GENEROUS FUNNY FRIENDLY CREATIVE CONFIDENT COMPASSIONATE
CLEVER CARING BRAVE BEAUTIFUL ADMIRER

https://wordmint.com/public_puzzles/101134#

Happiness

Z M E D I T A T I O N K C P I W A Y P E H O V Q
O G H E L P F U L B S I L L Y F P F A H D L F Z
T I V S K N A T U R E W N E D G R C H W D W H D
S J L Q K V U U Q Z F E E E F A T F V F I Y L P
W H S R W C H F W V I V R G R M M C E O G I L Q
P V U B N W A C G D D G I I W E H S M B H Q S C
T V N O H L P B H K P E J S V S X H B O N N J D
Q W S L C Q P D F U L Q Q U O F O M D G F K X Z
R A H G F C Y Z K Q A B U G D X T K U H A E U D
Y R I E E Q T V Z Y Y R A I N B O W S C L P B S
M I N P R Z R U A M Q I X H U G S L O V E D S X
Z X E C D H Y W R B T X K C M A E U X S W T I W
N T I S X K A Y K E T X Q O Q N J W T T H O Y T
C M P A B C L A D B Y W X Q T Z L D V E Z U I M
D O V R Z R A H W G W V G G R A T E F U L C F B
M O D F C O W P O S I T I V I T Y L G B H O R U
J D P E X E R C I S E A M F U N O O Q L O Z I D
C S R R E K Y N H N R Z I A A F F J N B P J E S
K O U X G E F A I A U M Q M C D R T Z L I A N M
F R T K U J F F R X W Y T I Q C N P O I Z E D I
R Z T U R L H I C K H C I L U Q G N W B C L S L
D L U T G O N U F M K L W Y O W E V L G W Y U E
J B B Z I Q B J N L H K V P I R G L A S J V Q L
Q H Y F U N G U F Y S K I N D N E S S D J O Y X

fun hugs rainbows helpful sunshine games nature play silly
grateful love moods family friends meditation smile happy joy
positivity exercise kindness

Mindfulness

what is mindfulness?



Have you ever noticed that when you are doing quite familiar and repetitive tasks, like driving your car, or vacuuming, that your mind is often miles away thinking about something else? You may be fantasising about going on a vacation, worrying about some upcoming event, or thinking about any number of other things.

In either case you are not focusing on your current experience, and you are not really in touch with the 'here and now.' This way of operating is often referred to as **automatic pilot** mode.

Mindfulness is the opposite of automatic pilot mode. It is about experiencing the world that is firmly in the 'here and now.' This mode is referred to as the **being** mode. It offers a way of freeing oneself from automatic and unhelpful ways of thinking and responding.

Benefits of Mindfulness

By learning to be in mindful mode more often, it is possible to develop a new habit that helps to weaken old, unhelpful and automatic thinking habits. For people with emotional problems, these old habits can involve being overly pre-occupied with thinking about the future, the past, themselves, or their emotions in a negative way. Mindfulness training in this case does not aim to immediately control, remove, or fix this unpleasant experience. Rather, it aims to develop a skill to place you in a better position to break free of or not 'buy into' these unhelpful habits that are causing distress and preventing positive action.

Core Features of Mindfulness

Observing

The first major element of mindfulness involves observing your experience in a manner that is more direct and sensual (**sensing mode**), rather than being analytical (**thinking mode**). A natural tendency of the mind is to try and think about something rather than directly experience it. Mindfulness thus aims to shift one's focus of attention away from thinking to simply observing thoughts, feelings, and bodily sensations (e.g. touch, sight, sound, smell, taste) with a kind and gentle curiosity.

Describing

This aspect of mindfulness relates to noticing the very fine details of what you are observing. For example, if you are observing something like a tangerine, the aim is to describe what it looks like, what is its shape, colour, and texture. You might place a descriptive name to it, like "orange", "smooth", or "round". The same process also can be applied to emotions (e.g. "heavy", "tense").

Participating Fully

An aim of mindfulness is to allow yourself to consider the whole of your experience, without excluding anything. Try to notice all aspects of whatever task or activity you are doing, and do it with your full care and attention.

Being Non-Judgemental

It is important to adopt an accepting stance towards your experience. A significant reason for prolonged emotional distress relates to attempts to avoid or control your experience. When being more mindful, no attempt is made to evaluate experiences or to say that they are good, bad, right, or wrong, and no attempt is made to immediately control or avoid the experience. Accepting all of one's experience is one of the most challenging aspects of mindfulness, and takes time and practice to develop. Bringing a kind and gentle curiosity to one's experience is one way of adopting a non-judgmental stance.



Focusing on One Thing at a Time

When observing your own experience, a certain level of effort is required to focus your attention on only one thing at a time, from moment to moment. It is natural for distracting thoughts to emerge while observing, and there is a tendency to follow and 'chase' these thoughts with more thinking. The art of 'being present' is to develop the skill of noticing when you have drifted away from the observing and sensing mode, into thinking mode. When this happens it is not a mistake, but just acknowledge it has happened, and then gently return to observing your experience.

How to Become Mindful

Mindfulness is a skill that takes time to develop. It is not easy, and like any skill it requires a certain level of effort, time, patience, and ongoing practice.

Mindfulness can be taught in a number of ways. Meditation is one of the key techniques used in mindfulness training, but not the only technique. Contact your mental health professional for further information on mindfulness training and whether it may be suited to your needs.



