

ULTIMATE GUIDE TO WELLBEING

Presented to YOU by Yuyan Ma & Luna Kan

Special thanks to Mr. McCormack and Mr. Mackinnon

WHAT IS WELLBEING?

Wellbeing is also known as wellness, which ultimately means that it is positive for the person. There are different types of wellbeing: mental wellbeing and physical wellbeing, they are both interconnected with each other. Below is an acronym to help you.

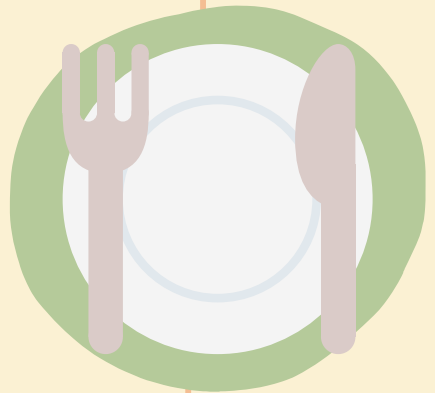


MESSE

Move - Being active charges your body, each and every step you take helps. Brain breaks are essential. Taking a small break between your study sessions by standing up, going out for a ride, following meditation/yoga videos or dancing your heart out following kpop music videos online can all help. As the release of endorphins hormones can help improve your mood studying will not cause a significant amount of stress anymore!

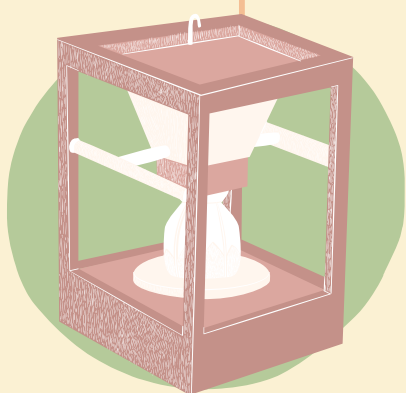
MESSE

Eat properly- Your parents are right! (You all are going to know what I'm going to say!) You absolutely have to eat at least 3 meals a day! **AND DO NOT SKIP MEALS BECAUSE OF STUDY.** Your brain isn't going to be able to make those neural connections with the minimal amount of fuel you give it!



MESSE

Sleep - We get it, there are only 24 hours in a day, and there are so many other 'meaningful' things you could be doing with your life. But if you're only taking zzzz and not zzzzzzzzzz, you won't be at your best. And all the time you stay up studying will be a big fat waste of time! So get your essential 7-8hrs of sleep each day, to feel refreshed and ready to tackle new challenges that come your way.



MESSE

Socialise - Although burying your head in the mountains of books and living in the high achieving academics mindset may seem like the right thing to do during this period of our schooling career, it's not. A small amount of stress can accumulate into A LOT when you're not keeping a tab, so make sure you make time to stay connected with your family and friends and don't let school define your life.



MESSE

Escape - We've all been there; when the panic study monster hits you and you feel as if the only escape you have is to study, especially when you, begin to feel guilty for taking breaks. Having something else rather than your academics to enjoy is also super important. Give yourself permission to catch your breath; maybe you could watch the new Netflix series that everyone is talking about (like that Squid Game phase we all had), read a book you always wanted to start, or download that game that you longed to play. Your mind would thank you.



JMSS CAN HELP WITH YOUR **WELLBEING**

On the next 2 pages you will be introduced to the well-being programme at JMSS

WHAT IS THE JMSS WELLBEING PROGRAMME?



At JMSS, student wellbeing is at the heart of everything we do. Whilst we are proud of our distinguished reputation of academic excellence, we also recognise and act on an understanding that student wellbeing is critical to learning. Central to student wellbeing is the development and sustainability of positive relationships. JMSS staff are committed to understanding the needs of young people and to nurture a genuine sense of care, not only for each other, but as people who will be equipped to face life's challenges and make a positive contribution in the world.

WHAT DO THEY DO?

Counselling:

- Individual and group counselling
- Mediations
- Parent Meetings
- Referrals to external agencies
- Liaison with external agencies
- State School Relief Uniform Applications
- Referrals for psycho-educational assessments



Education Support:

- Work in classrooms and behind-the-scenes in supporting teachers to ensure the best learning outcomes for students.
- Liaise with students and teachers to find ways to manage workload, organisation and other challenges in daily school life.
- Individual Learning plans

WE CARE ABOUT YOU!



The Well-being team believes in partnering with teachers, students and their families.

Together as one, they aim to find the best possible ways to support the different needs of the students to ensure a balance between learning progress, output and wellbeing.

