

**50**

YEARS: 1970 - 2020



**Grace College**

The University of Queensland

*Mental  
health  
week*

2020



# CONTENTS

03 Self-Care Bingo

04 What is Mindfulness?

05 Mindfulness 5-4-3-2-1

06 Mindful Meditation Exercise

07 Tips for Positive Mental Health

08 The Corona Course

10 30 days of Flowers

13 Journal Writing

14 Where to go for help?

16 Self-Care Check-In





# SELF-CARE *Bingo*

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
EXERCISED	MEDITATED	ATE A HEALTHY MEAL	PLAYED WITH A/MY PET	DID A CUCUMBER EYE MASK
TOOK A BREAK	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TAMED NEGATIVE THOUGHTS	LISTENED TO MUSIC	DROPPED A HABIT
TOOK A MENTAL HEALTH DAY	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED COMPASSION



## WHAT IS MINDFULNESS?

Mindfulness is about being aware, being accepting, and being kind to yourself and others as you navigate your way through life. Living mindfully is learning to value 'being' as much as you value 'doing'.

Mindful people are able to accept that life won't always be easy, and they're willing to roll with the punches when things don't go to plan. They live on their own terms, without being overly caught up in what everyone else is doing.

The basic principles of mindfulness include:

- Awareness: of your senses, your environment, your thoughts and your physical experience.
- Savouring the moment: not worrying about what happened before, or what might happen next.
- Being non-judgemental: allowing things to be as they are.

- Practising compassion and acceptance: learning to be considerate of ourselves and others.

It is incredibly easy to get caught up in all of the pressures on our time and so much information overload that it's increasingly challenging to stay centred, calm and focused. Instead we may feel anxious, vague or off-balance - like we're always catching up.

Meditation and mindfulness are not exactly the same thing. Mindfulness describes the state of being, while meditation is the practice where you either sit or move in a mindful way to increase your awareness and to help quieten your mind. In order to cultivate a more mindful approach to life, ideally you should meditate every day. Even five minutes will give you a boost. There is no wrong way to meditate; just making the time is all that matters.

# MINDFULNESS 5-4-3-2-1

---

IF YOU ARE FEELING ANXIOUS, TRY LOOKING AT YOUR SURROUNDINGS AND FIND THE FOLLOWING LIST OF THINGS TO MAKE YOU FEEL MORE CALM AND GROUNDED.

5 THINGS YOU CAN SEE  
4 THINGS YOU CAN TOUCH  
3 THINGS YOU CAN HEAR  
2 THINGS YOU CAN SMELL  
1 THING YOU CAN TASTE



## MINDFUL MEDITATION EXERCISE

Find a quiet place where you won't be interrupted and take a seat in a comfy chair. Close your eyes and bring your awareness to your breath. It's likely that as you try to focus on the breath, you'll notice how busy your mind is. This is completely normal. Allow your thought to be there and then take your attention back to your breathing. You might find that it helps to picture your mind as a sky and the random thoughts as clouds that you gently blow away when you exhale.

Imagine you can follow the path of the breath from outside the body and, as you do, pay close attention to all of the aspects of your breathing. Notice the sound of the breath, the temperature of the breath, the rise and fall of your abdomen, the movement in your belly as your lungs fill with air. Follow all of these sensations as the breath leaves your body too.

If you're comfortable to continue with a focus on your breathing, use the breath as your 'object of focus' throughout the rest of your meditation. If this feels uncomfortable in any way, try using a mantra instead: repeat a word or phrase silently under your breath for the duration of your meditation. For example, you could use the word 'release'. You don't need to say the words out loud, just repeat them silently. Think of the sound as an anchor to help focus the attention in the mind.

Continue to practise for as long as you feel comfortable, or set an alarm that uses a gentle tone such as a chime. There are a range of free meditation time apps online.

At the end of your meditation, open your eyes and take in your surroundings. Take the time to bring your perspective back from your meditation into your real life and feel the positive influence it will have. You might even like to visualise your day and how you approach it.

