



Nepean Creative & Performing Arts High School

Mr M Foord, Principal
115-119 Great Western Highway
Emu Plains, NSW, 2750
Locked Bag 6004, Emu Plains 2750
Phone: (02) 4728 7200
Fax: (02) 4735 6141

Email: nepean-h.school@det.nsw.edu.au
Website: www.nepeancapahigh.nsw.edu.au

Wellbeing at home

Maintaining wellbeing during this time may be a challenge given that so many aspects of our life are changing. It is important for students to manage their stress levels by using positive self-talk, exercise, healthy eating, connection with their friends, and finding ways to enjoy meaningful activities.

Take some time to check the tips below and include in your activity everyday. (Adapted from [HeadSpace](#))

Tip 1 - Get into life

Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of accomplishment and purpose, boost your confidence and help to connect with others. Setting and achieving goals builds confidence and self-worth.

Tip 2 - Learn skills for tough times

There are a lot of different strategies that can help you to manage difficult thoughts and feelings. Things like taking a digital detox or writing things down can help you handle challenging times. Another thing to try is deep breathing. During stressful times, it can help to stop, take a moment, and try and get some space from the situation in your mind.

Tip 3 - Create connections

Feeling connected to others is an essential part of being human. Spend time with friends, family and people in your community can really strengthen your mental health and wellbeing.

Tip 4 - Eat well

When you think of improving your mental health, you may not always consider changing the food you eat. But there's a strong link between what we eat and how we feel! Stay hydrated and enjoy a healthy diet with a variety of fruit, veggies, nuts and wholegrains can help improve mental health. Click on the link for recipe ideas <https://headspace.org.au/assets/Uploads/healthy-headspace-recipe-cards.pdf>

Tip 5 - Stay active

Staying active can help you to sleep better, manage stress and boost your mood. Find a way to keep active that you enjoy and incorporate this into your regular routine. Whatever it is, start small, and make sure it's something you enjoy.

Tip 6 - Get enough sleep

Getting enough sleep is good for your brain and body. It improves your mood, sharpens your concentration and increases resilience. Reducing things that keep you from restful sleep – like noise or light that keeps you awake, or active stuff like social media before bed – will help you improve your sleep.