



PURPOSE

A free printable isolation survival guide to support individuals during the COVID-19 disruptions.

THIS GUIDE INCLUDES THE FOLLOWING:

NUTRITIONAL SUPPORT

Mindful Brekky / Pumpkin Soup / Winter Super Foods / Herbal tea guide

SELF-EXPRESSION ACTIVITIES

Heart mapping activity / Positive self-talk activity / Find your superhero activity
Positive and negative thought clouds activity / You're in control activity

WELLBEING SUPPORT

Steps to a peaceful nights sleep
5 things to do when you are feeling down
30 days of self-care printable / Gratitude printable
Take what you need activity.
Guided mindfulness meditation - by Loren
Three quick steps to mindful awareness / Kids Nature Breathing activity

COMMUNITY SUPPORT

Resources and helpful links / Community Q and A
Daily Routines

STAY SAFE AND CONNECTED

This free 'Isolation Survival Guide' pack has been developed and produced by Box Hill Institute Community Services Diploma and Cert IV Mental Health students Karina Stone, Linda Twite, Mary Elli Barkla, Naomi Rentmeester, Loren Whitefield and Saskia Shepherd to community members during the Covid - 19 distributions.



We acknowledge Aboriginal and Torres Strait Islander people as the traditional custodians of the land upon us. We pay our respects to the Elders of the past, present and future and acknowledge their spiritual connection to Country.

MINDFUL BREKKY



Steaming hot porridge is like a big warm hug on a cold day, it's perfect when you have time to put it on the stove and watch it bubble away, not only does it taste good but it is actually good for you, there are lots of benefits to a bowl of porridge but one of the least known ones is that it soothes your nervous system and can give you a boost when feeling down.

To start the day with a bowl full of mindful porridge you will need:

Ingredients:

½ cup of Oats
1 pinch of salt
1 cup of water
Milk of your choice (optional)
Brown sugar or honey (sweetener of your choice)

Method:

Place 1/2 cup of oats and a pinch of salt into a small pot and slowly pour one cup of water over the oats. Place on the stove over a medium flame and slowly stir the oats with a wooden spoon until they come to a boil.

While you are stirring think about the feeling of the spoon in your hands and the warmth rising from the pot, check in with your breathing, is it slow or fast?
It doesn't matter what it's doing just feel it and be aware of it.

When the pot boils turn the heat down as low as it will go. If the porridge is too thick for your liking you can add another ½ a cup of water and stir it in.

As the porridge bubbles away notice the shapes of the holes bubbling like a gentle natural geyser, then the holes closing again. See what shapes you can find in the simmering porridge.

Once the oats have cooked (depending on the type it will take between two and ten minutes) slowly pour the porridge into a bowl and add your choice of milk/s and some brown sugar or honey (whatever sweetener you have at home is fine)

Give the porridge a slow swirl with a spoon and sit down in your favourite spot to eat. Feel the warmth of the food as you eat it flowing down to your stomach and remind yourself you are safe and warm.

After you have finished, quietly reflect for a moment the process of nurturing yourself for breakfast. Smile and have a good day.

Written by: Mary Elli Barkla



ROASTED PUMPKIN AND COCONUT SOUP



Ingredients:

1 kilo of Kent or Jap pumpkin
You can use any pumpkin you have, the flavour will change slightly
1 tablespoon of olive oil
2 sticks of celery sliced
3 carrots sliced
2 medium potatoes diced
2 massel chicken style stock cubes
1 litre of water
400ml coconut milk
Salt and pepper to taste
Coriander to garnish

Method:

Pre heat oven 200 degrees.
Peel and chop pumpkin into 5-7cm pieces.
Place pumpkin on a lined baking tray and bake in oven for one hour, turning after 30 minutes.
This can be done ahead of time if preferred.
Heat oil in a heavy bottom saucepan,
Add sliced and chopped celery, carrot and potato to saucepan and brown until edges start to soften stirring continuously.
Once browned add stock cubes and water.
Bring to the boil then turn heat down to a simmer.
Simmer for 30 minutes.
Add 400ml of coconut milk and roasted pumpkin and stir to combine milk with liquid in saucepan.
Cook for a further hour stirring occasionally, as the pumpkin breaks down the soup will become thicker.
Check all vegetables are cooked through, if firm cook for another 20 minutes.
Take soup off stove and blend with a stick blender or electric beater until smooth.
If you don't have a blender or electric mixer you can use a potato masher or fork to mash the vegetables until smooth.
If soup is too thick add 500mls of water and return to the stove until soup begins to bubble.
Season with salt and pepper to taste.
Sprinkle with fresh chopped Coriander.

Written by: Mary Elli Barkla



WINTER SUPERFOODS



As the cold weather approaches it is important to keep our immune system in the best condition that we can. Eating foods that are in season ensures we are eating foods that contain the vitamins and minerals we need for this time of the year. Here are some favourite nutrient dense foods that are yum and good for you right now.

1. Avocado

A good source of minerals; Magnesium, Potassium, Calcium, Phosphorus and Sodium, Chlorine and Sulphur. Rich in B vitamins and beta carotene and packed full of good fats. A single food packed full of goodness that has Zero glycemic index. Just some of the benefits are, safe for diabetics, natural nourishment for the nervous system and skin, and said to be positive for healthy cholesterol levels.

2. Beetroot

The blood builder, blood cleanser, tonic and all-around good guy, containing manganese for memory as well as a good supply of magnesium, potassium and sodium for nerves and regulating body fluid. Recently the juice made a popular comeback as part of a health regime helping lower pressure. Can be eaten raw, steamed or roasted. Has a particular taste often described as earthy.

3. Broccoli

Low in calories and high in nutrients. Rich in Magnesium, Iron, Vitamin C, Calcium and Phosphorus, Indole-3-carbon. Best eaten fresh so try not to keep it in the fridge too long before eating and do not overcook. The antioxidant properties are said to be great for the prevention of heart disease and anti-inflammatory for the body.

4. Cabbage

The hero ingredient of Sauerkraut, which is fermented cabbage leaves, containing enzymes and bacteria helpful to the gut. The raw juice has traditionally been used as a treatment for stomach ulcers due to its demulcent properties. (Which means that it coats the gut with a protective barrier for a while). Contains Sulphur, Chlorine, Chlorophyll and a substance called Vitamin U. Surprisingly nutritious for the humble vegetable that it is.

5. Ginger

A warming spice that is used in sweet and savoury cooking, great for digestion and digestive upsets including nausea, motion sickness, morning sickness and used through the ages to ward off a cold or stop a chill. Gingerol ([6]-gingerol) is a substance found in ginger that is said to have anti-inflammatory properties that are good for joint pain. Add to food or a cup of boiling water for a soothing tea.

6. Kale

Think kale, think Vitamin K one of the highest sources of K1 in any food. A great versatile winter veggie that you can juice, steam, bake, or shred. Like all green veggies has chlorophyll, potassium Vit C, some B vitamins, potassium and fibre. Kale chips are a popular snack that are savoury and tasty with all the green goodness.

7. Lemon

A classic remedy for Cold and Flu, cure for Scurvy and internal cleanser. One of the most popular flavours around the world in sweet or savoury cooking, high in citric acid and Vitamin C. Also contains Sulphur, Calcium and Sodium. Have a squeeze in a glass of water, hot or cold every morning before food for a healthy start to the day, great for digestion, regularity and staying on top of winter lurgies.

8. Oranges and other citrus

Mostly known for their Vitamin C content and for curing scurvy in the olden days (1747) they also contain a substance called bioflavonoids which help Vit.C to absorb in the body and support blood capillaries. Citrus is low on the glycemic index. Orange (44) is a bit higher than Lemon (25), Lime (24) and Grapefruit (24). Grapefruit reduces body acidity. Eat an orange whole for the best benefits of the juice and fibre.

9. Oats

Have been used for over 3000 years, we usually purchase them already steamed and rolled ready to go. One of the biggest claims to health are the beta glucans which are part of the fibre. Beta glucans are good for cholesterol and balancing blood sugar. There is also a range of minerals and B vitamins. Herbalists use a tincture of the plant for depression and debility. Skin conditions can be soothed by adding oats in a stocking or open weave bag to the bath. A bowl of oats in the morning will set you up for the day.

10. Sweet potato

Not to be confused with the white potato, the bright orange colour is due to the high amounts of beta carotene. A very versatile vegetable that can be steamed, roasted and has even been used as a base for a chocolate brownie. The great goodness in them is fibre, potassium and small amounts of magnesium, phosphate and folate. A great antioxidant food.

Written by: Mary Elli Barkla

HERBAL TEA GUIDE



Drinking more coffee or tea than usual?

Herbal tea can be a tasty and refreshing alternative without the caffeine.

The word herb generally refers to the leaves and flowers of a plant. Herbs are aromatic, tasty and have a gentle effect on the mind and body depending on the herb. A lot of the knowledge of herbs goes back to the beginning of time with different cultures using local plants for a variety of reasons.

These days you can go to a local supermarket or health food store and find a plentiful supply of herbal teas, loose leaf or teabags. Here are some popular teas readily available.

