



YEAR 11, 12 and Beyond

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How not to have too many rocks in your pockets!

Today we're looking at the self-care that will support you in achieving your goals and ending your schooling physically and emotionally strong, well and healthy.

These are life skills that are practical, free and easy to do that you can carry forward with you through life - whatever your pathway.

We all have a stress tank inside us, each of us has a residual level and an optimal level which is different for each of us.

Life adds in stresses we can't control and each stress makes the level rise until it eventually overflows if we don't release the pressure.

If we add in a tap to the tank, we can release the pressure slowly and be in charge of how it happens.

So we need to look at strategies to help reduce stress in our lives, both during stressful years like years 11 and 12, and throughout our lives.

Mindfulness is focusing our attention on what's actually happening in whatever we're doing at the time, without any judgement. This allows us to create a healthy distance from our thoughts and feelings so we can have more control over them. We can then consciously respond to life in more productive ways.

Mindfulness is... training your attention muscle!



The proven benefits of mindfulness include improving your immune system and sleep, as well as just 10 minutes or more practice a day improving your study habits and academic success

10 TOP TIPS

1) Organisation

- Try to be organised (there are tools/apps available to help) Write lists etc.
- Create a study/assignment countdown
- Find a good study buddy or group
- Keep your study space neat and tidy
- Avoid procrastinating in case unforeseen circumstances arise
- Turn all of your notifications off during study time

2) Sleep 8 ½ - 9 ½ hours

Studies have shown the direct link between sleep and your health as well as academic success. The quality and quantity of your sleep can make all the difference in how productive you'll be the next day. Take time out and recharge by getting a good night's sleep.

- Create a restful place to sleep. Block out all device lights, Install blue light blockers
- Give yourself permission to go to bed
- Develop a sleep ritual and keep regular hours
- Give yourself time, ideally an hour to wind down before bed
- Exercise regularly
- Cut down on stimulants like caffeine and sugar

3) Exercise

- Do exercise you enjoy, 3 times per week for maximum benefit
- Regular exercise can help relieve tension and stress, as well as releasing endorphins
- Break it into small time slots, 5-10 minutes is fine

4) Self-reward

- Spend time with friends and family
- Remember to give yourself permission to have fun
- Positive self-talk, make up Pinterest or goal boards

5) Food

It is important to maintain good nutrition, look after your mind and body

- Low GI foods to keep you going longer
- Meal preparation - good nutrition- get your family involved
- Drink plenty of water.
- Healthy study snacks include fruit and vegetables.
- Try to avoid sugar, energy drinks, alcohol/ drugs. Reduce caffeine intake late in the day.

6) Positive self-talk

Treat yourself like you are your own best friend. Give yourself these messages

- Slow down
- Keep Calm
- Be positive
- Take it easy
- Unplug
- Enjoy life
- BREATHE and relax

7) Mindfulness

Mindfulness is training your attention muscles to be in the here and now.

- Meditation
- Yoga
- Mindful colouring or other activities
- Journaling
- Listen to music

8) Down time

Relaxation is important, schedule it in.

- Movies, massage or me time
- Going for a walk or to the beach or park
- Getting your hair/nails done
- Team sports
- Hanging out with friends, have regular breaks.
- Take time to check social media

9) Drop off what you don't need

Years 11 and 12 can be stressful. Stress = pressure placed upon us from external and internal sources. Get rid of the things that are less important during the moment.

- Postpone driving lessons or tests until after exams
- Consider cutting back hours at work, sport etc. for the rest of the school year
- Maintain a healthy balance between relationships and study
- Look at your habits, it's all about balance
- Don't burn the candle at both ends

10) Talk to someone

Asking for help is a sign of strength and knowing.

- If you or one of your friends are struggling, talk to someone, in person, online
- Friends or family who might be in similar circumstances,
- At school: School Nurse, Year co, Student Services, Psych, Chaplain, GP, Mentor

Lifestyle balance grid



Make yourself something like this positive affirmations board. Put it somewhere you'll see it, on your wall, wallpaper on your phone, a mirror etc.

Exam/Test/Assessment time

Get everything ready beforehand.

- put new batteries in your calculator, pens and pencils etc.
- Try to eat breakfast – low GI such as eggs/avocado/bananas/beans on toast
- sweet potato/noodles/rice or left over dinner are all good choices
- Water – stay hydrated
- Breathe - in for 3 out for 3 - at least 3 times
- Mindfulness- knuckles or your favourite mindfulness activity
- 1 hour brain break prior to exam – avoid stressed out people, plug yourself in
- Self-talk – breathe, slow down, you can do this

Exam/Test/Assessment - Practice strategies so they become second nature

EG before turning over the page – acknowledge brain freeze.

- Breathe
- Knuckles
- Distraction – count people wearing glasses.
- Contact including present moment – feet to the floor, bum and back to chair
- Self-talk – breathe, slow down.

If your stress tank overflows during an exam/test, start from the beginning.

Ride that wave, even if you lose 10 -15 minutes you can still recover and keep going

Below are a variety of Apps and contacts that you might find useful.

Smiling Mind

Mediation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and every day.

Breathe2Relax

A portable tool which provides information on the effects of stress on the body it includes breathing exercises to help users learn how to cope with stress.

MyCalmBeat

A brain exercise that helps improve your ability to manage stress through slow breathing to improve focus and build resilience.

7 Second Meditation

Helps you relax, focus, and de-stress every day with different reminders to take a pause from thinking and just be present.

Calm

A simple mindfulness meditation app that will bring more clarity and peace of mind into your life.

ReachOut Worry Time

Self-help for worry & anxiety.

Recharge

A 6 week programme that helps improve your general health and wellbeing.

Sleep cycle

Analyse your sleeping patterns, an alarm picks the best time in your sleep cycle to wake you

Pocket schedule

Tracks classes and assignments and helps with managing assignments

Headspace www.headspace.org.au Tel: 08 9301 8900

Kids Helpline www.kidshelp.com.au Tel: 1800 551 800

Lifeline www.lifeline.org.au Tel: 13 11 14

Samaritans www.samaritans.org.au Tel 1800 198 313

Beyond Blue www.youthbeyondblue.com

Reach out <http://au.reachout.com>

Youth Focus www.youthfocus.com.au Tel: 08 6266 4333