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mindfulness and letting go

Trying to control or avoid worries or other negative thinking by answering back, chasing, or suppressing these negative thoughts can sometimes *strengthen* this negative experience rather than diminish it. Mindfulness is one way of skilfully disengaging from or letting go of negative thinking.

This approach involves practicing how to notice when you are automatically drifting into negative thinking and then skilfully redirecting your attention back to the present, to the here and now



It may be helpful to think of this approach in terms of a radio. That is, imagine that the negative thoughts that drift into your mind as coming from a loud radio that is tuned to a station where the thoughts are very negative and seem to be shouting at you.

The skill in mindfulness is not so much about trying to turn the radio off, but changing the way you listen to the radio. In this way the volume of the radio station can be reduced, and therefore seem less disruptive and distressing.

However, the important thing to remember is this is not a quick fix, it is not easy, and requires regular practice. The thoughts may still shout at you, but you are changing the way you listen. Begin with the formal practice described in this information sheet. Just like any skill, such as learning a musical instrument, you need to practice, practice, practice! By practicing daily you may eventually become better at letting go, and be able to do things in a more informal way.



Steps for Letting Go

To begin, it may be best to start by practicing with minor concerns before moving onto major worries or negative thoughts.



1) To begin the practice, sit down in a chair and adopt a relaxed and alert posture, then ask yourself, **what am I experiencing right now?** What thoughts are around, what feelings are around, and what body sensations?



Allow yourself to just acknowledge, observe and describe these experiences to yourself, without trying to change them or answer the thoughts back. Spend 30 seconds to 1 minute just doing this.

2) Now bringing **your focus of awareness to your breath**, focusing on the sensations of your breath as it moves back and forth in your belly. Binding your awareness to the back and forth movements of the sensations in your belly from moment to moment, and letting all thoughts go. Maybe say to yourself 'relax' or 'let go' on each outward breath. Spend about 30 seconds to 1 minute doing this.

3) Now **expanding your awareness to sensing your whole body breathing**, being aware of sensations throughout your body. If there are any strong feelings around, maybe saying to yourself "whatever it is, it is OK, just let me feel it." Allowing yourself to breathe with these feelings, and if your mind wanders to bothersome thoughts just acknowledge and let go of these - focussing back on sensing your breath. Continue doing this for about 1 minute.

TIP: You can try increasing the time of steps 2 & 3 as you start to get more familiar with this skill.

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Simple Ways to Get Present

Take Ten Breaths

This is a simple exercise to center yourself and connect with your environment. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Take ten slow, deep breaths. Focus on breathing out as slowly as possible until the lungs are completely empty—and then allow them to refill by themselves.
2. Notice the sensations of your lungs emptying. Notice them refilling. Notice your rib cage rising and falling. Notice the gentle rise and fall of your shoulders.
3. See if you can let your thoughts come and go as if they're just passing cars, driving past outside your house.
4. Expand your awareness: simultaneously notice your breathing and your body. Then look around the room and notice what you can see, hear, smell, touch, and feel.

Drop Anchor

This is another simple exercise to center yourself and connect with the world around you. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Plant your feet into the floor.
2. Push them down—notice the floor beneath you, supporting you.
3. Notice the muscle tension in your legs as you push your feet down.
4. Notice your entire body—and the feeling of gravity flowing down through your head, spine, and legs into your feet.
5. Now look around and notice what you can see and hear around you. Notice where you are and what you're doing.

Notice Five Things

This is yet another simple exercise to center yourself and engage with your environment. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Pause for a moment
2. Look around and notice five things that you can see.
3. Listen carefully and notice five things that you can hear.
4. Notice five things that you can feel in contact with your body (for example, your watch against your wrist, your trousers against your legs, the air on your face, your feet upon the floor, your back against the chair).
5. Finally, do all of the above simultaneously

Try a new Recipe

Nacho Stack



Ready in **20 minutes**

Serves **2 persons**

Cost **\$2.10 per serve**

INGREDIENTS

- 2 wholegrain wraps
- 1 teaspoon minced garlic
- 1 can diced tomatoes (400g)
- 1 can four bean mix (400g)
- ½ can corn kernels (200g)
- ½ cup water
- 1 tablespoon oil
- 2 tablespoons tomato paste
- 100g low-fat cheese
- 1 cup low-fat Greek yoghurt

Keeping the Body in Mind Team: Cheap and Tasty Recipes

METHOD

1. Cut wholegrain wraps into 8 pieces
2. Turn frypan onto medium heat and toast for 2 minutes each side until brown. Set aside
3. Drain the liquid from bean mix and corn using a fork
4. Heat oil in a frypan over medium heat
5. Add garlic, canned tomatoes, beans, corn, tomato paste and water
6. Cook for 10 minutes, stirring occasionally
7. Place toasted wrap pieces on a plate
8. Top with bean mixture and yoghurt
9. Sprinkle grated cheese on top and enjoy!

TIP: Serve with fresh salad 😊

Scrambled Egg Wrap

Ready in **10 minutes**

Serves **1 person**

Cost **\$1.19 per serve**



INGREDIENTS

- 1 wholegrain wrap
- 2 large eggs
- ½ cup baby spinach
- ¼ cup (30g) low-fat cheese grated
- 1 teaspoon oil

NUTRITION TIP: Eggs are a great source of protein. They are a cheap alternative to meat.