# TIPS FOR POSITIVE MENTAL HEALTH



## *Connect with Others*

Develop and maintain strong relationships with people around you who will support and enrich your life.



## *Deal with Stress*

Be aware of what triggers your stress and how you react. You may be able to avoid some of the triggers and learn to prepare for or manage others.

## *Ask for Help*

Everyone's life journey has bumpy bits and the people around you can help. At the back of this booklet are the details of various organisations that can help you no matter what you are going through.



## *Take Care of Yourself*

Be active and eat well – these help maintain a healthy body.



## *Rest and Refresh*

Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. However, feelings of fatigue can still set in if you feel constantly rushed and overwhelmed when you are awake. Allow yourself some unfocussed time each day to refresh; for example, let your mind wander, daydream or simply watch the clouds go by for a while. It's OK to add 'do nothing' to your to-do list!



## *Challenge Yourself*

Learn a new skill or take on a challenge to meet a goal.



## *Take Time to Enjoy*

Set aside time for activities, hobbies and projects you enjoy.



## *Contribute to Your Community*

We live in a great community here at Grace! Which gives us lots of opportunities, especially during this Covid time, to help out a neighbour or do something nice for a friend. An effort to improve the lives of others is sure to improve your life too.



## *Notice the Here and Now*

Take a moment each day to notice each of your senses. Try to be in the moment – feel the sun and wind on your face and notice the air you are breathing. It's easy to be caught up thinking about the past or planning for the future instead of experiencing the present.





# THE CORONA COURSE

At Grace College we recognise that COVID19's impact is much bigger than just classes going online and things being closed. We know it has a deep impact on us as humans and the way we feel about our safety, security and connection to others.

So that's why we've partnered with human behaviour expert and Chief Confidence Hacker, Anita van Rooyen to provide you with free access to "*The Corona Course*".

This online course provides lifelong skills that help to build resilience and confidence for exams, job interviews and in life itself, so I encourage you to register using your unique single-use code (on next page) at [www.social-wellbeing.com](http://www.social-wellbeing.com).

The course will also help you to:

- Understand and manage fears and uncertainty
- Tame ranting self-talk
- Build powerful new habits and ways of being
- Get more done with less effort
- Create useful new life blueprints to follow
- And so much more

Each lesson is only about 15 minutes long - perfect to watch while having breakfast - and for those that want more, there's worksheets and links to additional content to really boost your outcomes and understanding.

Everything that Anita shares in her course is backed by proven models and strategies to help you move from fearful to fearless... while still having fun at the same time - like a dance at the end of each lesson - because there should always be time for fun!

All the staff are registering too, because we all need extra support right now.

# Steps to access the Corona Course

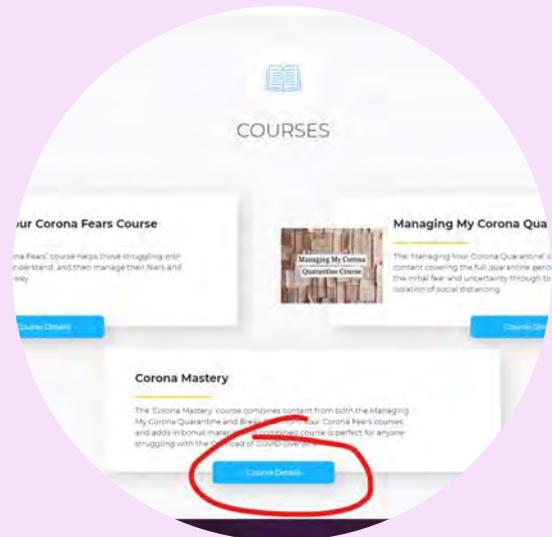
## STEP 1:

Go to [www.social-wellbeing.com](http://www.social-wellbeing.com) and click on "View Our Courses".