Chamomile

This herb is known worldwide, it has long been used for calming a nervous stomach and is wonderful to drink before bed, it helps to 'let go of the day that has just been'. It can also be used as a mouthwash.

Gentle enough for children to drink.

Dandelion

Is very bitter, both the herb and the roots are used. When the root is roasted it is commonly called dandelion coffee and can be used as a substitute for coffee, even a latte. The dried root and leaves are used as a tea for liverish problems, good to have after too much fatty food and alcohol.

Elder flower/berry

The berries, flowers and leaves historically have been drunk when a cold or flu is present and is said to be helpful for drying up a runny nose although the pleasant thing about elderberries and elder flowers are the aromatic smell and flavour.

Ginger.

Technically not a herb because the root of the plant is used but delicious in a cup of boiling water for digestive issues and to warm the whole body. Ginger will help your circulation and is great for nausea, travel sickness and morning sickness.

Holy Basil (tulsi tea)

Not as well-known as other herbs, Holy basil is native to India/ South East Asia but has recently become popular in Australia as an alternative to coffee and tea It has a long history of therapeutic use in India where it is considered to be a tonic for the mind body and spirit.

Lemon balm

An excellent tea for digestive upsets associated with anxiousness, great for the stresses of modern-day life, it is also helpful for pains in the stomach of both adults and children, lemon balm is great for helping get a good night sleep.

Liquorice or Licorice

The root is used, so technically not the herb of the plant. Licorice is pleasant tasting and is often drunk when there is a cough and sore throat, it is a great soothing drink when you feel tired and exhausted from long term stress

Peppermint.

A most popular tea for its fresh flavour and uplifting effect, great for that sleepy time in the afternoon to clear the mind and pep you up. Peppermint is also used to relieve indigestion, colic and to calm the nerves.

Spearmint

Is also known as common garden mint, the flavour is mild compared to peppermint due to the different amounts of menthol in the plants. The tea is pleasant hot or cold with a sweet taste, usually used for nausea and helping with relaxation.

Written by: Mary Elli Barkla

POSITIVE SELF-TALK ACTIVITY.



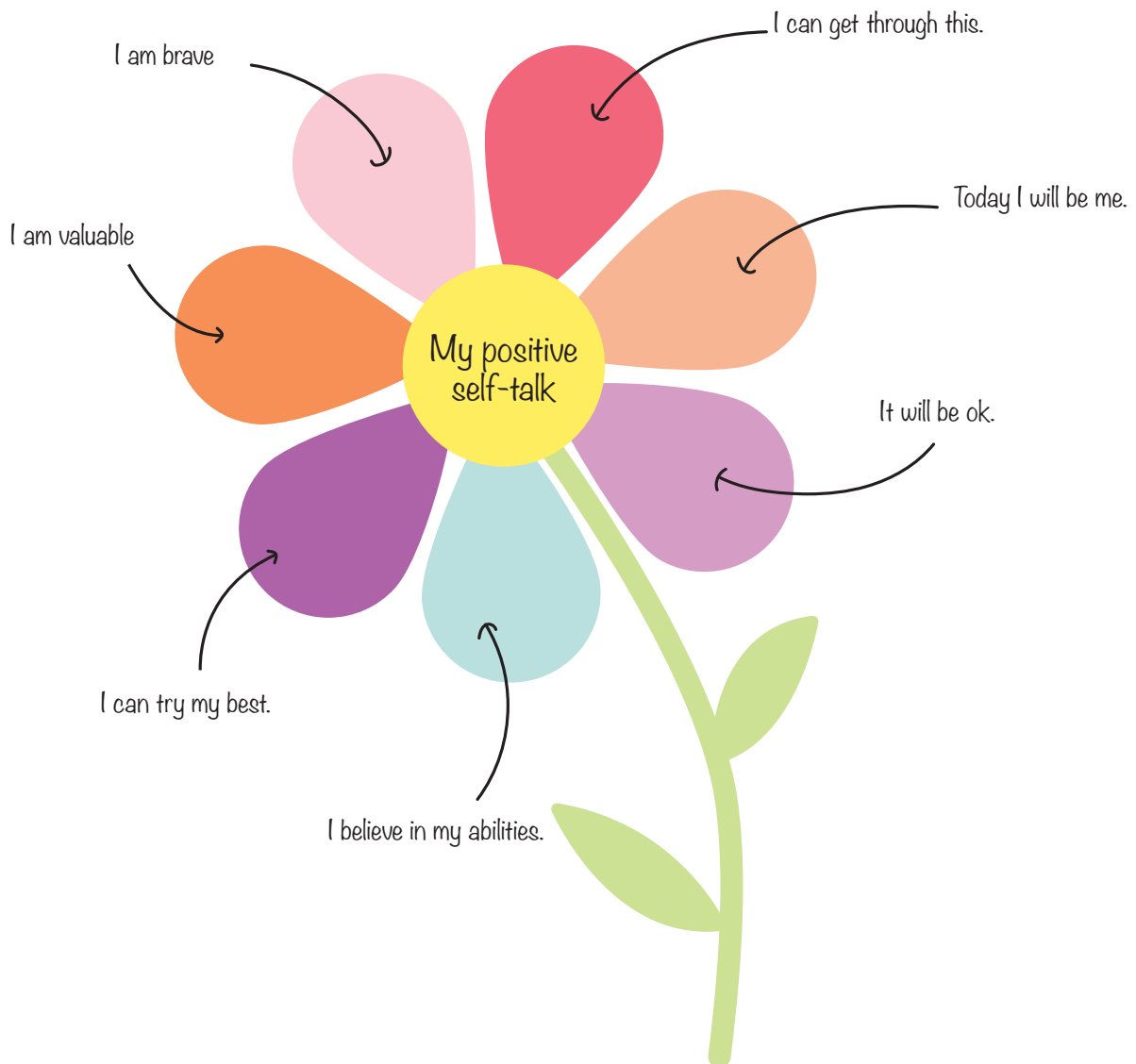
Using the 'watch me bloom' flower template try practicing positive self-talk.

This activity can help you to feel better about yourself and is a powerful tool that can help to:

- Reduce stress.
- Cope with difficult emotions.
 - Improve self-esteem.
 - Support self-confidence.
- Motivate and improve productivity.
- Build better relationships.

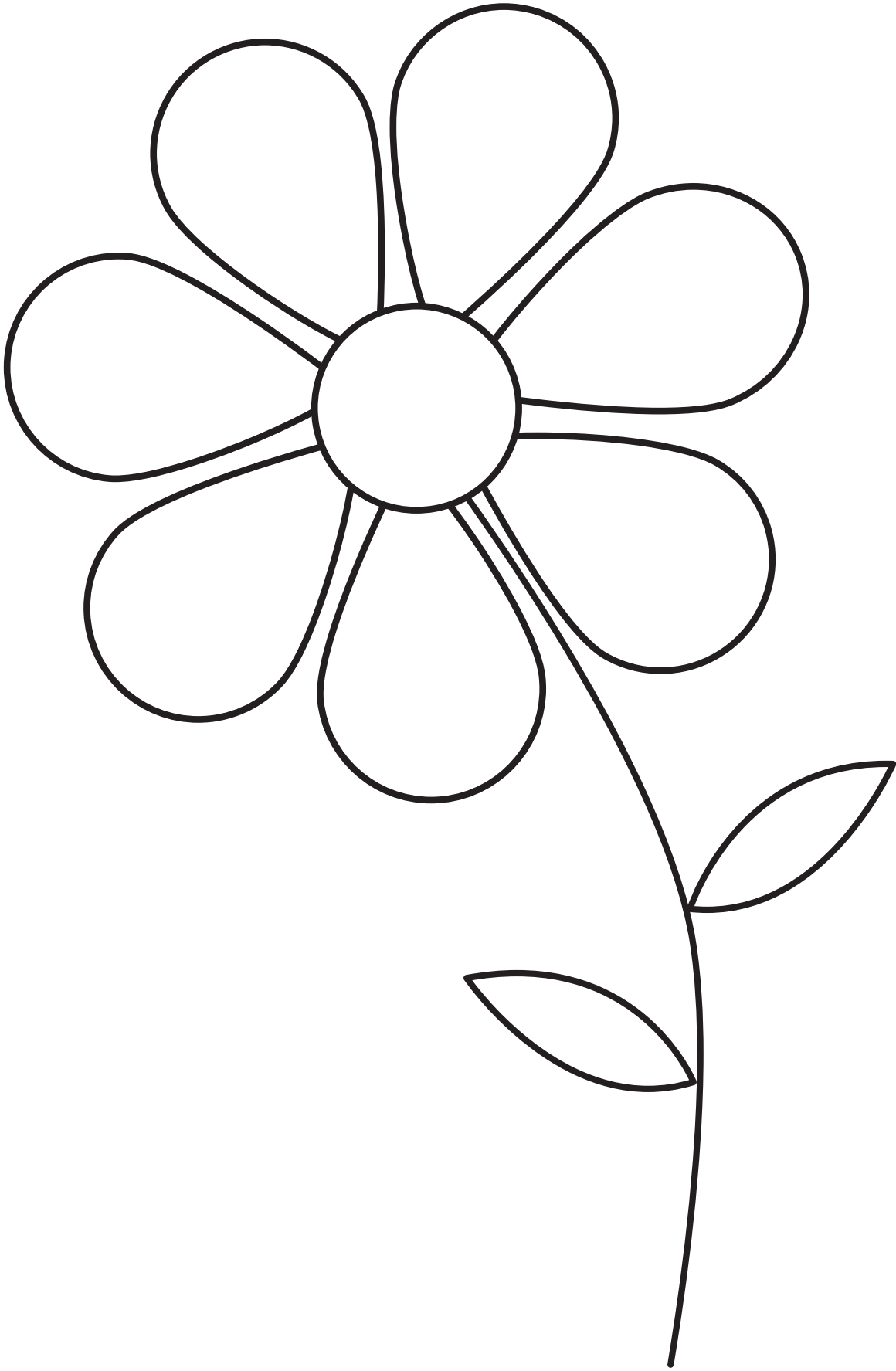
By the end of this activity, you will have several positive self-talk affirmations that you can recall helping you feel better about yourself. Fold back your petals and reveal each one to watch your unique flower bloom just like the flowers in your garden during springtime.