METHOD

1. Grate $\frac{1}{4}$ cup of low-fat cheese
2. Heat oil in a frypan over medium heat
3. Crack both eggs into a bowl
4. Using a fork, whisk eggs
5. Add eggs to frypan and cook until slightly set, about 30 seconds
6. Add spinach and grated low-fat cheese
7. Stir with a wooden spoon until cooked through, about 2 minutes
8. Remove egg mixture from heat
9. Place egg mixture on wrap, fold and enjoy!

NUTRITION TIP: Eggs are a great source of protein. They are a cheap alternative to meat.

Healthy eating to boost your immune system

Healthy eating to prevent flus and colds

Eat well and you'll be helping your immune system stay at its peak. Here are the basics of healthy eating:

- ✓ large serves of vegetables and vegetable soups
- ✓ a variety of fresh fruit, especially citrus fruit
- ✓ lean meat, fish and seafood, eggs, chicken or vegetarian protein
- ✓ dairy foods like yoghurt and milk or alternatives like fortified soy, almond or oat mylks
- ✓ wholegrain cereals such as oats, barley and wholemeal bread
- ✓ healthy oils from avocado, olive oil, spreads hummus or nuts.
- ✓ Cook with plenty of garlic and onions.
- ✓ Limit over-refined and packet foods.
- ✓ If you cook dinner meals with supermarket sauces, supplement them with your own fresh or frozen vegetables.

5 non-food immune-boosters

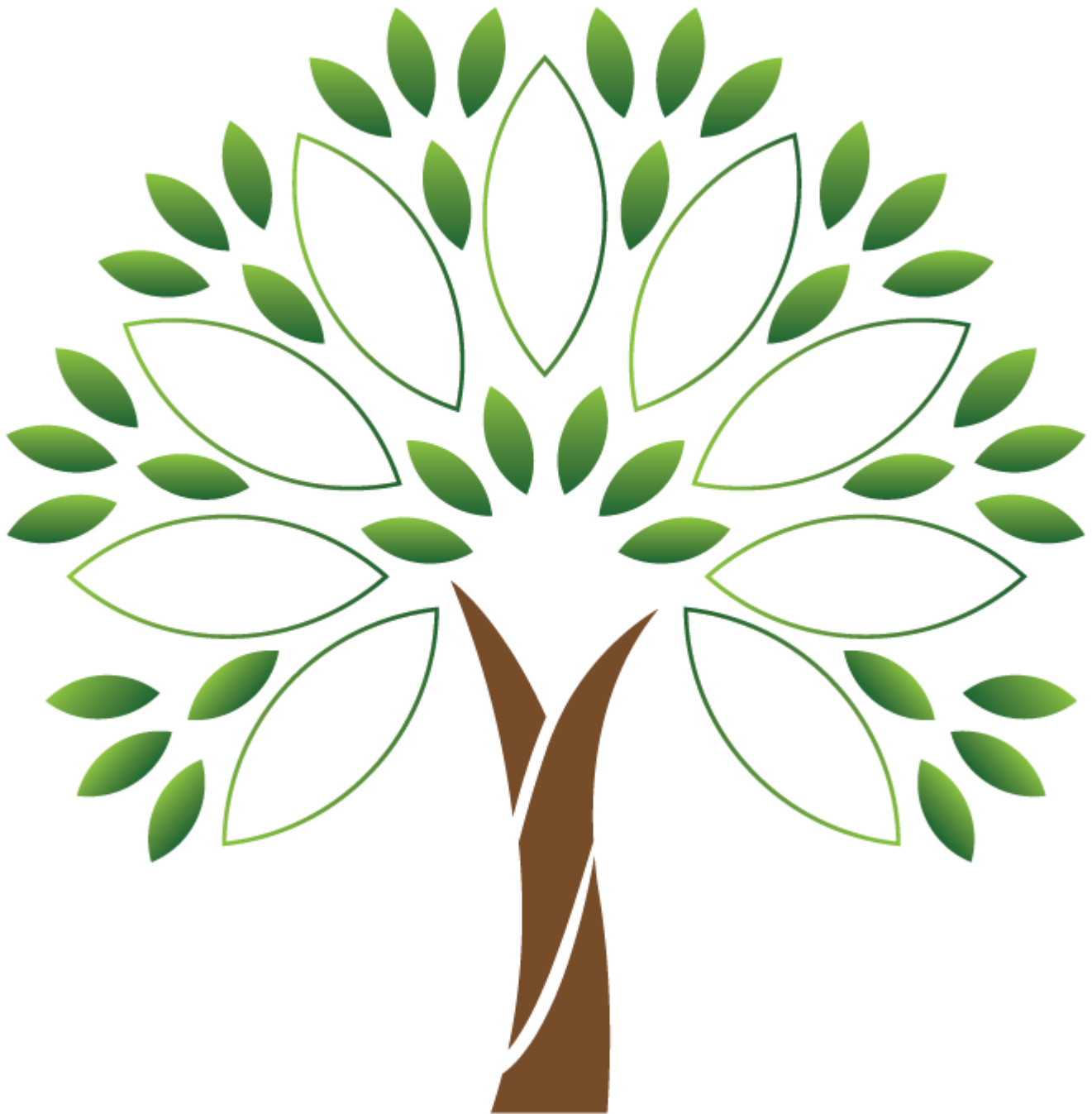
- 1 Sunshine - 10 minutes outdoors helps overcome 'winter blues'.
- 2 Slow down - get off the fast lane (for a while), unplug and listen to relaxing music or read.
- 3 Sleep longer - get to bed early. Aim for at least 6 hours of sleep. A good night's sleep is vital for healthy immune system.
- 4 Herbal remedies - a short course of echinacea can help and appears to be safe. Garlic is said to destroy viruses and bacteria.
- 5 Moderate exercise - makes you feel great.