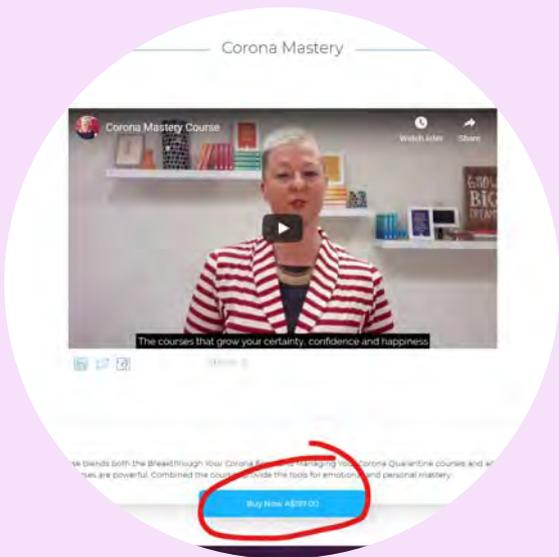
## STEP 2:

Click on "Course Details" for Corona Mastery.



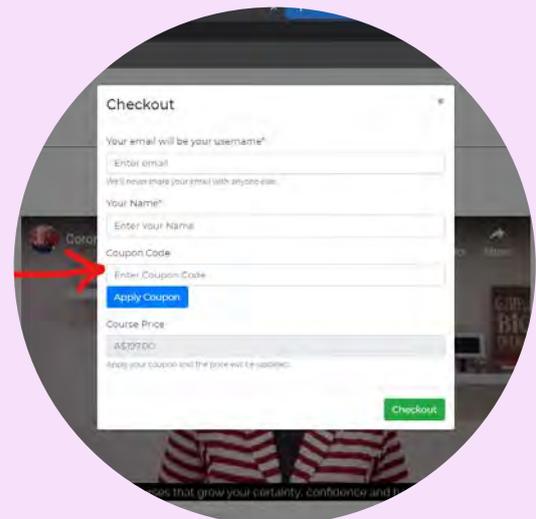
## STEP 3:

Click on "Buy Now...".



## STEP 4:

Enter your details, the coupon code below and click "Apply Coupon". The price should change to \$0.00. Then click on "Checkout" and follow any other steps that come up (e.g. select a password...etc.)





## 30 Days of Flowers

*Colour a flower a day for 30 days.*

*Colour Monday - Friday*

*Use the weekends to catch-up if you need to.*

*Keep track of your progress*

*by colouring a circle each day you complete a flower.*

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

#30daysofflowers

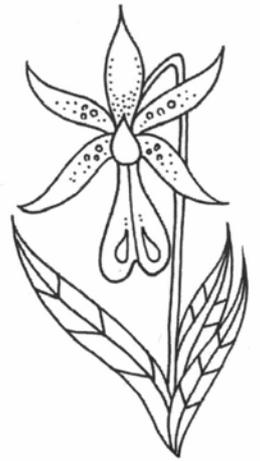
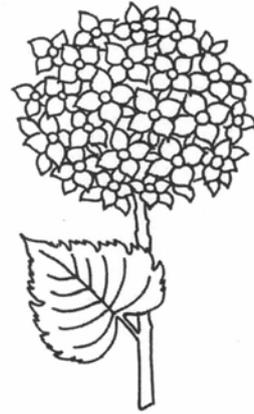
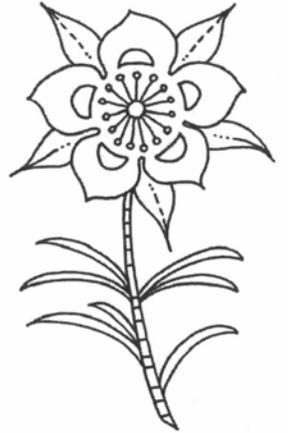
from the colouring book 'World of Flowers'

Johanna Basford



#30daysofflowers  
from the colouring book 'World of Flowers'

Johanna Basford



#30daysofflowers  
from the colouring book 'World of Flowers'

Johanna Basford

# Journal Writing

## THINKING ABOUT BEING THANKFUL

Writing a journal helps you recognize your own feelings over certain things or events, no matter how mundane. For this exercise, set aside five minutes to write down five positive experiences that have happened for you today. It might be as simple as you felt positive when you shared a joke with a fellow Gracie or you phoned a friend you had been meaning to catch up with.



