

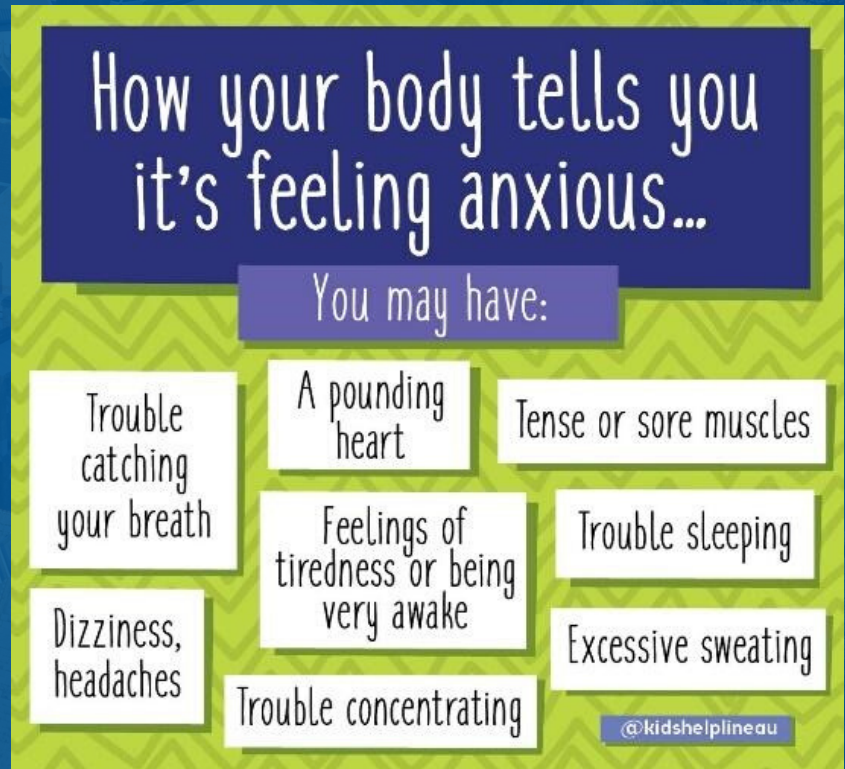
# Coping strategies for students when times are tough



Loreto  
COLLEGE BALLARAT | EST. 1875

## Tips:

- Create a routine and plan your day around your routine.
- Do things that make you feel safe; connect to people who are helpful to your wellbeing.
- Do things you've done in the past to help manage challenge and stress; reflect on your own coping strategies and write them down, put them in a place you can access daily.
- Engage in activities that promote a sense of calm and feeling grounded; mindfulness, meditation or breathing exercises.
- Ensure you are getting enough sleep (9 hours), eating a good variety of healthy foods each day, plenty of water and aiming for at least 30 – 60 minutes of exercise a day.
- Find ways to relax, spend 10 minutes a day breathing slowly and calmly or use one of the breathing apps.
- Learn something new or get creative; check YouTube for more ideas. Watch or read something uplifting.
- Limit exposure to information from social media and the news. Source positive news pages and uplifting stories instead.
- Listen to music, choose something that makes you feel good and make a playlist.
- Make a list of activities that you can do at home with your family, with siblings or by yourself.
- Practice gratitude and write a list and draw 10 good things in your life and the world. Or you could start a journal and write down 3 things you are grateful each day.
- Talk with a trusted adult if it all feels a bit much.





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## What to do when you're anxious about a pandemic

Make sure you get your info from reputable sources like the World Health Organisation (WHO) and Centers for Disease Control and Prevention (CDC)

Limit access to media to prevent feeling overwhelmed

Focus on what you can control, e.g. practice good hygiene

Know it's normal and ok to be concerned

Give your thought patterns a 'reality check', e.g. if you get stuck in a 'thinking loop', think about something else, or reassure yourself

Remind yourself to be in the present moment (anxiety is often focused in the future on 'what ifs')

Seek support if needed

Look after yourself

Stay connected with family and friends

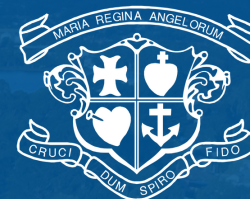
@kidshelplineau

## Free apps that may assist

- 1 Giant Mind
- Aura
- Breathr: Mindful Moments
- Calm
- Calm Harm
- Clear Fear
- DARE
- e-Couch
- Happify
- Headspace
- Health Tap
- Mindshift CBT
- MoodMissionReach Out
- Reach Out Breathe
- Reach Out Worry TimeRelax
- SAM - Self Help for Anxiety Management
- Sanvello
- Sleep Time
- Smiling Mind
- Stop, Breathe & Think
- Super Better



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## Support services

- **Headspace Ballarat** is a free, accessible and non-judgemental service for people aged 12 to 25. For more info visit [headspace.org.au/ballarat](https://headspace.org.au/ballarat) or: 28 Camp Street, Ballarat Phone: 5304 4777

Don't want to visit headspace Ballarat? Access online or phone support at eheadspace. Here you can talk 1-on-1 with an eheadspace clinician via an online chat, email or over the phone. 1800 650 890 or [www.eheadspace.org.au](https://www.eheadspace.org.au)

- **Youth Direct** - is an online directory that provides information on local youth services in Ballarat. Y-dir acknowledges and celebrates that the organisations contributing to this resource are LGBTIQ+ and Indigenous inclusive. <https://www.ydir.com.au/>
- **Kids Helpline** - <https://kidshelpline.com.au/teens> Lots and lots of information on a wide variety of topics. Check out their site. Also has webchat open 24/7 (see website for link) and email counselling [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)
- **Youth Beyond Blue** - <https://www.youthbeyondblue.com/> Lots of information for you and about supporting others. 24-hour phone chat with clinician 1300 224 636 or chat online (3pm till 12am).
- **The BRAVE Program** - <https://brave4you.psy.uq.edu.au/> is an online tool that provides teenagers with information and skills to help cope with worries and anxiety.
- **E-couch** - <https://ecouch.anu.edu.au/welcome> e-couch program includes information, exercises and a workbook to track your progress and record your experiences, and toolkits to help you improve your mood and emotional state, and tackle challenges that you may be facing.

Speak to your local doctor or General Practitioner (GP) and help make a plan for your recovery. Or you can search for a health service and GP on [healthdirect](https://www.healthdirect.gov.au)

- **Ballarat Mental Health Services** - 1300 247 647 available 24 hours a day, seven days a week
- **Orange Door** - 1300 783 341 This Government organisation connects family to appropriate services and ensures the safety of children. <https://orangedoor.vic.gov.au>
- **1800RESPECT** - 1800 737 732 A 24 hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault. Call toll-free 1800 737 732 <https://www.1800respect.org.au/>
- **Relationships Australia** - 1300 364 277 Support groups and counselling on relationships, and for abusive and abused partners. To be connected to the nearest Relationships Australia, call 1300 364 277 (for the cost of a local call) <https://www.relationshipsvictoria.com.au/services/>

**If your life or someone else's is in danger dial: 000**