Written by Catherine Saxelby (dietitian), full article available here:

<https://foodwatch.com.au/blog/medical-diets/item/eat-to-boost-your-immune-system-4-nutrients-that-help.html>

My **GRATITUDE** Tree

Fill in the leaves with what you are grateful for in your life.



<https://www.theupcenter.org/wp-content/uploads/2020/04/My-COVID-19-Journal-hrfg3p.pdf>

Crossword

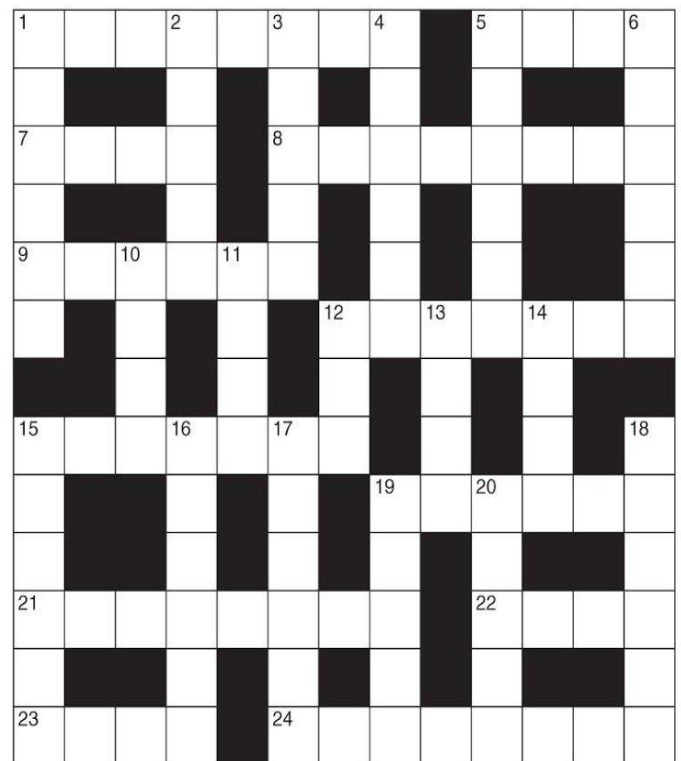
Around The World

ACROSS

1. US volcano, Mount ... (2,6)
5. Supersonic planes
7. Taj Mahal city
8. Cambridge & Oxford universities
9. Treeless Arctic zone
12. Coniferous tree found in Europe
15. Vienna is there
19. Croatian capital
21. Peninsula in southwest England
22. Manchurian river
23. Central attraction of Piccadilly Circus
24. Region that includes Japan, China and Korea (4,4)

DOWN

1. Roughly built settlements, ... towns
2. Large African antelope
3. Nasty disease named after a river in the Democratic Republic of the Congo, ... virus
4. Underground train system
5. City of northwest India
6. People from Stockholm
10. Scotland's monster lake, Loch ...
11. German industrial region
12. Washington-based spy group (1,1,1)
13. Italy's Leaning Tower of ...
14. Kuwaiti ruler



15. Native American tribe
16. Sport played at Wimbledon
17. Earth's glacial period (3,3)
18. Portugal and Spain
19. Bantu peoples of Natal
20. West African nation

Australian Trivia Questions

General Knowledge

1. What is the floral emblem of Australia
2. What do the letters in airline name Qantas stand for?
3. What is the international telephone code for Australia?
4. Name the two faces on the \$100 note?
5. In which year was Vegemite first sold in Australia – 1923, 1933 or 1943?
6. Who is Lamington names after?
7. The Kangaroo and the emu hold the shield in the Australia coat of arms. Why?
8. National Wattle day is the first day of which month?
9. Below the Union Jack on the Australian flag is the 'Star of Federation'. How many points does this star have?

Geography

10. What is Australia largest inland city?
11. Australia has the largest sand island in the world. What is it named?
12. On which river is the Tasmanian city of Devonport?
13. Which body of water separates Tasmania from mainland Australia?

Sporting

14. Which former Australian cricket captain was born on Australia Day?
15. In which year was the Melbourne Cup first run?
16. Name the winning yacht of the first Sydney to Hobart race?

Entertainment

17. Who directed the 1968 film crocodile Dundee?
18. Which song did John 'Farnsey' Farnham have a number one hit with for an amazing 7 weeks in 1986?
19. Which of these former 'Neighbours' stars have not had a number one hit in Australia? Natalie Imbruglia, Delta Goodrem or Holly Valance?
20. Which of these Australian groups are not from Brisbane? Savage Garden, Powderfinger or Eskimo Jo.

