

Managing Stress & Anxiety Resource Pack



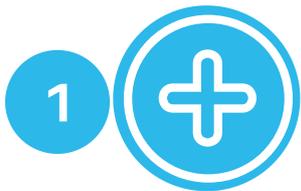
Carolyn (Cazzie) Coyle
04 0941 9961

Managing Stress & Anxiety



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

Positive Attitude



1

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

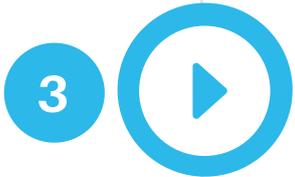
Following Health Recommendations



2

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 this includes practicing social distancing to the best of your ability

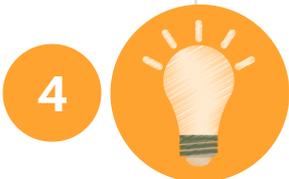
Turning Off The News and Social Media



3

Limiting and monitoring your use of media will help manage your stress levels. Identify when it is time to turn off devices and focus on positive activities / thoughts

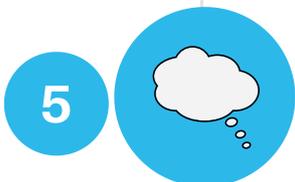
Finding Fun Things To Do At Home



4

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

Strategies to Manage Stress and Anxiety

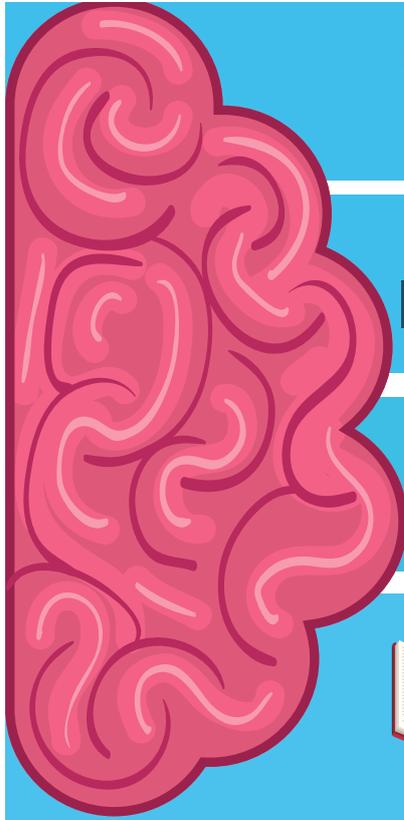


5

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 as 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

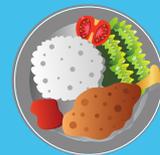
Stay hydrated.

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.



10

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.



Carolyn Coyle

projectofficer@bgkllen.org.au

0409 419 961

HELPFUL RESOURCES

mind
unwind



Relaxation Apps

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



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.



**Black Dog
Institute**

Black Dog Institute

<https://www.blackdoginstitute.org.au/clinical-resources/anxiety>

This resource provides information about anxiety, self testing, where to seek further help.

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.



kidshelp
line
Anytime Any Reason

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.



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.



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.



Carolyn Coyle

Student Wellbeing and Pathways
Coordinator

