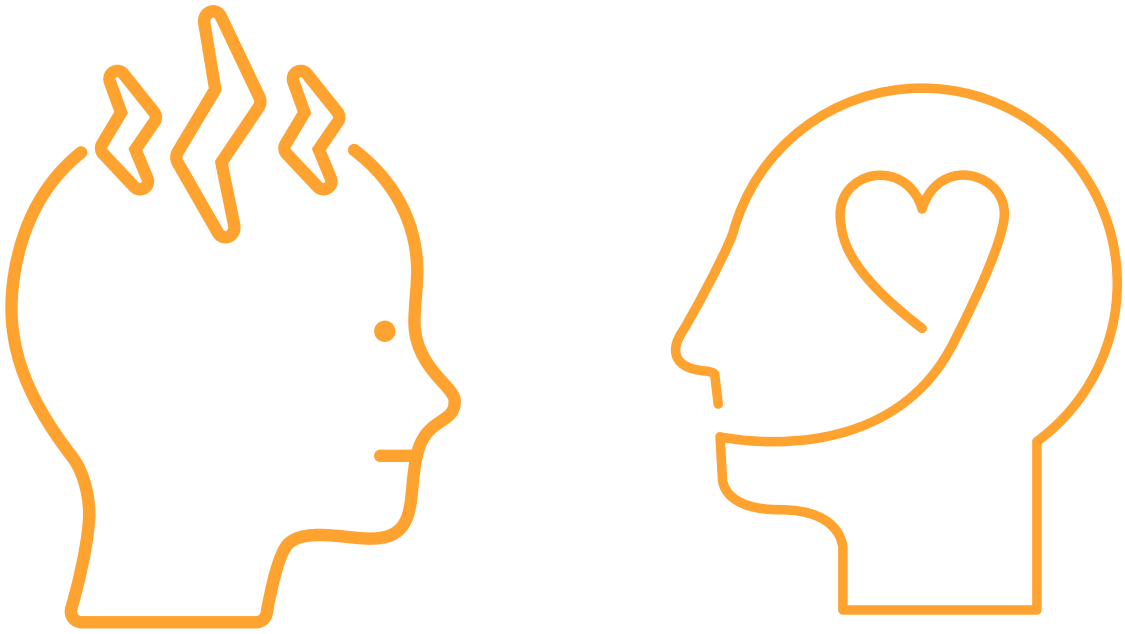
Managing Stress & Anxiety Resource Pack



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Managing Stress & Anxiety

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I can control these things so that is what I am going to focus on

1

Positive Attitude

Reminding myself of what I do have and be grateful for those things in order to look on the positive side of the challenging situation

2

Following Health Recommendations

The guidelines are set for our own and others' health and safety, so it is important to follow these recommendations so we can all stay well. Check out this site by the Department of Health: https://www.dhhs.vic.gov.au/coronavirus-covid-19-transmission-reduction-measures

3

Use Social Media in a Helpful Way

Limiting and monitoring your use of media will help manage your stress levels. Alter the way you use social media to help you stay connected with your friends, such as making a phone call rather than messaging

4

Finding Fun Things To Do At Home

Use the time you have at home to do activities that you wouldn't normally have time to do and have fun

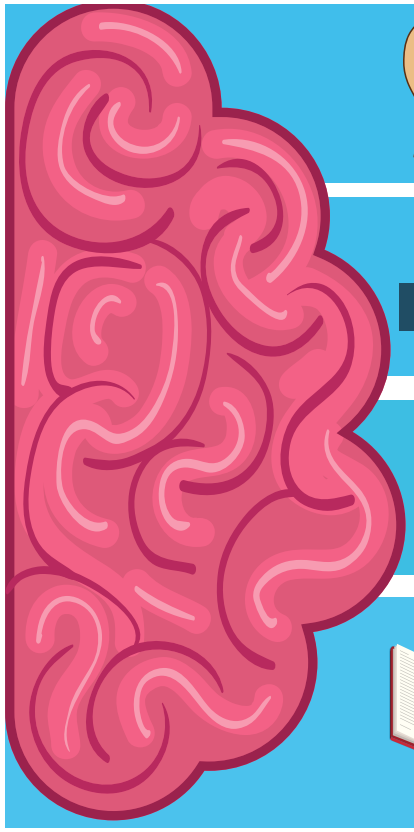
5

Strategies to Manage Stress and Anxiety

Regularly practice strategies that help manage your stress and/or anxiety

HOW TO DEAL WITH STRESS AND ANXIETY

MIND



Accept that you cannot control everything.