Written and illustrated by: Linda Twite (Open Heart Studio).



OPEN HEART STUDIO

WATCH ME BLOOM FLOWER PRINTABLE



OPEN HEART STUDIO

FIND YOUR OWN SUPERHERO



Choose 3 people that you admire, write their name down
They can be a famous musician, actor, family member or your best friend.

1. _____

2. _____

3. _____

Write 3 things that you admire the most about each person next to their name.
Now write the nine things in order from most important to least important, it's okay if you have written the same thing twice.

Name:	Name:	Name:
_____	_____	_____
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

Did you know?

What you say about others says a lot about you.

You can only see in others, traits that you have yourself, otherwise your brain doesn't register them.

A favourite saying is

What you see in another is the secret you keep about yourself.

Now finish the following sentences with the things you admired about others.

I am _____.

I carry _____ in me.

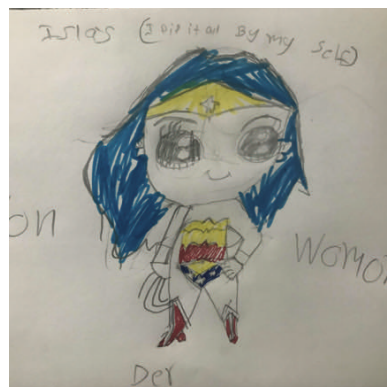
My strengths are _____

My admirable qualities are _____

Congratulations

You have now created your very own superhero. Knowing that these are the strengths (superpowers) that you have inside, you can tap into them whenever you are feeling anxious, scared, stressed or depressed.

Written by: Mary Elli Barkla



YOU ARE IN CONTROL ACTIVITY



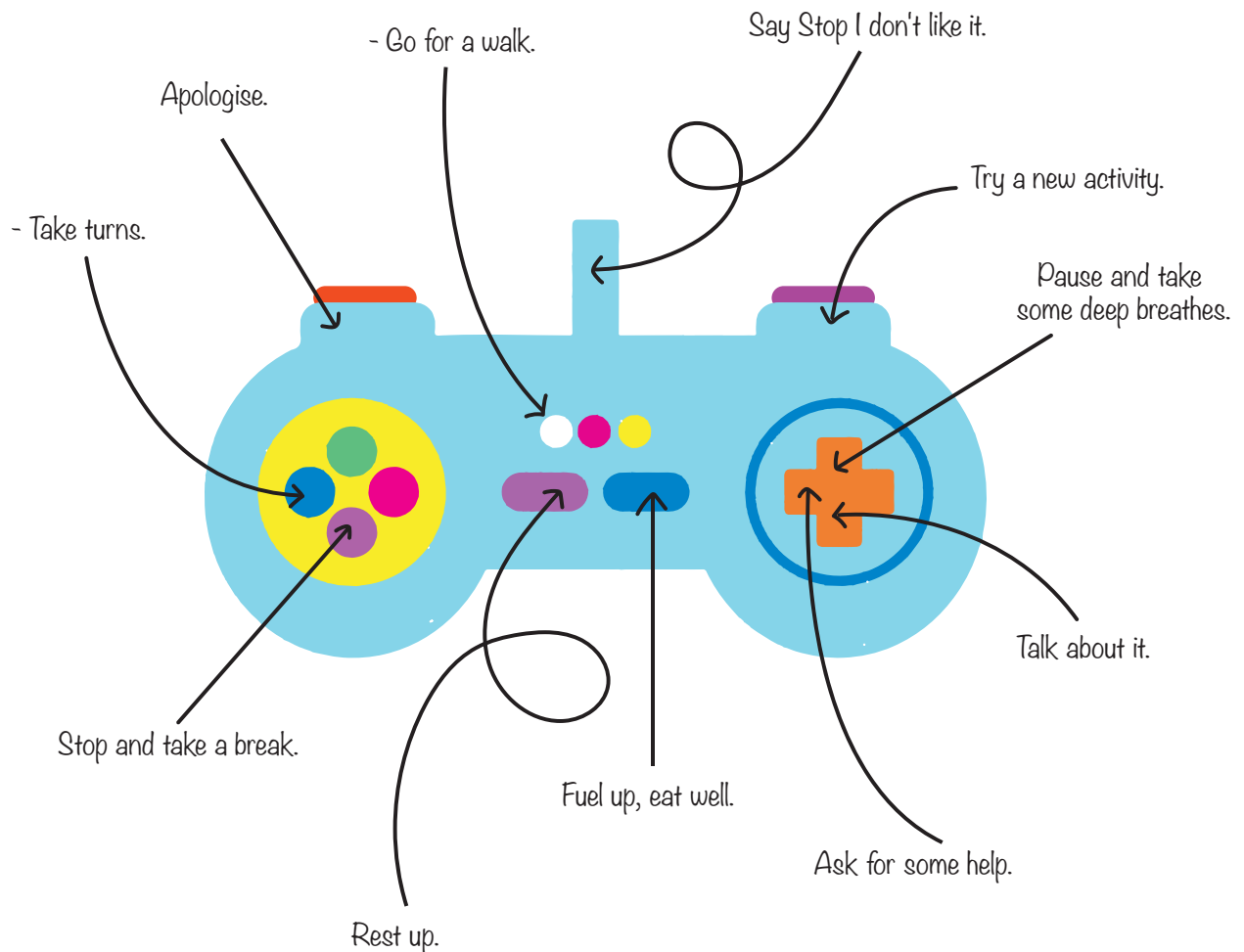
Using the below video game controller jot down your coping strategies to a stressful situation.

This activity can help you to feel better about yourself.
Developing positive coping strategies is a powerful tool that can help to:

- Reduce stress.
- Cope with difficult emotions.
 - Improve self-esteem.
 - Support self-confidence.
- Motivate and improve productivity.
 - Build better relationships.

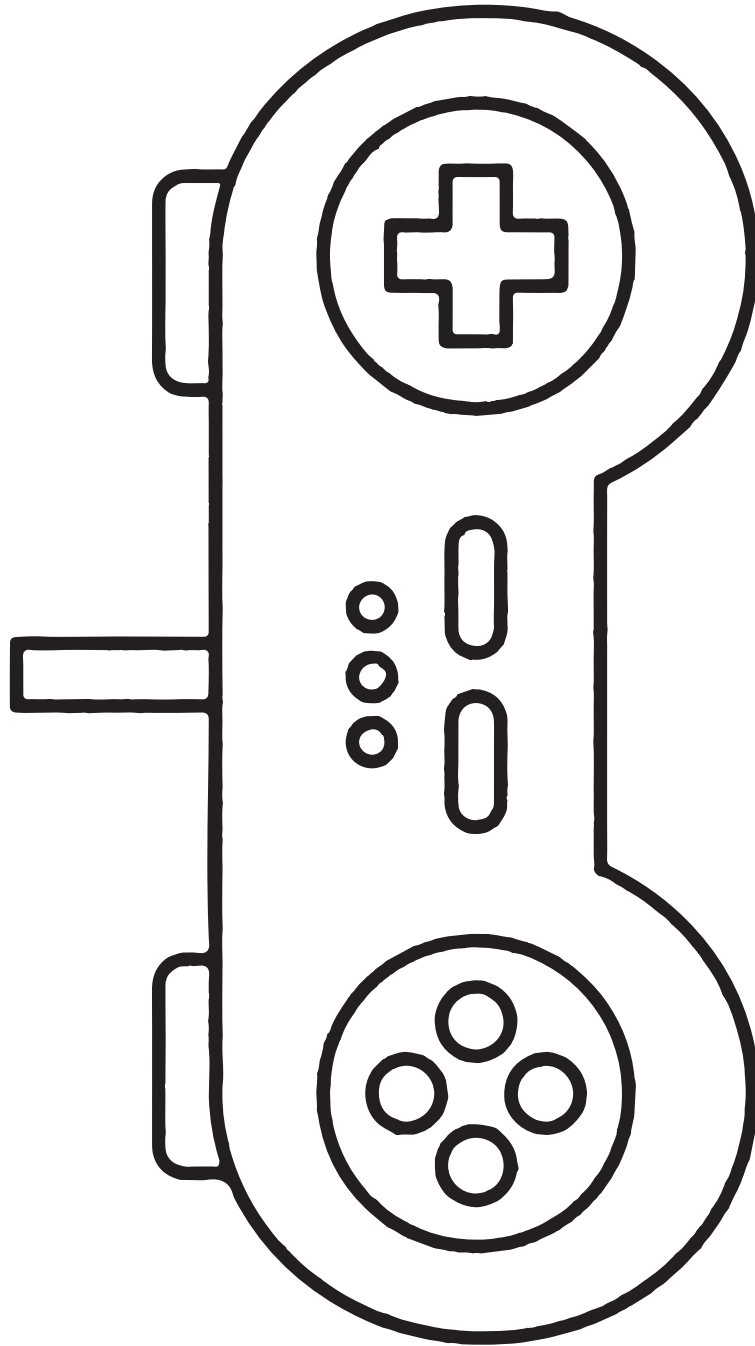
By the end of this activity, you will have several coping strategy tools to help you feel a little more in control of the game.

