



### HEALTHY MIND AND BODY

Take the time to look after your emotional, spiritual and physical wellbeing.

### SWITCH OFF FOR THE HOLIDAYS

(Foundation - Year 10 Students)

Look to minimise school intranet, email and device usage and connect in person with friends/family.

### KEEP A TO DO LIST

Make lists of activities you would like to do and events you would like to attend and prioritise them.

### HELPING OTHERS

Look for opportunities to give help when/where you can.

### REGULAR ROUTINES

Develop healthy routines over the holiday period related to eating, sleeping and physical activity.

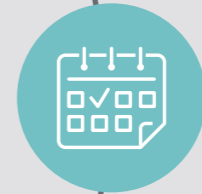
### TURN YOUR NOTIFICATIONS OFF

Switching off your smart phone alerts to reduce stress.

### KEEP A SEPARATE WORK ZONE AT HOME

If it is absolutely necessary to complete some work over the holidays, where possible, arrange your home to ensure your work and family areas do not overlap.

# HOLIDAY WELLBEING TIPS



### GET THE RIGHT BALANCE (VCE Students)

A three week mid-year break if planned well will enable you to recharge but also stay connected to your studies. Please speak to your teachers, Tutor or HOY if you would like assistance planning your break.

### MAKE YOUR HOLIDAYS FUN

It is easy to get drawn into school/work tasks if you sit around the house bored over the holidays. Make time for yourself and do things you enjoy.

### MEDITATE

Mindfulness meditation can help you live in the moment and may even improve your powers of concentration. Try 10 minutes of meditation using your favourite mindfulness app e.g. Smiling Mind.

### START A NEW HOBBY

Find something to put your energy into that will keep your mind off school/work.

### READ A BOOK

That's not on your English course. Just for fun.