Arts and Literature

21. Who designed the Sydney Opera House?
22. Who was the author of the popular children's books, Blinky Bill?

Answers

General Knowledge

1. Wattle
2. Queensland and Northern Territory Aerial Services
3. +61
4. Dame Nellie Melba Sir John Monash
5. 1923
6. Lord Lamington, the 8th Governor of Queensland, from 1895 to 1901
7. Because they cannot walk backwards
8. September
9. Seven

Geography

10. Canberra
11. Fraser Island
12. Mersey
13. Bass strait

Sporting

14. Kim Hughes
15. 1861
16. Rani

Entertainment

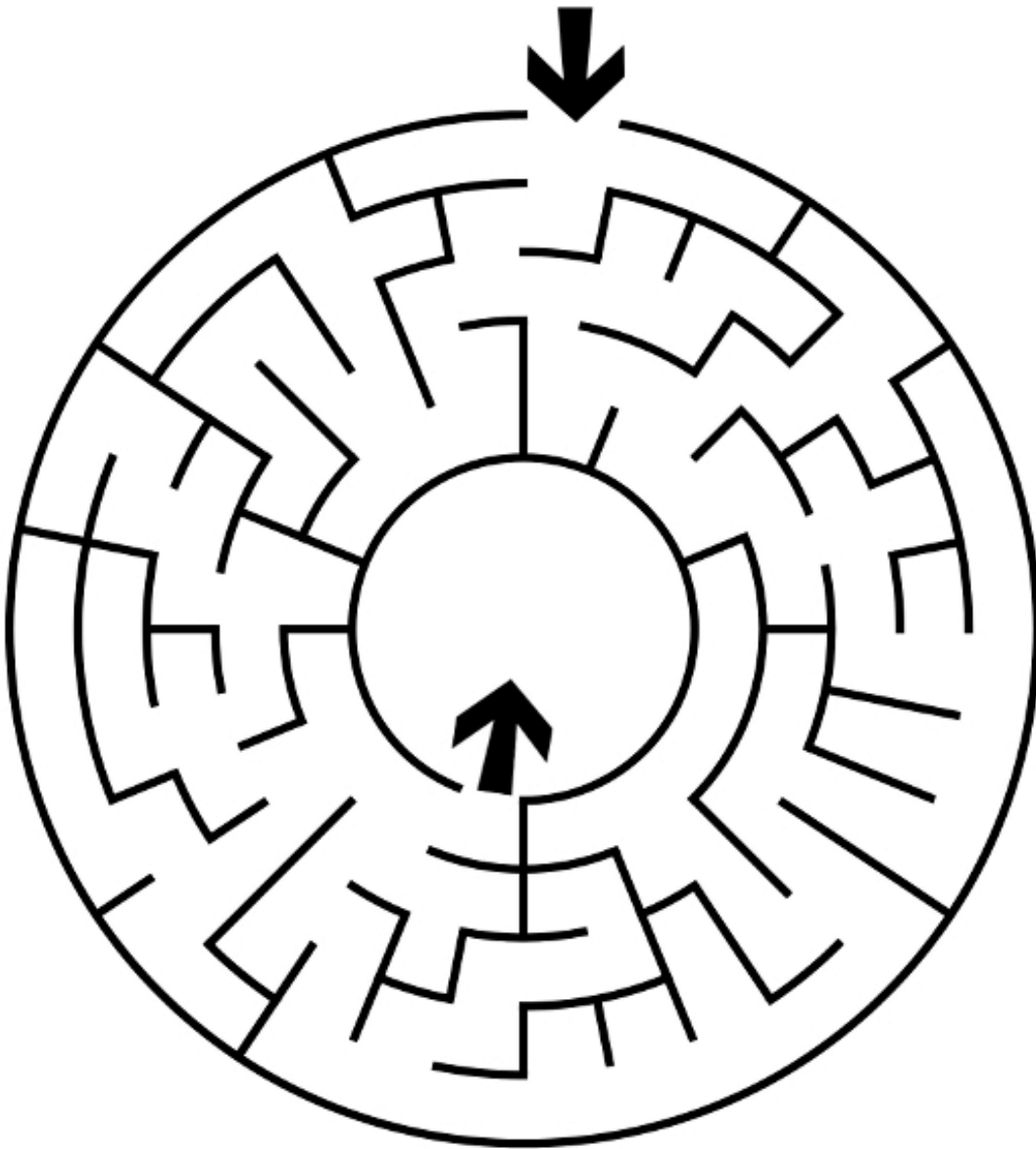
17. Peter Faiman
18. You're the voice
19. Natalie Imbruglia
20. Eskimo Joe