Written and illustrated by: Linda Twite (Open Heart Studio).



OPEN HEART STUDIO

VIDEO GAME CONTROLLER PRINTABLE



OPEN HEART STUDIO

HEART MAPPING ACTIVITY



A heart map is used to discover what is important to you.

Here are some things to think about before you start:

- What people are important to you?
- What are some events or experiences that you will never forget?
 - What small things or objects are important to you?
 - What happy or sad memories do you have?
- What is at the center of your heart and what is around the edges?
You can write or draw illustrations in your heart.

Put the things that are most important in the center of your heart and work your way out to the edges. Once you have considered the questions and what you want to put in your heart map you can begin.

Written by: Naomi Rentmeester

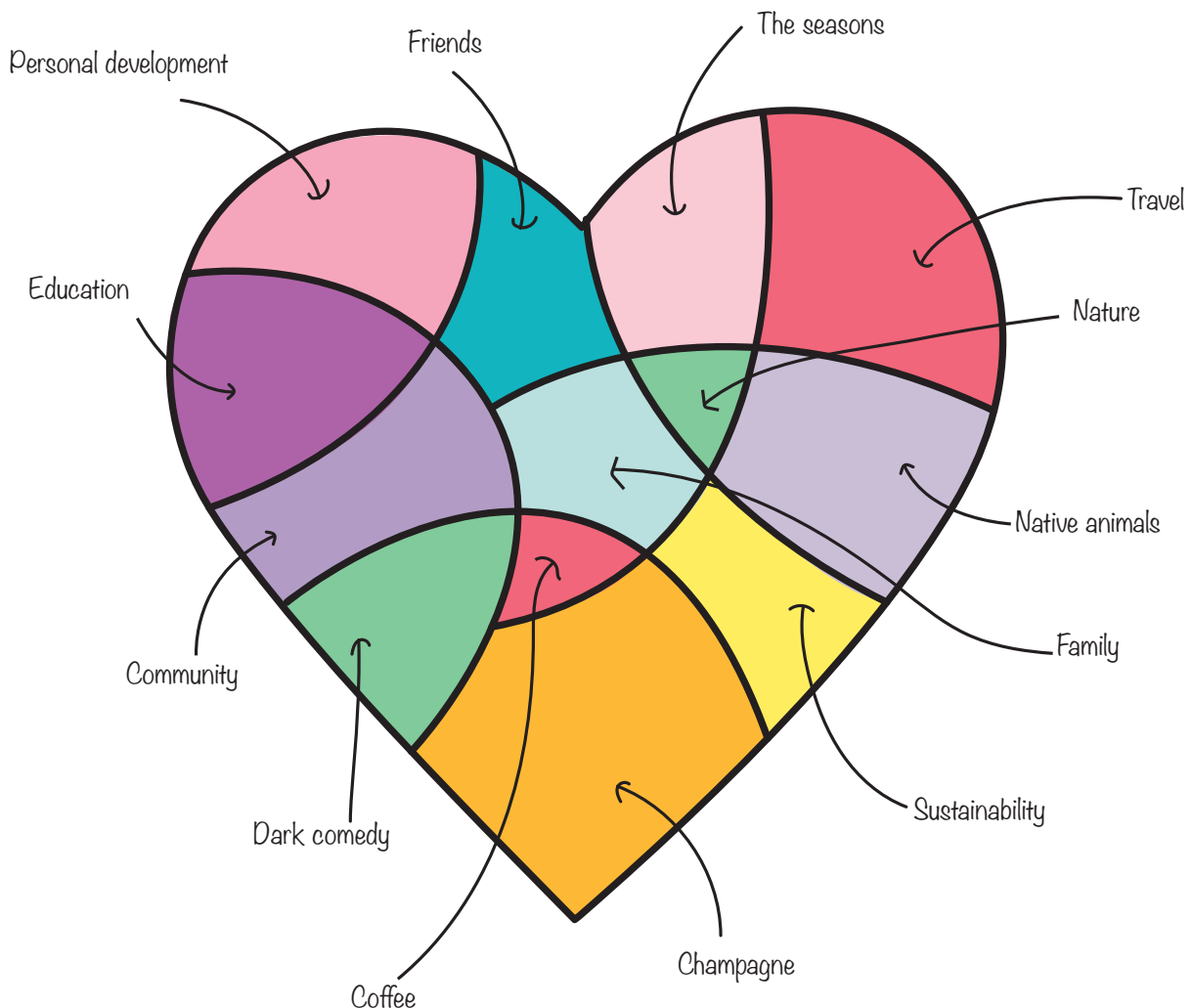
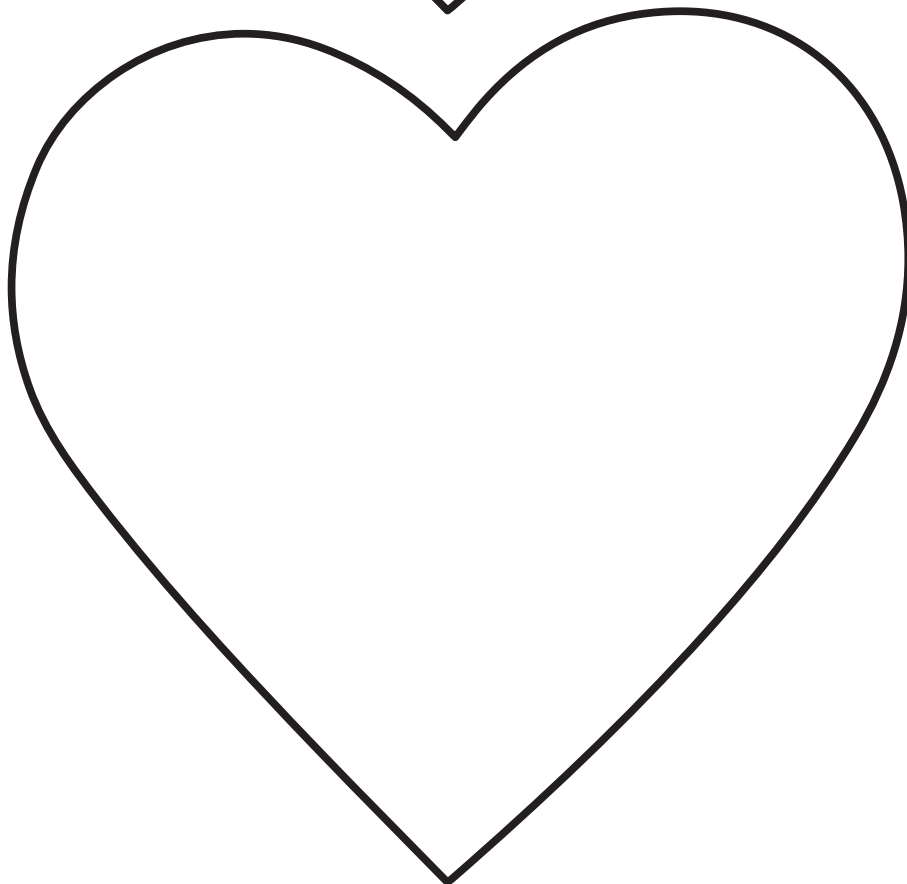
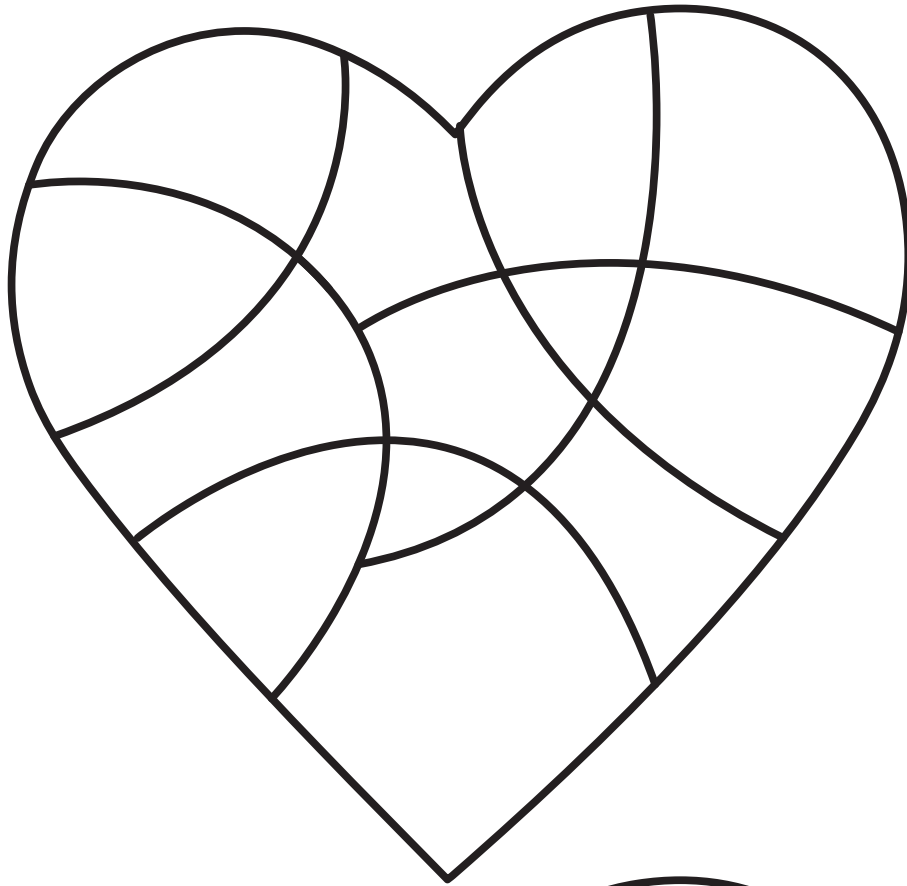