*An exercise to help with Sleeplessness*  
Try the 4-7-8 breathing method to help relax.  
- Breathe in for 4 seconds.  
- Hold your breath for 7 seconds.  
- Breathe out for 8 seconds.  
- Repeat at least 4 times (or longer if you're still feeling agitated).

# WHERE TO GO FOR HELP?

## MENTAL HEALTH RESOURCES

### HERE AT GRACE

All of the staff are here to help and support you through anything you may be going through. Anita, Laura and Roxy are always available for a chat or to help you to find any information or resources you need. We love to hear from you and want you to know that you definitely aren't a burden by coming and talking to us about what's going on in your lives :-)

**RA on Duty (on weekends, public holidays and Mon-Fri after 6pm):**

Dial "8" on any Grace phone or 0418 797 438

**Staff Duty phone (one of Anita, Roxy or Laura always has the phone):**

Dial "21" on any Grace phone or 0408 846 042



## UNIVERSITY SERVICES

### UQ COUNSELLING

Crisis Line: 1300 851 998 UQ Security (07) 3365 3333

<https://my.uq.edu.au/information-and-services/student-support/health-and-wellbeing/mental-health-and-emotional-support/counselling>

Free for UQ Students.

### QUT COUNSELLING

[www.qut.edu.au/about/contact/groups/student-counselling](http://www.qut.edu.au/about/contact/groups/student-counselling)

Free for QUT Students.

### GRIFFITH COUNSELLING

1300 785 442 or text 0488 884 146 [www.griffith.edu.au/student-support/counselling](http://www.griffith.edu.au/student-support/counselling)

Free for Griffith students.

## NATIONAL CRISIS LINES & ONLINE SERVICES

### LIFELINE – PHONE AND ONLINE CHAT

13 11 14 [www.lifeline.org.au/crisischat](http://www.lifeline.org.au/crisischat)

Free 24/7 telephone crisis support, as well as online one-one-one crisis support (7pm-Midnight AEDT). Lifeline also has a range of online self-help tool kits and fact sheets covering issues such as mental illness, depression, suicide prevention, anxiety and more.

### SUICIDE CALL BACK SERVICE – PHONE AND ONLINE CHAT

1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

Free 24/7 professional telephone and online crisis counselling service for anyone at risk or affected by suicide, as well as online resources and information.

### KIDS HELPLINE – PHONE AND ONLINE CHAT

1800 55 1800 [www.kidshelp.com.au](http://www.kidshelp.com.au)

Free 24/7 telephone, web-chat and email counselling for young people up to 25 years.

### BEYONDBLUE SUPPORT SERVICE - PHONE AND ONLINE CHAT

1300 224 636 [www.beyondblue.org.au/get-support](http://www.beyondblue.org.au/get-support)

Free 24/7 telephone counselling service and online chat (3pm-midnight AEST). It provides online information on depression, anxiety and related disorders, as well as available treatments and where to get help.

### QLD MENTAL HEALTH CRISIS NUMBER (24/7)

1300 642 555 MH CALL Triage Service

### NATIONAL SEXUAL ASSAULT, FAMILY AND DOMESTIC VIOLENCE COUNSELLING SERVICE

1800 RESPECT (737 732)

24/7 confidential telephone counselling about domestic violence.





### SANE AUSTRALIA – PHONE AND ONLINE CHAT

1800 18 7263 [www.sane.org](http://www.sane.org)

Free phone and email chat available 10am-10pm Mon-Fri. It provides advice, information and referral for people concerned about mental illness and suicide prevention.

### HEADSPACE (EHEADSPACE ONLINE SUPPORT) – PHONE AND ONLINE CHAT

1800 650 890 (phone currently not available due to Covid-19) [www.headspace.org.au](http://www.headspace.org.au)

Available 7 days a week, 9am-1am (Melbourne time). Headspace is the National Youth Mental Health Foundation providing free online support for 12-25 year olds, including mental health, physical health, work and study support and alcohol and other drug services.