REFERRAL PROCESS

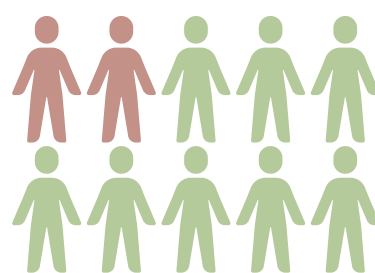
A referral can be made to the Wellbeing Team by:

- JMSS staff
- Parents/Guardians
- External Workers/Agencies
- Self-referrals
- House Leaders/House Mentors

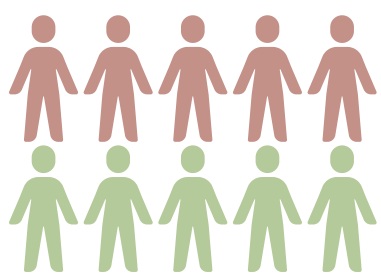


SO HOW ARE YOU FEELING?

The 2018 VSHAWS (Victorian Student Health and Wellbeing Survey) mentioned that students who showed high levels of depressive symptoms was about 20% (increased from 2016 -18% and 2014- 16%)



Based on a study called "Mobility and School Functioning in the Early Grades" it is mentioned that students who move schools often have harder adjustments and more frequent behavioural problems.



50% of all mental illness begins by age 14

If you feel as if you have not been yourself lately, please do not hesitate to seek help.



Remember, not all friendships will last forever!

The people you might have hung out with in Term 1 might drift away, but that is totally normal. Please do not hesitate to receive help regarding relationships advice.

THIS IS ABOUT YOU!

How are you feeling? Do you see yourself as being in one of those categories?

Helpful Contacts outside JMSS

- Kids helpline: 1800 551 800
- Online Counselling Services: 1800 737 732
- Suicide Helpline 1300 651 251
- Mental health: 1800 187 263
- Eating Disorder: 1800 334 673
- Family Drug Help: 1300 660 068
- Youth Substance Abuse: 1800 458 685
- Child Abuse Prevention: 1800 688 009

Activities

Here are some activities which could help you clear your mind:

- meditation
- exercise
- journaling
- get outside
- prioritise rest
- connect with others
- invest time into your hobbies

Q&A Section

Q1

COMPETITION BETWEEN STUDENTS BEING EXCESSIVELY HIGH

- Everyone is just doing their best and you shouldn't compare yourself with others
- No one here is to compare you to other people, everyone here wants to support each other :)
- I actually found that everyone has their strengths and weaknesses

- Everyone is so #nice, its so easy to make friends
- Literally walk up to anyone and start a conversation
- I was so scared I wouldn't have friends... but now I have more friends than I could have ever wished for :D
- I was worried about making friends but it soon faded away because everyone here is nice
- I worried about making new friends. But absolutely not, everyone here is so sweet and easy to approach

Q2

NOT HAVING FRIENDS OR NOT FITTING IN

- Was stressed about the workload but you get used to it overtime :))
- Adjusting to the workload required patients and getting into a routine
- You could use some of your travel time to do things
- Make a timetable!! Watch productive vlogs and then you will get into the mood for some study! It works (*~ ~*)
- It's okay to ask for extensions and help from the teachers or even your peers, they're all happy to help and with the workload... I know a lot of people make selective school sound tough and I wouldn't sugarcoat it but the work is manageable and the teachers are super nice.

Q3

HAVING A LARGER WORKLOAD

- Side concern: I thought all the teachers were going to be so strict but they're the most chill

Q4

TEACHER DANGER

- Taking a break from school completely for an afternoon or even a day (and forget about school completely), even though it's hard, can really help you reset
- Even if study gets hard, if it is reasonable to try to push through instead of overthinking it, everyone has those days. The work you produce doesn't have to be perfect (because no one is perfect, we're all humans), but it would be nice to have your best attempts.
- Listen to music. It helps with stress.

Q5

LEARN TO SAY "NO"

Some Healthy Recipes

Perfect little snacks that you could make during your study breaks! (we all love those snack breaks)



Easy Berry Smoothie Recipe (gather your ingredients & blend!)

- 100g frozen berries
- 1/2 frozen banana
- chopped 1/2 cup
- (95g) vanilla yoghurt 1/3 cup (80ml) skim milk
- 2 tbsp raw muesli or rolled oats
- 1 tbsp almond butter

5 Ingredient Mug Cake (gather your ingredients and microwave for 3mins)

- 2 tablespoons self-raising flour
- 2 tablespoons cocoa powder
- 1 egg
- 2½ tablespoons caster (superfine) sugar
- 2 tablespoons milk

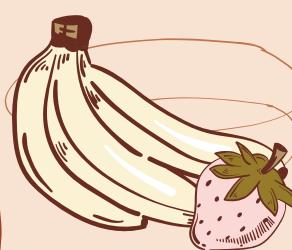


Zucchini Chips (Toss together and air fry/oven for as long as they take to turn nice and crispy :D)

- One zucchini (thinly sliced)
- A tablespoon of olive oil
- A dash of salt and black pepper

The ramen (throw in some fish cakes/spam/egg/cheese for that extra spice!)

We all love a good late-night bowl of ramen. But if you happen to have a pot nearby, you can add some spice to your noodles by either boiling some veggies/fish cakes along with a soup based noodle, or fry an egg/spam to top it off.



Fruits

Arguably the most delicious and easiest study break snack to make. Just wash up some fruits or peel a banana and enjoy!