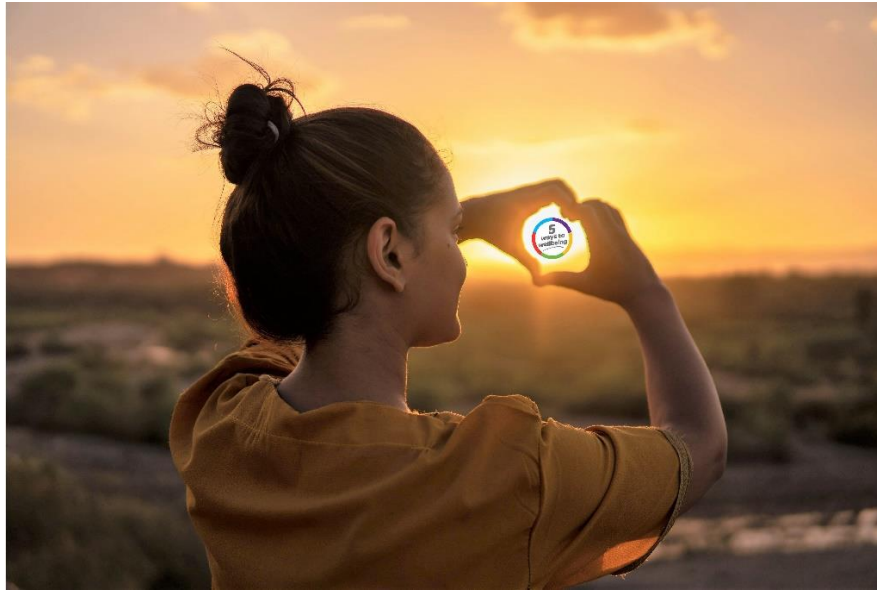




bendigo
Community Health
services



5 Ways to Wellbeing Resource Pack

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Better health and wellbeing across the generations

PURPOSE

The Covid-19 Pandemic has had an overwhelming impact on many people throughout the community, from those working or studying from home to our frontline healthcare workers.

Everyone is experiencing this change in a different way. This resource pack will help to offer information on how to maintain your mental wellbeing. As part of the 5 Ways to Wellbeing, one area of focus is 'Take Notice', which entails taking time to stop and look around you, paying attention to your thoughts and feelings, which can help to positively influence your thinking and approach to life's challenges.

The aim of this resource pack is to educate and build your abilities to focus on mindfulness, stress, anxiety, your own mental health and taking notice of your surroundings. This pack will provide different resources for more information on this topic, as well as a variety of exercises you can easily do at home.



Who is this pack for?

This pack was created for use by the wider community. As many people are being affected by this Pandemic, many could benefit from a pack including families, young children, students and older people.

There are many resources online about mental health and how to cope during stressful times, but it can be difficult to know what to look for, therefore this pack has been compiled to provide access to this information easily to support for the needs of the community.



This pack will focus on three key areas for the 'Take Notice' Wellbeing area:

- Taking Notice
- Practicing Mindfulness
- Reducing Stress and Anxiety

Looking after yourself.

We have taken care to include resources from reputable organisations.

Please be mindful when accessing the links that they may contain information that could be distressing.

This resource pack is not a clinical guide to providing mental health interventions for those in the community and is instead is a quick, easily accessible guide for information on mental wellbeing.

If you need immediate crisis support, these following sources are available for you to access:

- Lifeline: 13 11 14
- Kids Helpline: 1800 55 1800
- Beyond Blue Coronavirus Mental Wellbeing Support Service: 1800 512 348

At-Home Activities

These are some strategies on ways you can manage stress, anxiety and your overall mental health from home. The activities are aimed at variety of audiences, so there is something for everyone.

For the General Community:

- Take a walk in your community.
- Start a vegetable/fruit garden (or a herb garden if you don't have a lot of space).
- Do some art! You can do a variety of art from painting to drawing.
- Re-organise a spot in your house! De-cluttering your home and making it clean and tidy will not only give you something to keep busy but will also help in reducing anxiety and stress!
- Bake/Cook a new recipe you have been wanting to try out or something you've never made!
- Make a mindfulness journal; you can write down your schedule, write about the good things that happened during your day, etc. This is a great resource: <https://declutterthemind.com/blog/mindfulness-journals/>
- Organise a video call with a family member/friend/neighbour.

For the kids:

- Have them tell you something they are grateful for every morning/night.
- Have them take a picture of something cool they found outside (a bug, plant, the sky, etc.)
- Do arts and crafts with them.
- Get them involved in the kitchen, have them help you while you bake or measure out ingredients for you. This is a great way to get them involved with what you are doing.
- Play a game together. This could be something as simple as hide-and-seek or more complex like a board game.
- Read a book together.

For the teens/young adults:

- Pick up a new hobby (instrument, sewing, cooking, art, etc.)
- Read a book.
- Call a friend and talk about your day.
- Take a break from studying and spend time with your family.