### REACHOUT.COM

[www.reachout.com](http://www.reachout.com)

Free online crisis and mental health information for young people 14-25 years. It's a great place to start if you're not sure where to look. It's got information, stories and discussions on everything from finding your motivation, to getting through really tough times.

### QLIFE – PHONE AND ONLINE CHAT

1800 184 527 [www qlife.org.au](http://www qlife.org.au)

Free phone and online chat service for LGBTIQ+ people. Available 7 days a week, 3pm-Midnight to people of all ages, sexualities and genders. The website also has some very useful guides.

### TOUCHBASE

[www.touchbase.org.au](http://www.touchbase.org.au)

This is a website that is packed with resources about mental health and substance use relevant to LGBTIQ+ Australians. It includes harm minimisation practices for decreasing risk associated with substances and sexual health.

### THE BUTTERFLY FOUNDATION – PHONE AND ONLINE CHAT

1800 33 4673 [www.butterfly.org.au](http://www.butterfly.org.au)

Free phone and online chat available 7 days a week, 8am-Midnight AEST. It is a support service for anyone with an eating disorder or their loved ones. The website has excellent resources and information. There are many dangerous websites about eating disorders, so if you need to look anything up or help someone this website is definitely where you go.

### CANTEEN

1800 835 932 [www.canteen.org.au](http://www.canteen.org.au)

Provides free support for young people (12-25yrs) with cancer or someone close to them has cancer. This is an excellent organisation to contact, they have many online resources and opportunities for you to connect with other young people who know what you're going through.

### THE BLACK DOG INSTITUTE

[www.blackdog.org.au](http://www.blackdog.org.au)

The Black Dog Institute is a not-for-profit organisation offering specialist expertise in a range of disorders, including depression and bipolar disorder. This clinic service is based in Sydney and is not free (you will need a GP referral) however it has excellent free online resources. You can also use the Institute's online self-assessment tool and resources.

## NON-ENGLISH SPEAKING AND INTERNATIONAL SUPPORT

### BEFRIENDERS WORLDWIDE

[www.befrienders.org](http://www.befrienders.org)

Provides free information about suicide and emotional support services worldwide in multiple languages.

### TRANSLATING INTERPRETING SERVICES (TIS) NATIONAL

131 450 (within Australia) +61 3 9268 8332 (outside Australia)

[www.tisnational.gov.au](http://www.tisnational.gov.au)

Free telephone and on-site interpreting service for people who don't speak English and for people supporting them.

### EMBRACE MULTICULTURAL MENTAL HEALTH IN AUSTRALIA

[www.embracementalhealth.org.au](http://www.embracementalhealth.org.au)

Free translated mental health resources and information.

## RECOMMENDED PAID SERVICES

### LILLEY PLACE COUNSELLING

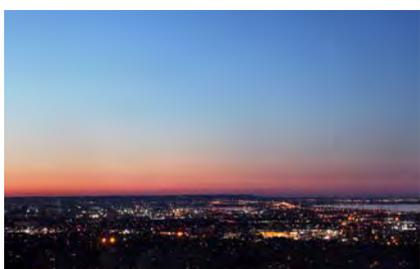
(07) 3378 9130 [www.lilleyplace.com.au](http://www.lilleyplace.com.au)

Located in Indooroopilly Shopping Centre, you will need a GP Referral to receive a medicare rebate however there are still out of pocket costs.

### PAPERCRAKE COUNSELLING

(07) 3269 3018 [www.papercranecounselling.com](http://www.papercranecounselling.com)

At the moment they are offering all online psychology sessions and also bulk-billing all sessions with a GP referral.



# Self-Care Check-In

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO  
TAKE CARE OF YOURSELF.

- EAT THREE MAIN MEALS
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- WATCH A MOVIE
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- CHAT TO A FAMILY MEMBER
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESH
- CUDDLE A PET OR RUDY
- TRY SOMETHING NEW
- READ A BOOK

Make it a habit to take care of yourself