Arts and Literature

21. Joern Utzon
22. Dorothy Wall

Maze

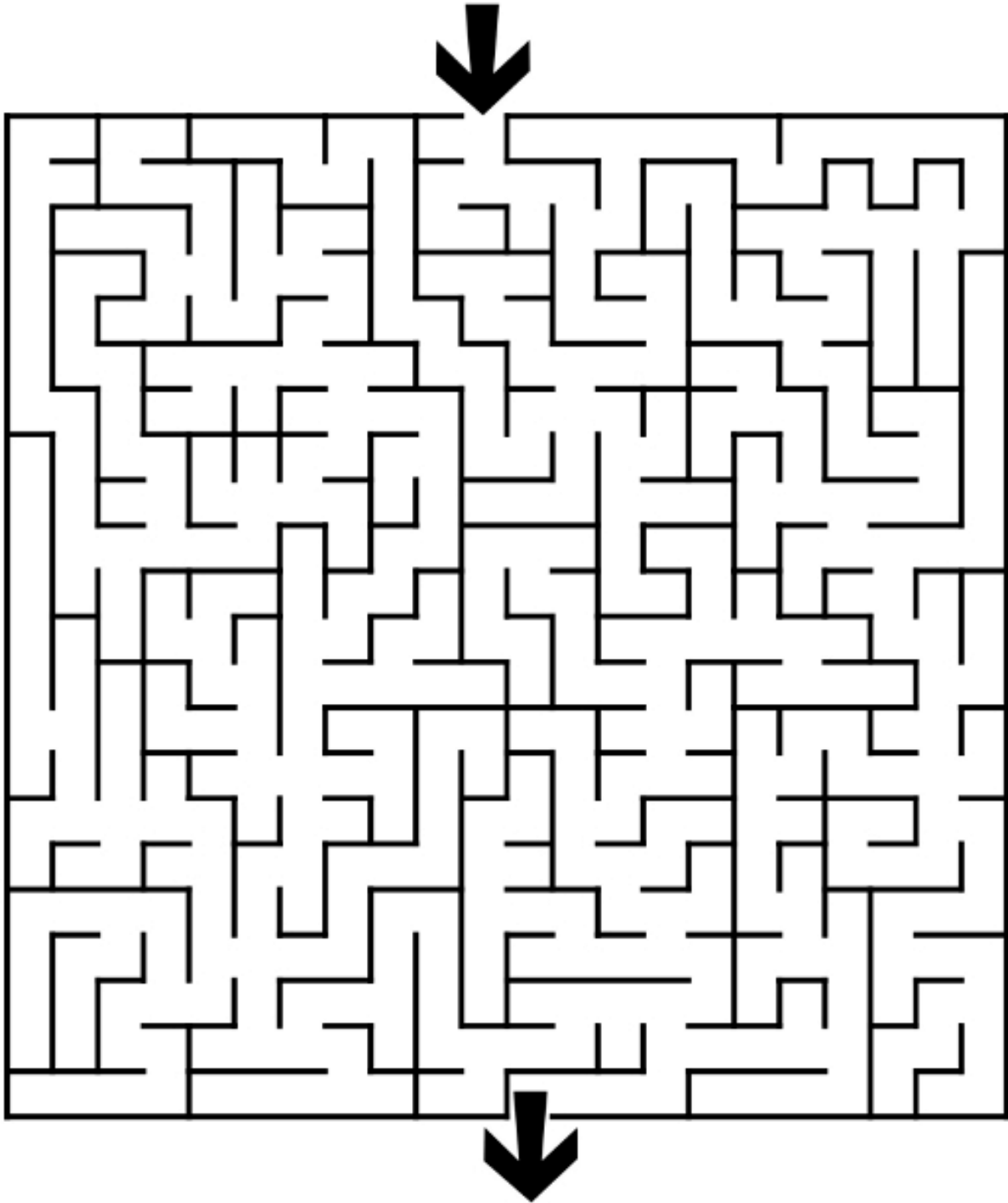
Try to make your way through the maze to reach the centre



PrintableParadise.com

<https://www.printableparadise.com/printable-round-maze-easy.html>

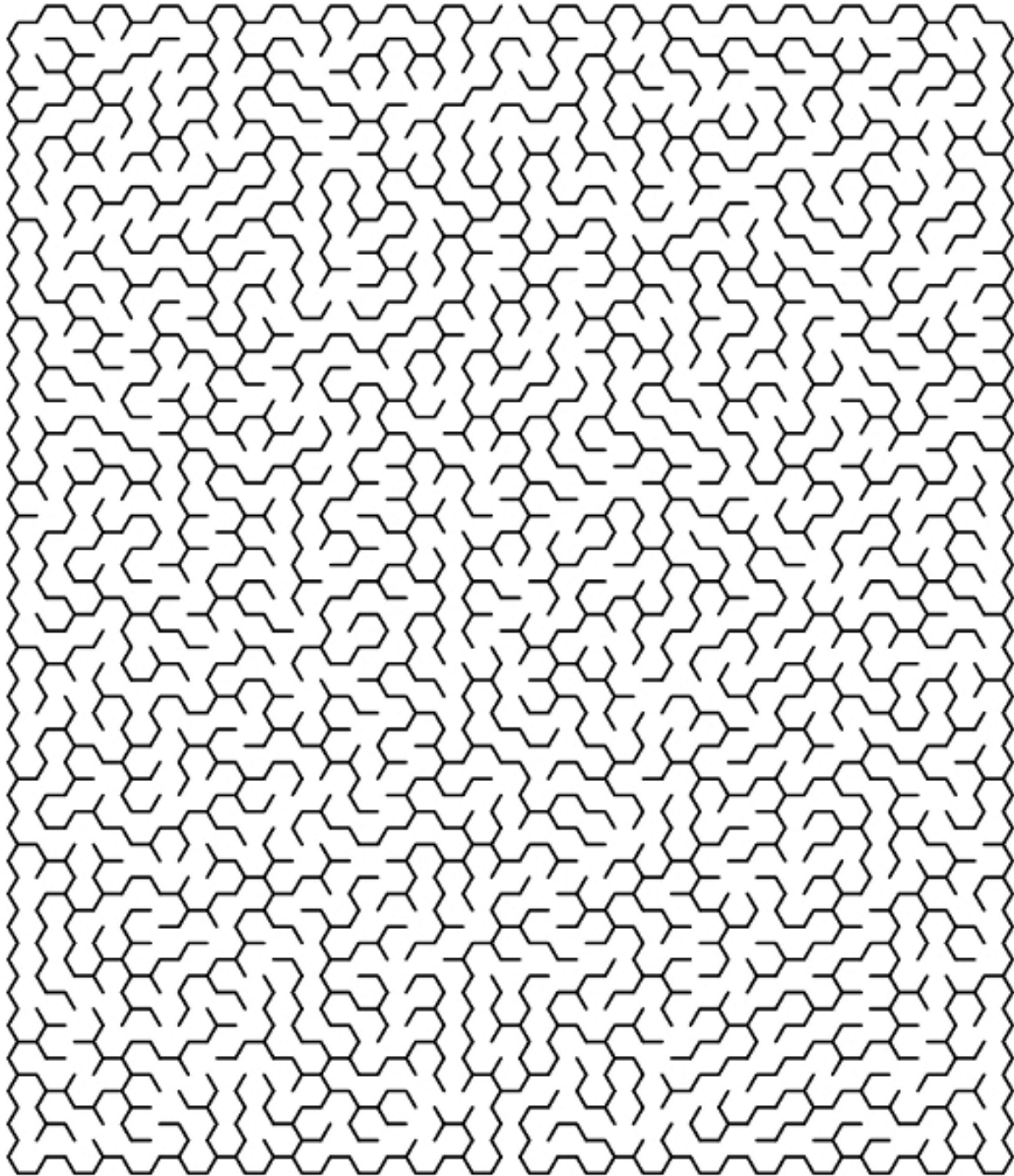
Try make your way through the maze to reach the exit arrow