Illustration by: Linda Twite Open Heart Studio

OPEN HEART STUDIO

HEART MAP TEMPLATES



OPEN HEART STUDIO

POSITIVE AND NEGATIVE THOUGHT CLOUDS

Using the positive and negative thought cloud templates write down your negative thoughts:

These may include worries, frustrations and sad thoughts and feelings.

Then using the positive thought cloud template write down thoughts that can help to calm down your negative thoughts and feelings.

These may include positive solutions, grounding techniques or just an opportunity to talk about the negative thoughts with a family member or close friend.

For example:

Negative thought - I am worried about not being able to play with my friends anymore and not knowing when I will be able to see them again.

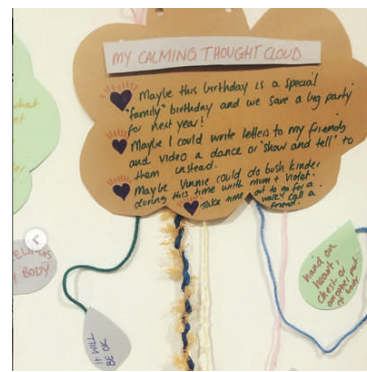
Positive thought - Making a list of ideas on how I can still keep in contact with my friends.

Negative thought - Will my friends still like me?

Positive thought - I had a close friendship before isolation, I am a good friend,
If I am missing my friends I'm sure they're missing me too!

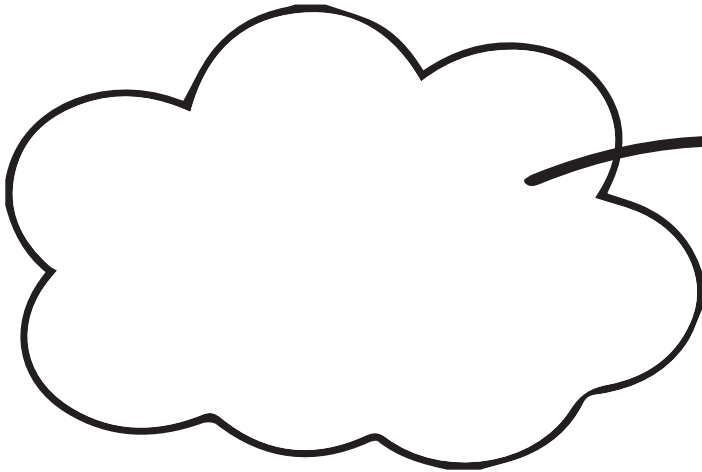
If I schedule a time to call them that might make me feel more connected to them and confident in our friendship group.

Written by: Linda Twite

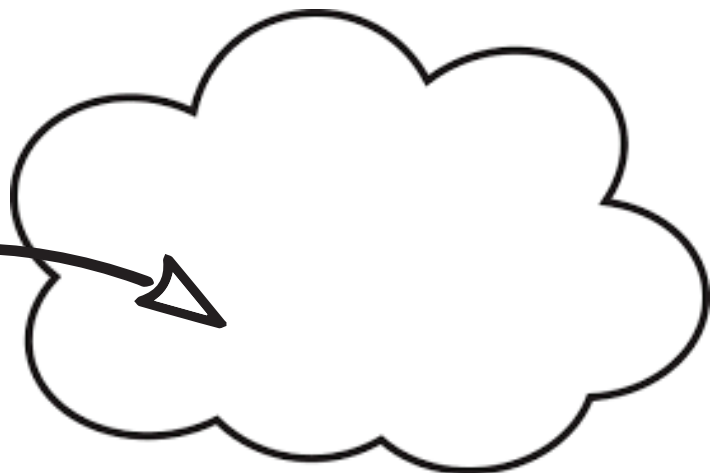
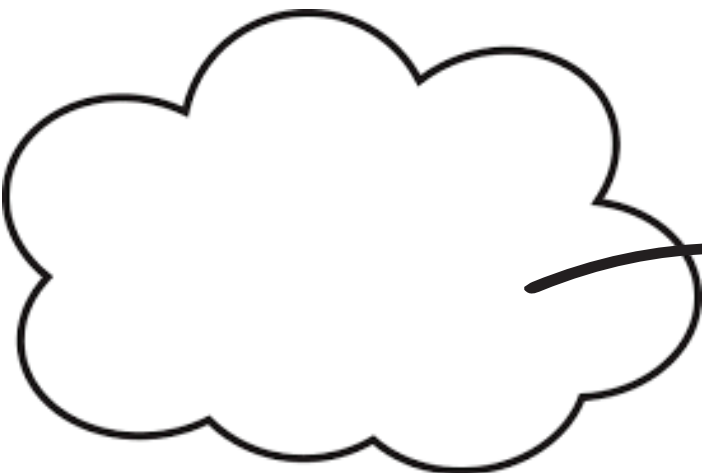
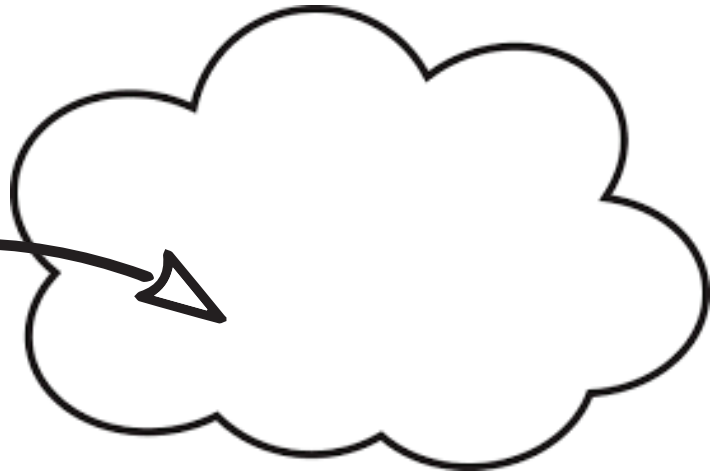
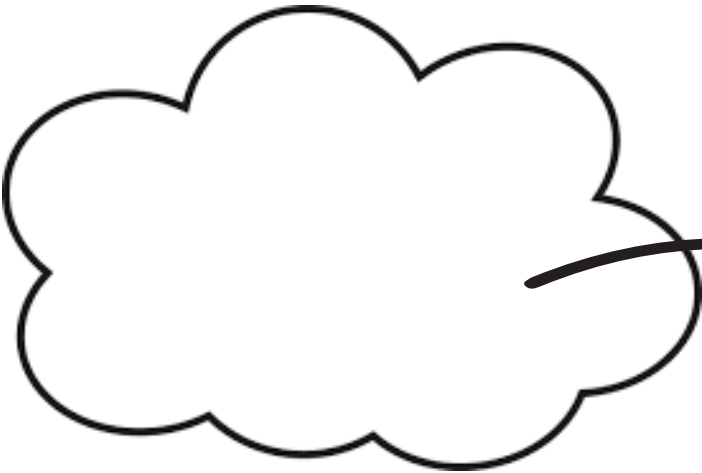
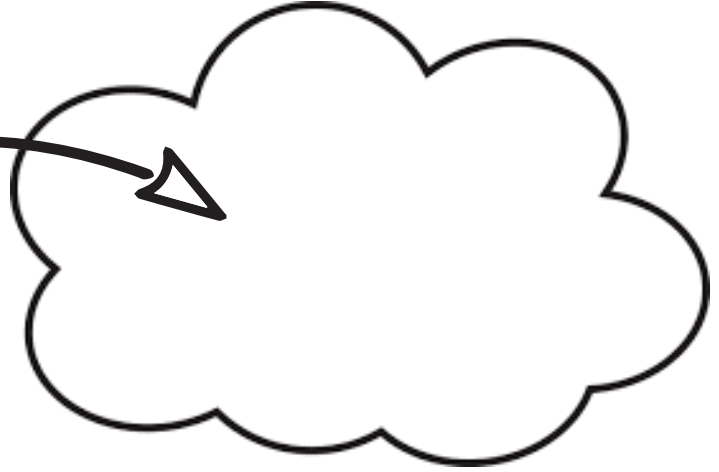


POSITIVE AND NEGATIVE THOUGHT CLOUDS TEMPLATES

List your negative thoughts in the negative thought cloud below



List your positive thoughts in the positive thought cloud below



OPEN HEART STUDIO

STEPS TO A PEACEFUL SLEEP



Go to bed at the same time every night. Wake up at the same time every morning.



