

Some general tips during social/physical distancing (from AOC webinar presented by psychologist Jocelyn Brewer)

Plan and write down your schedule with rough times at the start of the day. There is nothing wrong with embracing the flexibility of not having to be somewhere at a specific time however there is a difference between flexibility and inactivity... (no judgement we've all been there). Think about where the following will fit into your day, in no particular order (and add anything else you would normally do):

- Meals
- Education
- Physical activity
- Stretching
- Communication with friends
- Relaxation/downtime
- Hobbies
- Going for a walk

Think about what you value or what is important to you (actually, its good to do this all the time). Though you may not love the work you need to do in a day (especially school) think about what the purpose and value is in completing it (not everyone in this world is fortunate enough to receive an education). When you find yourself distracted/wandering you can come back to the value and meaning to get yourself back on task. Be stronger than your excuses!
There is an app called superbetter which can be helpful to keep you on track.

The 'good vibes only' etc on social media is not for everyone and doesn't need to be taken as gospel. This time is weird and difficult for everyone. What you can do is practice being comfortable with downtime and present to discomfort.

You can use apps to practice mindfulness/meditation such as

- Smiling mind
- Muse
- Headspace

Remember to keep in touch with your friends (other than just texting!). You would normally be in contact multiple times a day in classes and at recess and lunch etc so take the time to reach out-call or FaceTime them to have a proper chat.

Make sure you get dressed each day. Embrace the opportunity for free dress every day (changing into daytime pyjamas is better than nothing!)

Try and make sure the social media you use is showing you what you want to see. Do you want to see empathy, humour and creativity or fake news and stalking? Mute or unfollow people/accounts that are not in line with what you want out of the platform.

Turn off notifications!!! They are made to take your attention away from what you are doing. BUT you know what you want to be doing because you've thought about your values - so stick to where you want to be.

As we said today we miss the best part of our job- being able to coach you guys.

We're here if and when you need us- you can reach out via email or the Peak social media.

Stay safe!