Try to put your stress in perspective: is it really as bad it you think?

Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get through effort.

Practice a positive attitude.

Make a conscious effort to replace negative thoughts with positive ones.

Learn what triggers your stress / anxiety.

Is it school, family, friends, or something else you can identify? Write a journal when you're feeling stressed or anxious, and look for a pattern.

BODY

Stay hydrated.

Too much caffeine and soft drinks can aggravate anxiety and trigger panic attacks. Instead, drink plenty of water to help have a clear mind.

Eat well-balanced meals.

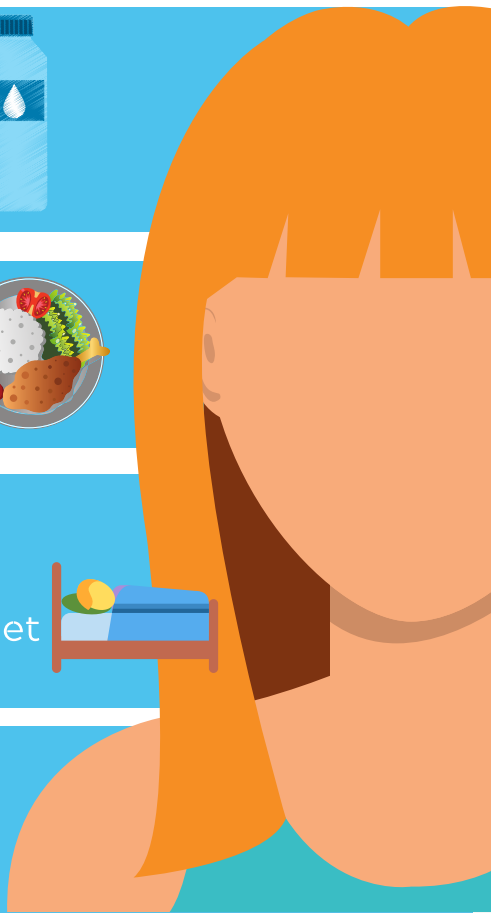
Do not skip meals and keep healthy energy-boosting snacks on hand.

Set bedtime to get enough sleep.

When stressed your body needs additional sleep and rest. It's important to go to sleep at about the same time and get 8 hours of sleep per night.

Incorporate exercise into your day.

Exercising can help you feel good and maintain your physical and mental health.



HOW TO DEAL WITH
STRESS AND ANXIETY

ACTION

Take deep breaths.

Inhale and exhale slowly throughout the day when you are feeling stressed.

Slowly count to 10.

Repeat, and count to 20 if necessary.

Listen to Guided Meditation.

Relax by being guided through a meditation, such as; Body Scan, Progressive Muscle Relaxation.

Use Calming Apps.

Make a conscious effort to use one of these apps each day: Smiling Mind, Headspace, Calm, Stop,Breath and Think, Insight Timer.

Give yourself some Self Care.

Take some time out to do the things you love and enjoy. It doesn't have to be grand just simple and accessible.

Be organised.

Being organised is a big stress killer. Have a list of what you need to do and tick each task off as you get them done.

Talk to someone.

Tell friends, family or teacher you're feeling overwhelmed. Just sharing that you're not ok right now helps.

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HELPFUL RESOURCES

Relaxation Apps

There are a range of apps to help with stress management.
See above for highly recommended apps

Kids Help Line

1800 55 1800
kidshelp.com.au
Telephone, web-based and email counselling service.
Available 24 hours, 7 days a week for young people aged up to 25 years.
Free to call from a landline.

Anxiety Recovery Centre

(03) 9830 0566
https://www.arcvic.org.au/
The ARC, located in Surrey Hills, offers a wide range of support to those experiencing anxiety. These include helpline, support groups, recovery programs.

Beyond Blue

beyondblue.org.au
Information about depressive disorders, anxiety disorders and professionals who can help
24 hour helpline that gives information and referral to services for anxiety and depression.

Black Dog Institute

https://www.blackdoginstitute.org.au/clinical-resources/anxiety
This resource provides information about anxiety, self testing, where to seek further help.

BRAVE

brave-online.com
BRAVE is an interactive, online and evidence - based cognitive behavioural therapy (CBT) for the prevention of anxiety in children and young people, with complimentary programs for parents.

Local GP

Remember your local GP can write up a Mental Health Care Plan entitling you to up to 10 visits to a psychologist (bulk billed or reduced fee with the plan).
Talking to someone is extremely helpful and an effective way to reduce stress / anxiety.

Carolyn Coyle
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