Expose yourself to sunlight in the morning and spend time outside during the day.



Exercise during the day.



At night avoid screens for at least an hour before bed and make sure your bedroom is dark. Having low light or using red light is good for your sympathetic nervous system.



Avoid caffeine in the afternoons and alcohol, big meals and sugar for at least 2 hours before bed.



Herbal tea is good for many things before bed. (please see our herbal tea guide)



Wind-down and relax, deep breathing exercises can help with this.



Write down any thoughts or worries before trying to sleep.



Sleep in a peaceful environment on a comfortable mattress.



The ideal temperature for sleep is between 18 and 22 degrees.



Create a bedtime routine.

5 THINGS TO DO WHEN YOU'RE FEELING DOWN

Times are tough right now. We're all feeling a bit unsure of what the future holds during what is a very uncertain time. But if we let things get on top of us while we're stuck at home in lockdown, we can end up feeling overwhelmed and burnt out. If you start to feel like things are getting too much, here are 5 practical ways to lift yourself up!

1. If you can, go for a walk. (keeping social distancing rules of course!)

Science shows that walking is not only great for your physical health, but your mental health too! It significantly improves your mood, stress levels, self-esteem and self-perception by giving you those much-needed endorphins. Getting outside is a great way to clear your head while soaking in some fresh air and vitamin D at the same time. It can be hard to get motivated for a walk when you're not feeling great but even walking for as little as 10 minutes will do wonders for both your body and mind!

2. Become aware of your thoughts.

We often forget that our thoughts are just thoughts and despite how it feels at times, we control them- not the other way around! They run off on wild stories (most of which are false or catastrophising) and if we don't become aware of them, we can end up feeling drained and overwhelmed. When we bring awareness to some of our less helpful thoughts, we can actively work on changing them to be more positive and productive ones. Whilst this sounds too simple to really change much, it can actually be a very powerful mindfulness tool to use when you get stuck in a negative thinking cycle. Try and become aware of your thoughts, listen to them and ask yourself; "is what I am telling myself in this moment true? Is it helpful? Does it motivate me to move forward?" if not, change your self-talk, rewire those neural pathways and you will start thinking and feeling better!

3. Talk to someone.

One of the most effective ways to cope when you're feeling down is by finding someone you can talk to and sharing your thoughts with them. Whether it's a friend, family member or just someone you feel comfortable being open with, telling someone else what's on your mind is a great way to gain new perspectives, unburden your negative thoughts and reconnect. Often, we don't need people to solve all our problems for us, we just need to talk it out so we can see things a bit more clearly and lay it all out so those unhelpful thoughts are left to run off on tangents in our minds. Whilst catching up in person isn't always possible right now, a phone call, skype call or even an exchange of texts can go a long way in helping you not feel so alone.

4. Cuddle your pets.

Pet adoption numbers have dramatically increased during lockdown and it's no wonder why. Did you know that having a pet has been scientifically proven to reduce stress, anxiety, loneliness, improve mood and can even do wonders for your cardiovascular health? Our furry family members are natural born healers, they can sense when we are feeling down and instinctively comfort us with their affection and the unconditional love (the kind of love you can only get from a pet!). So if you don't own a pet, now is a great time to adopt- keeping in mind a pet is a life-long decision, and if you already have a furbaby of your own, make cuddles your first point of call when you need a little boost!

5. Meditate

If you've never tried meditation, with all this spare time on our hands, now is the perfect time to give it a shot! There have been countless studies on the benefits of meditation and after a long-running culture of scepticism around the practice, it's now widely accepted in western culture as being one of the best tools for battling things like depression, anxiety, mood disorders, high stress levels and chronic pain. Meditation has been proven to change regions in the brain linked to depression such as the prefrontal cortex where you process information about yourself, and the amygdala, the fear centre where the 'fight or flight' response lives. It changes the connections between these two parts of the brain which can drastically improve your mood and overall wellbeing. There are many online platforms with free 'guided meditations' out there to get you started, so there's no excuse to give it go!

Blog article written by: Karina stone

30 DAYS OF SELF-CARE IN ISOLATION



BEGIN A JOURNAL

DISPLAY A SPECIAL PHOTO

MAKE YOURSELF A YUMMY MEAL

STAR GAZE

LIE IN THE SUN

SEND A LETTER

TAKE 10 MINDFUL BREATHS

PUT ON YOUR FAVORITE OUTFIT

HAVE A HERBAL TEA

CALL UP A OLD FRIEND

BE KIND TO YOURSELF

WRITE FIVE THINGS YOU ARE GRATEFUL FOR

TRY SOMETHING NEW

LET YOURSELF CRY

GIVE YOURSELF A HUG

DO A SILLY DANCE AND VIDEO IT

SING LOUDLY

DRAW A PICTURE

PICK SOME FLOWERS

STRETCH YOUR BODY

FORGIVE A PAST WRONG

WRITE DOWN YOUR FEELINGS

CREATE A VISION BOARD

TAKE A NAP

DO SOMETHING CREATIVE

HAVE AN ONLINE DATE WITH A FRIEND

HAVE A DECLUTTER SESSION

LISTEN TO YOUR FAVORITE SONG

WATCH YOUR FAVORITE MOVIE.

COMPLIMENT SOMEONE

OPEN HEART STUDIO



**30 DAYS
OF**

Gratitude

- 1.** A MOMENT FROM TODAY.
- 2.** THE WONDERS OF NATURE.
- 3.** A LIFE LESSON I HAVE LEARNED.
- 4.** A PERSON WHO HAS INSPIRED YOU.
- 5.** MY FAVOURITE OUTFIT.
- 6.** A MEMORY THAT MAKES YOU SMILE.
- 7.** A GOOD FRIEND IN YOUR LIFE.
- 8.** A FAVOURITE SONG.
- 9.** SOMETHING THAT MADE YOU SMILE.
- 10.** SOMETHING UNIQUE ABOUT YOURSELF.
- 11.** AN ACTIVITY I LOVE TO DO.
- 12.** A BEAUTIFUL PIECE OF ART.
- 13.** A FAVOURITE FLAVOR.
- 14.** YOUR BODY.
- 15.** A ROLE MODEL.
- 16.** AN OPPORTUNITY TO LEARN.
- 17.** A SPECIAL PLACE YOU HAVE VISITED IN THE PAST.
- 18.** A SKILL YOU CAN SHARE.
- 19.** A GIFT YOU HAVE RECEIVED.
- 20.** A CHALLENGE YOU HAVE OVERCOME.
- 21.** YOUR SAFE PLACE.
- 22.** A GOAL YOU HAVE ACHIEVED.
- 23.** AN ACT OF KINDNESS.
- 24.** YOUR FAVOURITE COLOUR.
- 25.** FRESH AIR.
- 26.** THE PLANET.

OPEN HEART STUDIO

PLEASE
Take
WHAT YOU
NEED

I LOVE AND ACCEPT MYSELF ♥

I AM WORTHY ♥

I AM DOING MY BEST ♥

I AM BRAVE ♥

I AM PROUD OF MYSELF ♥

I BELIEVE IN MYSELF ♥

THIS IS TOUGH BUT SO AM I ♥

I WILL NOT GIVE UP ♥

WE ARE IN THIS TOGETHER ♥

I AM NOT MY THOUGHTS ♥

I ALLOW MYSELF TO BE HAPPY ♥

IT IS OK TO FEEL ♥

I CAN DO HARD THINGS ♥

HAVING A BAD DAY IS OK ♥

ASKING FOR HELP IS STRENGTH ♥

OPEN HEART STUDIO

CREATE YOUR OWN SELF LOVE PRINTABLE

PLEASE
Take

WHAT YOU
NEED



GUIDED MINDFULNESS MEDITATION — BY LOREN

Finding stillness and mindfulness through breath.

