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?

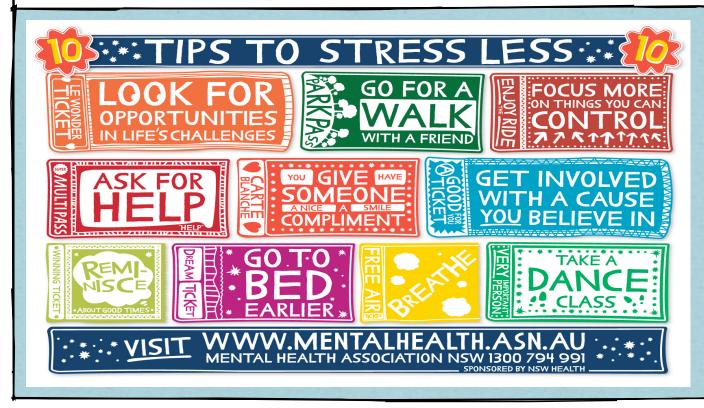
Have a list of who to contact if you need to (use the opposite side of this card if you like).

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.



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 WO	ULD LIKE TO GO TO/	THE THINGS I CAN	
TRY:		DO TO COPE WHEN	
Activity:		FEELING STRESSED	
☐ Event:		ARE: (eg meditation,	
Class:		stress management	
Movies:		skills)	
Volunteer:			
		•••••	
Join an online forum eg reachout.com			
Other:			
- Outof		I WOULD LIKE MY DAILY ROUTINE TO	
I KNOW IF I GET STRESSED, I CAN CALL:		INCLUDE:	
Name:	Ph		
	Ph		
Name:	Ph		
(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 h counsellor with	elpline or		
you etc.)	Bea	ating boredo	m
y car coory	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)		
	Through at a second		*
	Events at: <u>www.gopla</u>	y.usw.gov.au	
	Plan your budget, trar	nsport and time	

management for these events