Taking Notice

These following resources provide information on the importance of taking notice, what to look out for, how to practice it in everyday life and additional resources.

[Be Mindful of the World Around You](#)

Author: Queensland Government

Who is it for: General Community

Brief overview: A brief overview of how taking notice is important to your mental health and how practicing it in your daily life can be helpful. This page also includes a link to some tips on how to do this.

[Take Notice](#)

Author: South Australia Government

Who is it for: General Community

Brief Overview: This page focuses on taking notice by getting more in touch with our surroundings and using your environment to improve your own wellbeing, as well as provides a video on the 'Take Notice' way to wellbeing.

[Children, Young People and Mental Health](#)

Author: Victoria Government (Better Health)

Who is it for: Young children

Brief Overview: This resource focuses on the strain that younger children and teens might face while growing up and the importance of understanding their own mental health better, as well as promoting good mental health for this age group.

[#Dismoment](#)

Author: The Resilience Project

Who is it for: General Community

Brief Overview: This project focuses on taking notice by looking around you and being grateful for what you have, no matter how small, and using the key word "dis", as a way

to show that. It encourages sharing these things with family and friends by connecting on social media.

Practicing Mindfulness

Mindfulness is a good strategy for dealing with anxiety and stress, and these resources not only discuss what mindfulness is, but how it can impact your mental health and how you can use it in your everyday life.

Mindfulness

Author: SANE Australia

Who is it for: General Community

Brief Overview: This resource provides an general information on what mindfulness is, how it works, the different ways it can be used, the effects and limits of it and how to use it.

Yes, Mindfulness is really a thing

Author: Beyond Blue

Who is it for: General Community

Brief Overview: This resource gives a brief overview of what mindfulness is, and provides an anecdote from the writer on their use of it in practice.

So, what is mindfulness?

Author: Aruma

Who is it for: General Community

Brief Overview: This is another great resource on information about mindfulness, but goes into a little more detail about how its' used, some exercises you can do with detailed explanations and additional resources to help reduce stress.

Reducing Stress and Anxiety

Taking notice is important for your mental health, but it is also equally important to have the ability and knowledge on how to reduce stress and anxiety and manage your mental health on a daily basis.

[How to Manage and Reduce Stress](#)

Author: Mental Health Foundation

Who is it for: General Community

Brief Overview: This resource gives an in-depth look at what stress is, tips to manage it, how you can identify it and how it might have an impact on your life.

[10 Stress Busters](#)

Author: NHS

Who is it for: General Community

Brief Overview: This resource looks at 10 different ways you can manage your stress, with each way giving an insightful brief on how it can help you and additional resources to provide more information.

[How to Manage Your Anxiety and Stress](#)

Author: ReachOut

Who is it for: General Community

Brief Overview: This is another page with tips to manage anxiety and stress, but this one is a bit different as it shows resources in an engaging way with helpful breathing techniques and animations. The site offers plenty of extra mental health resources.

[Working from home: A mental health checklist for you](#)

Author: Black Dog Institute

Who is it for: General Community

Brief Overview: This page is highly relevant and useful for today's situation considering the COVID-19 Pandemic. Many of us are stuck at home, and that can have a huge impact on our mental health as we get used to the many changes in our lives. This provides tips and information on how to manage your stress and anxiety levels from your home.

Mindfulness

Author: Mind

Who is it for: General Community

Creating Your Own Mindfulness Exercise

Author: Living Well

Who is it for: General Community

Exercise Your Way to Wellbeing

Author: Beyond Blue

Who is it for: General Community

Healthy Break Activities

Author: Workplace Strategies for Mental Health

Who is it for: At-home workers/office workers

Mindfulness- Kids

Author: The Resilience Project

Who is it for: Children

5 Ways to Deal With Anxiety

Author: TeensHealth

Who is it for: Teens/Young Adults

Mindfulness- Teens

Author: The Resilience Project

Who is it for: Teens/Young Adults

Resources by Group

General Community

[Exercise Your Way to Wellbeing](#)
[Creating Your Own Mindfulness Exercise](#)

[Mindfulness\(MIND\)](#)

[Working from home: A checklist to support your mental health](#)

[How to Manage Your Anxiety and Stress](#)

[10 Stress Busters](#)

[How to Manage and Reduce Stress](#)

[So, what is mindfulness?](#)

[Yes, Mindfulness is really a thing](#)

[Mindfulness \(SANE\)](#)

[#Dismoment](#)

[Take Notice](#)

[Be Mindful of the World Around You.](#)

[Healthy Break Activities](#)

Young Children/Teens

[Mindfulness- Teens](#)

[5 Ways to Deal With Anxiety](#)

[Mindfulness- Kids](#)

[Children, Young People and Mental Health](#)

At Home Workers

[Healthy Break Activities](#)