Where this exercise can be done: Anywhere! You might like to find a quiet room or space to sit down on a cushion or soft surface, maybe outside on the grass if this is something you can access.

What you'll need: Just yourself, maybe a cushion and your breath.

*This practise is just a guide, please feel free to come out of it whenever you need to if you feel uncomfortable or the breathing exercise becomes difficult.

To set up for the next 10 minutes or so, find a place that is comfortable for you, maybe away from any distractions around you. You might like to either lie down or stay seated for this practise.

Once you have found a comfortable position, if you're seated maybe you'd like to place your hands on your lap sitting tall on your sit bones to lengthen your spine. If lying down, relaxing your hands wherever they are comfortable, maybe away from your body with your palms facing up.

You can either keep your eyes closed for the practise if this is being read to you, or a soft gaze into the space you're in.

You might like to give your body a scan and noticing any areas that might be clenched or holding tension, taking this opportunity to soften these areas. Scanning your body from your toes, knees, your hips and stomach, your rib cage up to your chest, your shoulders and neck, your jaw and the muscles around your eyes through to the crown of your head.

This scanning might give you a sense of relaxation, softness or lightness through the body.

Please now bring your awareness to your breath, at this stage just observing and notice whether your breath feels short, long, choppy or soft and lengthened. Take a few rounds of breath here at your own pace and rhythm. When you're ready, place one hand on your belly and the other on your chest, starting to notice the rise and fall of your breath inhaling through the nose, soft exhale through the nose.

Keeping your hands just where they are, start to send the breath just to your belly area, allowing it to fill up like a balloon and deflate; emptying all of your breath on the exhale. Try this again for another 8-10 breaths, sending your breath down to your belly.

Once you have completed your 8-10 breaths, sending your breath now to your chest area. Allowing your chest and rib cage to expand as you fill your lungs with oxygen, and contract as you exhale fully. Continue this breath to your chest for 8-10 breaths. How gentle can you make these breaths? Can you soften these breaths by another 10%?

When you have completed your 8-10 breaths into your chest, we will start to put this practise together.

Keeping one hand on your belly, one on your chest, please take an inhale through your nose, sending your breath to your belly and in the same breath to your chest. As you exhale, allowing your chest to contract and lungs deflate first, then your belly. Again, inhale sending to belly then your chest, exhale chest then belly. Take 10 full rounds of this breath.

You might like to think of your breath as a gentle wave coming in and out of shore as you breath in and out. Once you have finished your 10 rounds (or more if you would like to), please come back to your natural breath, not forcing anything, just breathing in and out. You might like to relax your hands away wherever they are comfortable. Start to notice any changes in your breath. It may have become softer or longer, or it might feel the same.

Please come back to scanning your body, just like we did at the beginning, noticing any areas that you might be able to soften or unclench, or noticing any areas that are completely relaxed. Scanning your body from your toes, knees, your hips and stomach, your rib cage up to your chest, your shoulders and neck, your jaw and the muscles around your eyes through to the crown of your head.

You might like to stay just where you are for as long as you would like, or gently coming back into the room by wiggling your toes, your fingers, gently opening your eyes if they are closed.

We hope you enjoyed this practise, and it has brought a sense of mindfulness to your body, a sense of calmness or stillness to your day.

Written by: Loren Whitefield

THREE QUICK STEPS TO MINDFUL AWARENESS



Step 1.

Pull yourself out of automatic pilot and contact the present moment.

Take a moment to check in.

How are you feeling right now?

What sensations are you experiencing in your body right now?

What thoughts are you having right now?

Step 2.

Narrow your awareness to your breathing.

Bring the spotlight of your attention to the physical sensations and movement

in your tummy as it rises and falls with each breath.

Step 3.

Expand your awareness to the entire body.

With a broader awareness, notice all the sensations occurring throughout your

entire body; develop a strong sense of your entire body in the here and now.



KIDS NATURE BREATHING ACTIVITY



Using the nature breathing templates try practicing mindful breathing.

Heres how you can start:

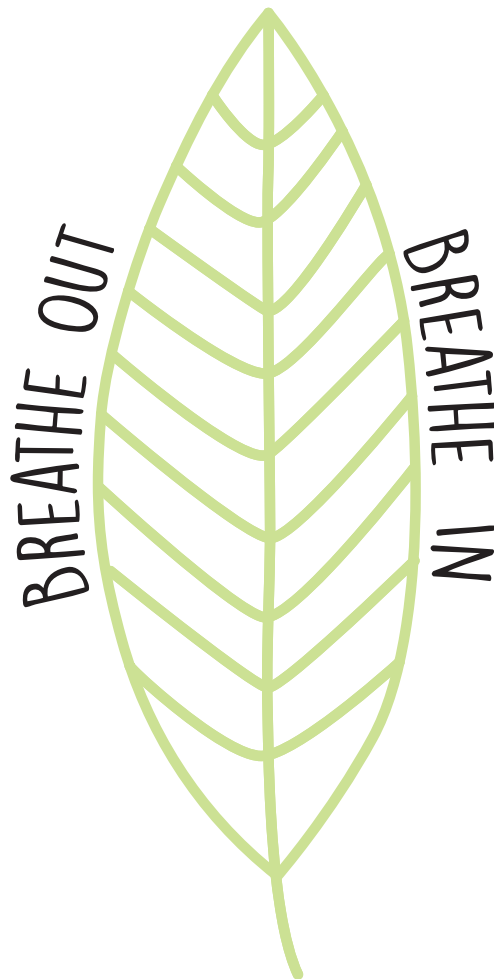
Find a compfty spot in your home or outside.

Take 3 deep breaths.

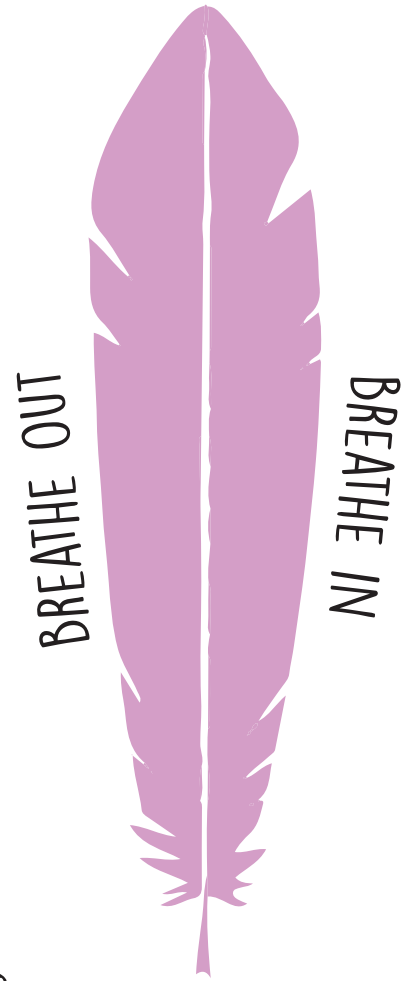
Slowly trace your finger over the nature template.

For example: Breathe IN while tracing the right, Breathe OUT while tracing the left side of the leaf.

Written and illustrated by: Linda Twite (Open Heart Studio).



NATURE BREATHING TEMPLATES



OPEN HEART STUDIO

COMMUNITY Q AND A



How you are feeling during this period of time?

What are you doing to look after your wellbeing?

"I am feeling frustrated about the time I have lost from this year, I am looking after my wellbeing by dancing to music, talking to friends and family on the phone, sending friends funny videos, sitting in the sun, reading, taking in the beauty of nature on my daily walks and focusing on good news stories".

"I am feeling guilty about not working as much as my job role has changed due to Coronavirus. I am looking after my wellbeing by interacting with friends via video calls and social media more than I would have prior to the pandemic and exercising".

"I sometimes feel angry at unclear information about Coronavirus and frustrated that I can't spend time with my young grandchildren and my friends, but I am enjoying this opportunity to slow down. I am looking after wellbeing by practicing daily meditation, yoga, walking, listening to music, reading, having quality conversations with friends by phoning or video calling them, cooking and cleaning".

"I feel frustrated that my social interactions have become limited, but I like how this period of time has made me become more present in the moment".

"I do not feel frustrated at the situation, but more at others who do not play their part in adhering to the instructions to prevent the spread of Coronavirus. I have also accepted that it's ok to be unproductive and to enjoy slowing down and being happy with what I already have. I am looking after my wellbeing by getting out in nature, getting my hands dirty in the garden, eating well and cooking".

"I feel frustrated at the situation we are in, but I understand it is necessary to keep people safe, so I can't complain. I am managing stress by focusing on things I can control in my daily life and setting aside things that I can't. I am looking after my wellbeing by maintaining a routine such as setting the same alarm each morning, keeping in contact with friends, exercising and limiting my screen time".

"I feel upset that my volunteering trip overseas I had planned so far in advance for was cut short and I did not get to accomplish all the things I wanted to. But I also feel this is trivial as I have come home to a stable job. I am mostly looking after my wellbeing by video calling my friends and having more honest and relaxed conversations with them.

