

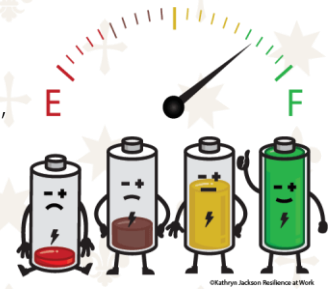
COUNSELLORS CORNER



School Holidays

I don't know about you, but we feel as though term one has flown by! We hope that all students have settled into the school year and feel proud of what they have achieved this term. I think we are all starting to feel the fatigue of the term, feeling a bit drained and looking forward to a well-earned break!

Have you noticed that when you've got a flat battery, it can be harder to think straight or make good choices and it's easier to overreact to the little things that go wrong? These are examples of why it's important to take the time to slow down and take care of yourself. These school holidays, make sure you take some time to recharge your batteries so that you can feel prepared and flourish in term two. If your battery is fully charged (100 per cent) then you're likely to be mostly feeling good, functioning well, and connecting with your friends.



Pay attention to the things that help you feel good and recharge your battery so that you can add them to your tool kit of everyday choices.

Need a few ideas?

- Walk around the block (even if it's raining – wrap up warm)
- Do a 10-minute online yoga workout
- Stand or sit in the sunshine and savour the feeling of warmth
- Stroke a pet
- Draw a picture of something special to you
- Use a breathing app to help you relax
- Count the flowers in the garden outside
- Watch an inspiring TED talk
- Sit outside and listen to the sounds around you

- Phone a friend who makes you smile (phone, don't text)
- Start a Sudoku puzzle or crossword
- Read your favourite book
- Take a power nap
- Breathe deeply
- Watch a short video that makes you belly laugh
- Find something from every colour of the rainbow in your house
- Write your own prayer of thanks
- Write a thank you letter to somebody you care about

We hope that all students and their families have a restful and rejuvenating break and look forward to seeing you in term two. For students and families who might need some additional support over the school holiday break, these sources might be of benefit.

For Students:

- [MindMap](#) support young people to navigate Canberra's mental health system and find mental health services, supports and resources (12pm-11pm/7 days)
- [headspace online mental health service](#) speak with professional counsellors over the phone or webchat (9am-1am/7 days)

- [13YARN](#) (13 92 76, available 24/7) Aboriginal and Torres Strait Islander Support crisis support phone line
- [Kids Helpline](#) (1800 55 1800, available 24/7)
- headspace [How to stay healthy over the holidays](#)
- Reach Out [Ways to chill for cheap](#)

For Parents:

- Headspace factsheet [Keeping healthy over the holidays - for friends and family](#)
- [Reach Out Parents](#) has information for parents and carers on a range of topics.
- [Raising Children](#) has tips and advice around a range of topics that can assist parents in supporting young people.
- Beyond Blue has some tips on [supporting healthy home and habits](#) and [how to talk about mental health](#) if you are wanting to start a conversation with your young person
- ReachOut has a [One-on-one support service](#) which provides free coaching to parents and carers of teenagers.
- Parentline ACT provides telephone counselling to parents and carers. Call 02 6287 3833, Monday to Friday 9am-4pm
- If you need immediate support and assistance call Access Mental Health on 1800 629 354 or 6205 1065 24 hours, 7 days a week.

If you or your loved one are in a life-threatening situation, please call 000 immediately.



Merici College offers School Counselling on campus throughout the school year and is delivered by qualified mental health professionals with experience working with young people who have mental health concerns. As school counsellors, it is our role to serve the educational enterprise of the school by fostering conditions that maximise educational equity, student wellbeing and learning success of all students.

School Counselling is a short-term, goal-focused therapy available to support students to reduce the impact that their mental health is having on their learning and life. It is important to know that School Counselling is not a long-term support service and is therefore not always able to provide the length or depth of support that some students may need to maximise their chance of recovery.

Should you feel that your daughter may benefit from accessing school counselling, please speak with your daughter's house co-ordinator or email us on: counsellors@merici.act.edu.au.

Hannah Johnson and Chelsea Kent
Merici College Counsellors