



HEALTHY HABITS FOR POSITIVE WELLBEING

WHILE SOCIAL DISTANCING AT HOME



"Bee" FUN

Watch a comedy that makes you laugh.
Do an activity that is REALLY enjoyable and fun for you!
Play a board game with those in your house.
Dance to your favourite song.
Limit exposure to social media and other sedentary online activities.

"Bee" PHYSICAL

Get outside at least once per day. Stand up and move throughout the day; stretch and jump around.
Eat a variety of healthy foods; fruit, veggies, whole grains and proteins.
Keep hydrated.
Get creative in the kitchen.

"Bee" SOCIAL

Facetime with friends and family to see a face and hear a voice.
Write a letter to your grandparents or other extended family members.
Morning check in with your family or friends.
Be part of the household unit by helping others with chores.

"Bee" CALM

Try these simple ideas to keep yourself calm, grounded and connected during periods of social distancing. When we're feeling uncertain or overwhelmed, we can help ourselves and others to get through tough times.

Engage in mindfulness. Listen to some calming music or take time to practise deep belly breathing.
Schedule some quiet activities in your day such as colouring, puzzles, suduko or crosswords.
Take regular breaks.
Spend time with pets or in the garden.

"Bee" GRATEFUL

At the end of the day, write three things from the day that went well for you.
Do something kind for someone else.
Call someone you feel grateful for and tell them you are thinking of them.
Set up an activity that you can look forward to tomorrow.

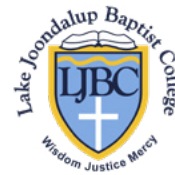
SLEEP

Have a consistent sleep routine. Go to bed and wake up at the same time each day.
Make the most of being able to sleep 8-10 hours each night.
Turn screens off 30-60 minutes before bed.
Keep your phone and other devices in another room.
A good night's sleep can be energising and help to make you feel focussed and motivated.



HOW TO TALK TO YOUR CHILDREN

ABOUT COVID-19



Lake Joondalup
Baptist College

This resource has been prepared to assist parents in emotionally supporting their children during the COVID-19 health crisis.

The present situation surrounding COVID-19 (Coronavirus) has led to an increasing level of anxiety and concern in the global community. Young people can be particularly vulnerable during periods of uncertainty and they may feel overwhelmed by the varying news reports, information and conversations they are exposed to, both offline and online. As a Community, we can work together to reassure young people that they are safe and supported by facilitating an appropriate level of open communication and providing them with consistency and factual information. Many parents are wondering how best to discuss this pandemic with their children in a way that will reassure them, but without making them feel more worried.

Parents should not avoid having a discussion with their children, as not talking about it may lead them to worry more. Although most young people will have already heard about COVID-19 (Coronavirus), it is important for parents and caregivers to take this opportunity to convey the facts surrounding it and set the emotional tone. This may help them to feel more informed and reassured. Involving young people in the family discussions encourages their self-efficacy and provides a sense of control and purpose.

Please follow this link to watch a short video on how to best approach this topic with your child:

https://ljbc.wa.schooltv.me/wellbeing_news/special-report-coronavirus



CORONAVIRUS: a guide for parents

Special Report

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TIPS FOR HAVING A DISCUSSION WITH YOUR CHILD

- **Answer** their questions (provide opportunities to answer questions in an honest, age-appropriate and calm manner to help reduce any anxiety they may be feeling).
- **Talk about how they are feeling** (explain it is normal to feel worried, listen to them and reassure them that you are there to help them with whatever may arise in the future and model calmness).
- **Keep routines** (continue engaging in an education program, exercise, eat well, sleep).
- Focus on positive messages (each day we are getting closer to the Coronavirus coming to an end, most cases are mild, lots of work is being done to develop a vaccination, hospitals are providing lots of great care and support, etc.).
- **Limit media exposure** (monitor exposure to social media reports as frequent exposure can increase their level of fear and anxiety. Try to keep discussions open, and watch/listen/read news together so you can address any questions or concerns as they arise).
- **Keep filtering the messages** the school provides to your children, so they know everyone is sharing the same experience at school and in their local community.
- **Seek support when needed** (there are many types of support available to young people and their families, including professional psychological support, online programs, telehealth and information forums). Please refer to the resources provided below.

TIPS FOR PARENTS

- **Learn the facts** (not from social media or news media, but rather from reliable authorities such as Australian Government Departments or the World Health Organisation).
- **Keep things in perspective** (remind yourself of the facts, e.g. the number of confirmed cases in Australia is low).
- **Take reasonable precautions** (follow basic hygiene principles, stay home and seek medical care if you show symptoms).
- **Practice self-care** (maintain a positive frame of mind, maintain good social connections, do things you enjoy, keep a healthy diet, regularly exercise, get quality sleep and practice relaxation exercises to settle and readjust to a calm state).

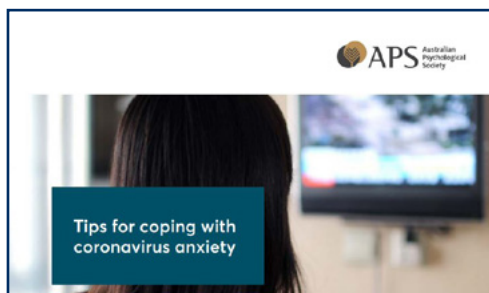
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FUTHER RESOURCES



[Psychological Society](#)



[Headspace](#)



[National Association of
School Psychologists](#)

EXTERNAL REFERRAL LINKS

[Headspace](#)

[eheadspace](#)

[Youth Beyond
Blue](#)

[R U OK?](#)

[Beyond Blue](#)

[Relationships
Australia](#)

[Mental Health
Emergency
Response Line](#)

[Health Direct](#)

[Maggie Dent](#)

[Reach Out](#)

[Sane Australia](#)

[School TV](#)

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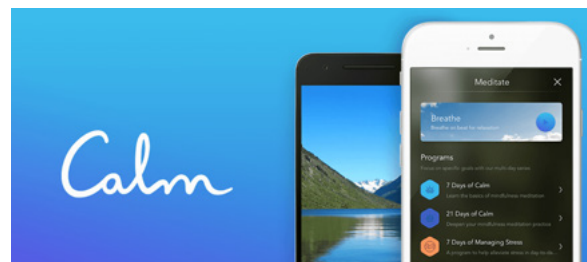


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USEFUL APPS



Smiling Mind – Australia's leading
FREE meditation app



Calm – is the #1 app for sleep,
meditation and relaxation



SUPPORT SERVICES

→ Kids Helpline	<i>For young people aged 5 to 25 years old</i>	1800 551 800 (24hrs)
→ Lifeline	<i>24 hr Crisis support and suicide prevention</i>	13 11 14
→ Youth Beyond Blue	<i>Support for youth</i>	1300 224 636 (24 hrs)
→ Beyond Blue	<i>Support for adults</i>	1300 224 636 (24 hrs)
→ eheadspace	<i>Support for youth</i>	1800 650 890
→ Relationships Australia WA	<i>Relationship support for families - Joondalup</i>	(08) 6164 0440
→ SANE Australia	<i>Supporting people with mental health issues</i>	1800 187 263
→ Crisis Care	<i>Helping people in crisis needing urgent care</i>	1800 199 008
→ Mental Health Emergency Response Line	<i>Mental Health Emergency in the community</i>	1300 555 788 (24 hrs)