"I feel quite at peace with the situation most of the time but occasionally get stressed about not knowing when it will end and how it will affect socialisation in the long term. I am looking after my wellbeing by reading, knitting, drawing, watching TV, video calling friends and family, going on walks and hanging out with my animals"

Written by: Saskia Shepherd

DAILY ROUTINES



Why are daily routines important?

During this unpredictable period of time you might be feeling out of control, stressed or anxious amongst many other emotions. Maintaining daily routines can be a way of providing a sense of stability, regularity and solace.

How do you establish a daily routine?

Step 1.

Sit down with a pen and paper and write down existing routines you engage in throughout the day over the duration of a week.

Step 2.

Recognise which of these existing routines are the most important, pleasurable and valuable to you and those around you

Step 3.

Create plan for each day with regular times for each routine

Step 4.

Maintain these routines throughout this time of unpredictability and change them if needed to work with your new circumstances

Examples include:

- Making a regular morning tea or coffee.
 - Setting a regular morning alarm.
- Making time to read your book before bed every night
 - Exercising daily.
- If you would usually meet a friend for lunch or a coffee on a certain day continue this routine by calling them or video calling them at that time.
- If you are now working from home maintain the time you would usually start and finish work.



Written by: Saskia Shepherd

SUPPORT SERVICES – HOTLINES

Beyond Blue

Depression and anxiety related disorders

Ph: 1300 22 4636

24 hours/ 7 days a week

Beyond Blue Coronavirus mental wellbeing support service

Ph: 1800 512 348

24 hours/ 7 days a week

Lifeline

Crisis support, suicide prevention and mental health support services

Ph: 131114

24 hours/ 7 days a week

Text: 0477 13 11 14

6pm - 12am

Kids Helpline

Telephone counselling service for people aged between 5 and 25

1800 55 1800

24 hours/ 7 days a week

Headspace

Young people aged 12–25

1800 650 890

SANE

People affected by complex mental health issues

Ph: 1800 187 263

10am - 10pm Monday to Friday

1800REPECT

Sexual assault, family and domestic violence counselling

Ph: 1800 737 732

24 hours/ 7 days a week

Safe Steps

Family violence support

Ph: 1800 015 188

24 hours/ 7 days a week

Aboriginal Family Domestic Violence Hotline

Victims Services has a dedicated contact line for Aboriginal victims of crime who would like information on victims rights, how to access counselling and financial assistance.

1800 019 123

Gambling Helpline

Gambling

Ph: 1800 858 858

24 hours/ 7 days a week

SuicideLine VIC

People affected by suicide

Ph: 1300 651 251

24 hours/ 7 days a week

SUPPORT SERVICES – HOTLINES

Suicide call back

24-hour crisis support and counselling

Ph: 1300 659 467

Griefline

Support for experiencing loss and grief

Ph: 1300 845 745

12pm - 3am every day

WithRespect

Specialist LGBTIQ family violence service

Ph: 1800 542 847

Monday, Thursday and Friday 9am – 5pm

Tuesday and Wednesday 9am – 8pm

After hours support:

Wednesday 5pm – 11pm

Saturday and Sunday 3pm – 10pm

Qlife

Counselling and referral service for LGBTI people

Ph: 1800 184 527

3pm - midnight every day

Switchboard

Gay, lesbian, bisexual, transgender and intersex (GLBTI) communities

Ph: 1800 184 527 or 9663 2939

3pm - midnight every day

Parent Line

Parents and carers with children from birth to 18 years

Ph: 13 22 89

8am – midnight every day

Sexual Assault Crisis Line Victoria

Victims/survivors of past and recent sexual assault

Ph: 1800 806 292

5pm – 9am every day

MensLine

Service for men with family and relationship concerns

Ph: 1300 78 99 78

24 hours/ 7 days a week

PANDA

Post or antenatal depression and anxiety

Ph: 1300 726 306

9am – 7.30pm Monday to Friday

Direct Line

People impacted by drug use

Ph: 1800 888 236

24 hours/ 7 days a week

SUPPORT SERVICES – APPS FOR YOUR PHONE

CRISIS SUPPORT AND SERVICES

Ask Izzy

When you're looking for support, Ask Izzy can help you to find the services you need, now and nearby. It is free and anonymous, and you can search over 360,000 services to find housing, meals, healthcare, counselling, legal advice, addiction treatment and a whole lot more.

If you're on the Telstra mobile network, you can access Ask Izzy even if you don't have credit.

<https://askizzy.org.au>

FAMILY AND DOMESTIC VIOLENCE SUPPORT

Penda

Smartphone financial & personal safety app

Penda is a free, national app with legal, financial, and personal safety information and referrals for women who have experienced domestic and family violence. Domestic violence service apps should only be downloaded if you have safe, secure control and access to your phone.

Sunny

Is an app for women with disability who have experienced violence and abuse. Sunny has been co-designed with women with disability to make sure it provides the very best support for the people who use it.

Daisy

Smartphone support services app

Daisy is an app developed to connect people experiencing violence or abuse to services in their local area. The app includes safety features to help protect your privacy. However, domestic violence service apps are only recommended to those who have safe and secure access to their phone.

Positive Pathways

Positive Pathways is a safety and wellbeing app for women experiencing domestic and family violence. It looks like a wellness app with inspirational quotes, positive moments and a daily diary that is password protected. Its main purpose is for use in emergencies, with audio recording, automatic help messages and GPS location as well as a one-touch 000 call function.

MENTAL HEALTH SUPPORT

Black Dog Snapshot

Snapshot gives you an overview of your mental wellbeing over time, tracking your general happiness, mood and anxiety levels, as well as work stress, sleep, social support and alcohol intake. It also provides feedback based on Australian population norms for your age and gender. And if you do decide you need more help, the app connects you with a range of resources and professional support services.

The Check-in

The app offers tips not just for helping others, but for checking in with your own mental health, including advice from young people who have been through these conversations with friends. For further support, it also connects you to a range of professional online and phone services.

Headspace

A meditation and sleep support app. Base packages are free.

Smiling Mind

A free meditation support app developed by the Tergar community. Helping you make meditation a regular activity in your life! Y

SUPPORT SERVICES – USEFUL WEBSITES

FAMILY AND DOMESTIC VIOLENCE USEFUL WEBSITES

The Orange Door

The Orange Door is a partnership across government and community sector organisations, and provides a single contact point for adults, children and young people who are experiencing family violence. The Orange Door also integrates the ChildFIRST service to connect families wanting support with the services they need.

<https://orangedoor.vic.gov.au>

White Ribbon

Family and domestic violence information and resources.

<https://www.whiteribbon.org.au>

1800RESPECT

<https://www.1800respect.org.au>

MENTAL HEALTH USEFUL WEBSITES

Head to Health

<https://headtohealth.gov.au>

Headspace

<https://headspace.org.au/ehespace>

Suicide support

<https://www.ruok.org.au>

Blackdog Institute

<https://www.blackdoginstitute.org.au>

Beyond Blue

<https://www.beyondblue.org.au>

Life Line

<https://www.lifeline.org.au>

PARENTING USEFUL WEBSITES

Raising Children Net

<https://raisingchildren.net.au>

EDUCATION (VIC) USEFUL WEBSITES

Department of Education and Training Victoria

<https://www.education.vic.gov.au>

CORONAVIRUS (COVID–19) USEFUL WEBSITES

<https://www.australia.gov.au>

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019>

<https://www.dhhs.vic.gov.au/coronavirus> (VICTORIA)

WE HOPE YOU HAVE ENJOYED THE ISOLATION SURVIVAL GUIDE!

This 'Isolation Survival Guide' is a placement project that has been designed to support the community by current Box Hill Institute of TAFE students whilst on placement at Cire Services Incorporated.

The activities, information and resources in this guide are intended to support individuals wellbeing as we navigate this new normal.

Each of the below students has collectively drawn on pre-existing professional skills, life experiences and new knowledge acquired through studies to create this free document.

Contribution list:

Diploma of Community Service students include:

Karina Stone - karinajstone@hotmail.com

Linda Twite - linda.twite@gmail.com

Mary Elli Barkla - maryellibarkla@gmail.com

Naomi Rentmeester - naomi.rentmeester@gmail.com

Cert IV Mental Health students include:

Loren Whitefield - loz.whitefield@gmail.com

Saskia Shepherd - saskia.t.shepherd@gmail.com

Graphics and document formatting has been donated by Linda Twite founder of Open Heart Studio.

Supported by Jarred Kellerman
Business Support Manager and Placement Coordinator
Cire Services Incorporated.

If you have any feedback please feel free to email us!

Looking for more material?

We have previously developed the 'Kind Home Family Activity' guide full of fun and meaningful activities for families in isolation.

To receive this free resource get in touch via email! linda.twite@gmail.com

Have ideas on other guides and community support? We would love to hear from you!

.Please share this document within your networks and keep updated on the below social media platforms.

Stay safe and connected.

Karina, Linda, Loren, Mary, Naomi and Saskia.



[open_heartstudio](#)

[cireservices](#)



Cire Services Incorporated

Cire Community Hubs