



# WAYS TO 2020 WELLBEING



## BE AWARE TAKE NOTICE

# 01

## WHY TAKE NOTICE/BE AWARE?

To Be Aware and Take Notice means to slow down and pay attention to the moment you are in, to your surroundings, your thoughts and your feelings, without judgement. By focussing on the present instead of the past or future, you can be aware of our thoughts and feelings without getting lost in them. This can positively change how you approach life's challenges and increase your ability to:

- ✓ keep calm,
- ✓ reduce stress, worry and negative thoughts,
- ✓ concentrate and think clearly,
- ✓ increase performance academically, or in sporting or interest areas,
- ✓ cope better with difficult situations and improve your mood.

One thing that you can do right now to Be Aware, is to think about something good that is already present in your life, no matter how small – this is called 'practising gratitude'. Ways to experience greater awareness can also include doing yoga, meditation, breathing exercises, walking in nature and turning off gadgets to be in the moment.

## CLIPS FROM OUR COMMUNITY

- ▶ Staff and Haylee from Headspace talk Take Notice / Be Aware
- ▶ Yoga stretches with Kate and George
- ▶ Headspace and Adriana Webinar: Taking notice, practising mindfulness and reducing stress and anxiety
- ▶ Resiliency project: Gratitude, Empathy and Mindfulness

WATCH  
VIDEOS

# 02

# 03

## GET INVOLVED & HELP OTHERS

 Express your gratitude and message of thanks to someone in our community. Click on the link to post an anonymous message to frontline workers at Bendigo Health, our teachers or to our parents or carers (no names) which will be put together and shared.

 For a chance to win a 'mindfulness prize', upload a photo of something you are grateful for or perhaps something you have 'noticed' this week - maybe on a walk.

SIGN UP

## TOOLS & RESOURCES

-  Mindfulness for Wellbeing and Peak Performance: free online course Monash Uni.
-  headspace: 6 ways to practise mindfulness – Apps.
-  Smiling Mind App
-  2-minute Forest Walk
-  Mindfulness Colouring
-  CMC Wellbeing website Being Aware & Taking Notice

VISIT WEBSITES

# 04