PrintableParadise.com

<https://www.printableparadise.com/printable-square-maze-medium.html>

Try make your way through the maze to reach the exit arrow



PrintableParadise.com

<https://www.printableparadise.com/printable-hexagon-maze-hard.html>

Free Online Short Courses at TAFE -

<https://www.tafensw.edu.au/fee-free-short-courses>

Develop Administration Skills

- Statement of Attainment in Administration Skills for Team Leaders (900-81041V01)

This short course covers the skills and knowledge required to organise workplace meetings, travel and conference arrangements and managing business documents and design.

- Statement of Attainment in Business Administration Skills (900-81042V01)

This course provides introductory and underpinning skills and knowledge in word processing, electronic scheduling and presentations for the workplace.

- Statement of Attainment in Executive Assistant Organisational Skills (900-81409V01)

This course is suited to a range of individuals who use well developed administrative skills and a broad knowledge base in a wide variety of administrative contexts.

- Statement of Attainment in Introduction to Accounting (900-80300V01)

This course is suited for people who wish to learn new bookkeeping and accounting skills or enhance current accounting skills.

Improve Leadership Performance

- Statement of Attainment in Executive Skills (900-81119V01)

This course is suitable for those working in various administration and clerical roles, and is a career pathway into a team leader role. Learn how to facilitate meetings, manage an electronic calendar and negotiate meeting arrangements.

- Statement of Attainment in Team Leader Skill Set (BSBSS00063R1-V01)

This short course is designed to develop your skills as a team leader so that you will communicate effectively, ensure team performance, develop effective relationships in the workplace and implement operational plans.

<https://www.tafensw.edu.au/fee-free-short-courses>

Enhance Your Digital Impact

- Statement of Attainment in Complex Word Processing and Spreadsheets (900-81117V01)

This course provides training in the use of office applications in word processing and spreadsheet software at a complex level. Learners will create a range of workplace documents which may include letters, reports, flyers, budgets, formulas, macros, charts and templates.

- Statement of Attainment in Computing Skills (900-81120V01)

This short course provides training in the use of office applications in word processing and spreadsheet software. Learners will create a range of workplace documents which may include, letters, reports, flyers, budgets, basic formulas, charts and office templates.

- Statement of Attainment in eMarketing for Small Business (900-80812V01)

Develop skills to use social media platforms and build a basic website to interact with customers and promote products and services. These skills can be applied across a variety of industries.

- Statement of Attainment in Engaging Customers Using Social Media (900-80813V01)

Develop skills to use social media platforms to interact with customers and promote products and services. These skills can be applied across a variety of industries.

- Statement of Attainment in Excel Spreadsheets (900-81118V01)

This short course enables learners to become proficient in the creation and use of spreadsheet functions. This statement is suitable for those interested in gaining the skills and knowledge to perform calculations by using formulas, functions, templates and charts.

- Statement of Attainment in Websites for Small Business (900-80814V01)

Develop skills to build a basic website to interact with customers and promote products and services. These skills can be applied across a variety of industries.

Grow Health and Medical Knowledge

- Statement of Attainment in Medical Administration Skills (900-81116V01)

In this course you will learn about medical terminology, confidentiality and privacy, and develop your skills to produce digital documents and is suitable for those working in medical administration or thinking of making a move into this area.

- Statement of Attainment in S2/S3 Pharmacy Training (900-81364V01)

This course provides the skills and knowledge required to meet the Pharmacy Guild of Australia's Quality Care Pharmacy Program (QCPP) requirements for all staff who directly supply Pharmacy Medicines (S2) or assist the pharmacist with the supply of Pharmacist-Only Medicines (S3). It is designed for those who already work in a pharmacy, as it requires that some tasks be undertaken in the workplace and under the supervision of the pharmacist.

