

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.

School-Link



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.

10 TIPS TO STRESS LESS 10

- LE WONDER TICKET** LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES
- PARK PASS** GO FOR A WALK WITH A FRIEND
- ENJOY THE RIDE** FOCUS MORE ON THINGS YOU CAN CONTROL
- SUPER MULTIPASS** ASK FOR HELP
- CARTIE BLANCHE** YOU GIVE SOMEONE A NICE COMPLIMENT HAVE A SMILE
- A GOOD FOR YOU TICKET** GET INVOLVED WITH A CAUSE YOU BELIEVE IN
- WINNING TICKET** REMI-NISCE ABOUT GOOD TIMES
- DREAM TICKET** GO TO BED EARLIER
- FREE AIR TICKET** BREATHE
- VERY IMPORTANT PERSON** TAKE A DANCE CLASS

VISIT WWW.MENTALHEALTH.ASN.AU
MENTAL HEALTH ASSOCIATION NSW 1300 794 991
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MAKING THE DAY WORK FOR ME

This page is to help you plan for the holidays and keep your well-being in check. The plan covers activities you will enjoy, self care and someone to call if you get stuck.

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THIS HOLIDAY I WOULD LIKE TO GO TO/ TRY:

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

THE THINGS I CAN DO TO COPE WHEN FEELING STRESSED ARE: (eg meditation, stress management skills)

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.....

I KNOW IF I GET STRESSED, I CAN CALL:

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

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 etc.)

Beating boredom

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

Your local council youth coordinator:
(www.lgsa.org.au/www/html/134-council-websites.asp)

Your local youth service:.....
(Call your School-Link Coordinator on 97369853 for help finding the right service for you)

Events at: www.goplay.nsw.gov.au

Plan your budget, transport and time management for these events

