

A low-angle, upward-looking photograph of a person riding a bicycle. The person is wearing a white t-shirt and blue jeans with a colorful waistband. The background is a bright blue sky filled with white, fluffy clouds. The bicycle's front wheel and handlebars are visible in the lower portion of the frame.

HOLIDAY SURVIVAL

**Planning for
your wellbeing
over the break**

Contacts:

Kids Helpline

1800 551 800

www.kidshelp.com.au

Youthbeyondblue

1300 224 636

Reachout

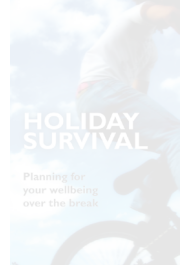
au.reachout.com

Headspace

www.headspace.org.au

MAKING THE DAY WORK FOR ME

This page is to help you plan for the holidays and keep your days on track.
The plan covers activities you will enjoy, self care and someone to call if you get stuck.



THIS HOLIDAY I WOULD LIKE TO GO TO/

TRY:

- Activity:
- Event:
- Class:.....
- Movies:.....
- Volunteer:.....
- Beach:.....
- Join an online forum eg reachout.com
- Other:.....

I KNOW IF I GET STRESSED, I CAN CALL:

Name:.....Ph.....

Name:Ph.....

Name:.....Ph.....

THE THINGS I CAN DO TO COPE WHEN FEELING STRESSED

ARE: (eg activities that make you feel more relaxed)

.....

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.....

I WOULD LIKE MY DAILY ROUTINE TO INCLUDE:

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(Maybe you want to let these people know that you might call on them and what you might need eg for them to listen, to call a helpline or counsellor with you.)

Beating boredom

There are lots of options for holiday activities including FREE things to do. You can contact:

A youth worker through your local area Council

Search 'Youth Worker' on your local council website

Or talk to your School Counsellor to find help finding the right service for you

.....

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HOLIDAY SURVIVAL

Not everyone looks forward to the holidays

Holidays are not always the happy and fun time that we would like them to be.

This card has been designed to help you plan to make the most of your break. Please fill this out with your counsellor.

What can I do to get through?

Have a list of who to contact if you need to (use the opposite side of this card if you like).

Busy vs Bored: Have a balance between keeping busy so you don't get bored, and enough relaxation time to not feel stressed. And get enough sleep- about 8 or 9 hours a night. Remember to use what has worked in the past, whether this is time out from stressful situations, relaxation etc

Medications: Many services close over the break, so if you need to renew a prescription or buy medications, get them before the public holidays

Getting going: Don't forget the importance of physical activity on your mood, plan some walking, swimming or something else you like for 15-30 minutes a day

Outings and Activities: Plan a regular outing or activity for each day or week. Routine is important, even in holidays. Plans don't have to be brilliant, just ok. Don't forget the public holidays when many activities or services will not be open.

sometimes we need help to get through the holidays



10 TIPS TO STRESS LESS 10

- LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES** (Wonder Ticket)
- GO FOR A WALK WITH A FRIEND** (Park Pass)
- FOCUS MORE ON THINGS YOU CAN CONTROL** (Enjoy Ride)
- ASK FOR HELP** (Super Multi Pass)
- YOU GIVE SOMEONE A NICE COMPLIMENT** (Carte Blanche)
- GET INVOLVED WITH A CAUSE YOU BELIEVE IN** (Good For Ticket)
- REMINISCE ABOUT GOOD TIMES** (Winning Ticket)
- GO TO BED EARLIER** (Dream Ticket)
- BREATHE** (Free Air Ticket)
- TAKE A DANCE CLASS** (Very Important Ticket)

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MENTAL HEALTH ASSOCIATION NSW 1300 794 991
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