Practical Business Skills

- Statement of Attainment in Computer Applications (900-80675V01)

For experienced ICT users wanting to take their knowledge to the next level. Learn how to manipulate data and access support resources to solve issues across a range of different software applications.

- Statement of Attainment in Digital Literacy Skills Set (ICTSS00047R1-V01)

This skill set is for persons wanting to gain digital literacy skills in the use of a personal computer, software applications and digital devices. This skill set has been designed for individuals who wish to meet competency requirements for a broad range of digital literacy skills including the use of basic computing, web searching and basic applications software.

- Statement of Attainment in Introduction to Word Processing and Spreadsheets (900-81122V01)

This course provides training in the use of office applications in word processing and spreadsheet software at a beginner level. Learners will learn correct keyboarding techniques to create a range of workplace documents which may include letters, reports, flyers, budgets, basic formulas and charts.

- Statement of Attainment in Introductory Business Skills (900-81044V01)

This course provides the underpinning skills and knowledge of customer services techniques, work health and safety awareness and intermediate word processing skills for the workplace.

- Statement of Attainment in Writing and Presentation Skills (900-81111V01)

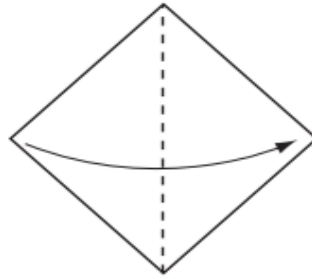
This short course is customised to teach you how to create and deliver dynamic workplace presentations and write complex business documents.

Origami

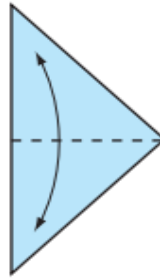


Origami
Twirling Bird

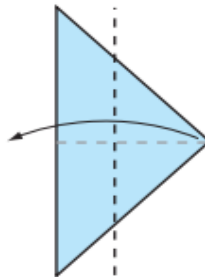
origami-fun
www.origami-fun.com



1. Start with your paper white side up.
Fold in half, as shown.



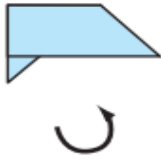
2. Fold in half again, crease and open.



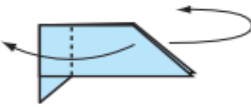
3. Now fold top of model down past the
baseline of the model.



4. Fold whole model in half



5. Rotate model.



6. Fold down the top flap along
this line. Then repeat the same
thing on the flap behind.



7. Now fold the wings back
upwards so they sit horizontally, as
shown

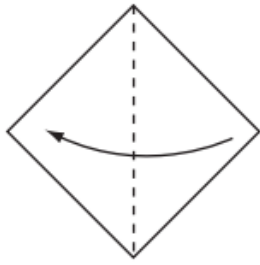


8. To make the Twirling bird fly,
throw it like a paper plane. It will
tumble in circles!



Origami Triangle Box

origami-fun
www.origami-fun.com



1. Start with a square piece of paper, plain side up.
Fold the paper in half.



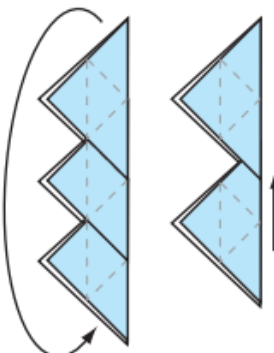
2. Fold the top corners toward the bottom point, then open to create these creases.



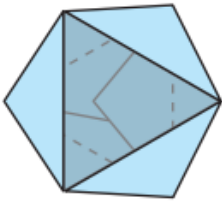
3. Fold both layers of the bottom point up to the top of the model, then open.



4. This is one completed unit. You need three. So make 2 more of these!



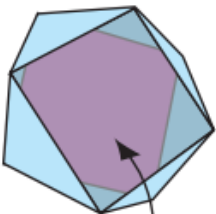
5. Insert one unit inside the other, then link the units all together.



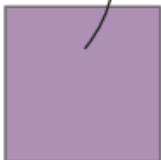
Completed Triangle Box



You can also make boxes with more than three units.
If you join four units together, you will have a lovely box with a square opening--
If you join 5 units together, you will have a box with a pentagon shaped opening.
Note: boxes with more than 3 units will need a bit of paper on the base as the units will not quite touch.



4 sided Triangle Box



Cut out a square piece of paper to glue to the bottom of the box. This will cover up the hole and look neat!

The square should be the same size as the opening of the box, so measure the edges to get a perfect fit.

Acknowledgements

St George Community Mental Health Rehabilitation Team – South Eastern Sydney Local Health District

Hope Jar - Susanna H: Sutherland Mental Health Rehabilitation Clinician

Mindful Colouring - https://youthfocus.com.au/wp-content/uploads/2018/04/YF_Mindful-Colouring_FA.pdf
- https://www.dropbox.com/sh/azbzv6pypqktqer/AABwuJDI_uqlsMJc7e5jSRtBa?dl=0

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Weekly schedule - <https://www.cci.health.wa.gov.au/Search>

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Try a New Recipe: Nacho Stack & Scrambled Egg Wrap - Keeping the Body in Mind Team: Cheap and Tasty Recipes

Eating to boost your immune system- Catherine Saxelby (dietitian), full article available here:

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