



Staying Well in 2020

RUSU
RMIT UNIVERSITY STUDENT UNION

COMPASS
DROP-IN CENTRE



THANKS SSAF

So here we are, who would have ever thought this is how 2020 would look?

It has been difficult for everyone and we have all been running with increased levels of stress, due to the COVID-19 pandemic. But look how far we have already made it! Even just remaining in study while in the middle of a Pandemic is something to be proud of.

In this booklet we want to remind you how important it is to look after yourself. Alongside fun activities, tips and tricks for your wellbeing.

As Beyond Blue says, "Taking care of yourself is the most important part of managing your mental health and wellbeing" and even in times like these, we can still do little things that can support our wellbeing.

View a list of resources to help you out if you are struggling:
www.rusu.rmit.edu.au/rusuresources



What are the benefits of self-care and supporting our wellbeing?

- Energised
- Confidence
- Positive mindset
- Increase in mood
- Increase focus and concentration
- Increased brain function
- Increased resilience
- Increased feeling of control
- Being present
- Being productive
- Better able to support others
- Better sleep

This is your reminder to check in with yourself: how are you feeling right now?

Examples...

- How does my body feel?
- How does my mind feel?
- Where do I feel stressed?
- What do I need to focus on?

What is one goal you can implement today?

Examples...

- 10 minutes of mindful colouring
- 15 minutes of at home exercise
- To cook myself a nice meal

Write your wellbeing goal here:

You can also use the above prompts when completing your weekly wellbeing planner in this booklet.



Compass is a service that supports RMIT students by offering advice, information and referrals regarding a wide range of issues that students experience during their time at university. Our Compass staff are trained social workers who can offer you support in areas such as mental health, financial stress, relationship issues, homelessness and many more. We can provide you information about other free services within RMIT and out in the community. We are here help and listen. Please get in contact with Compass at compass@rmit.edu.au

We are available Monday to Thursday, 10-4pm.



RUSU is the RMIT University Student Union. RUSU is RMIT's only 100% student-run organisation – Run by annually elected student representatives for you! We are here to represent your rights, your views and your voice as RMIT Students. We are here to ensure that RMIT hears you, and right now, that's more important than it has ever been before. www.rusu.rmit.edu.au

Keep up to date with Free RUSU events www.rusu.rmit.edu.au or www.facebook.com/RUSUpage



RUSU Acknowledges that we live, work and play on the lands of the Kulin Nations, and that sovereignty was never ceded.

Sudoku Easy

5			2	6	1	7		9
						4		
			9		5	6	2	3
	6	5	3					
	1	9	5	8	4		6	7
	7		1				9	5
3	2		6	5		9		4
9			4	1	3		7	6
1								8

3		5	9	1		7		
8	1	6	3		4	5	2	
	7		8					6
		9	7		8			2
4		2					7	
6				1	9			4
	6		4		3	2	9	
	9	3						8
5	4		2		7	1	6	

7	6			8	5	4		
	9	3		4		1		5
4			9	7		2	6	8
					2		5	1
2	1							7
6		5	3			8		9
	8		6			9	3	4
		4				5		6
1		6		5	9		8	

Sudoku Medium

				6		8	4	
	4		1		7		2	
	9		4	2		3		
3			5		2	6	7	4
	5				9	1		
	8							9
4			3	1				
7		8				4	6	1
	6		8			5		

		3	9		7	2		4
4		8		2			5	
5	2			3			6	1
						8	4	
2				6				9
9		7			1	3		
	5							7
	6			1	8			2
3		2	7					8

	8		4					
		2	8			1		
			5	9				
4		7				2		6
1	5	8	3	2			7	
			7		1	3		8
				7	9	6	3	
3		1		5	8	4		7
							9	5

How to play:

each of the nine blocks must contain all the numbers 1 to 9 within its squares.

Each number can only appear once in a row, column or box.

Monday

THANKFUL FOR _____

Tuesday

THANKFUL FOR _____

Wednesday

THANKFUL FOR _____

Thursday

THANKFUL FOR _____

Friday

THANKFUL FOR _____

Saturday

THANKFUL FOR _____

Sunday

THANKFUL FOR _____

My Weekly Goals

This week I will....

- go for a walk
- drink lots of water
- meditate for 10 mins
- check in on a friend
- cook my favourite meal
- try a new food
- have a good laugh
- celebrate my achievements

Weekend

THANKFUL FOR _____

THANKFUL FOR _____

My weekly planner

Staying Connected with Others

CONVERSATION IN ISOLATION

Are you currently struggling to stay socially connected during the COVID-19 lockdown, and would like someone to talk to? We are a group of Victoria-based medical students who started Conversation in Isolation to help support Australians who are at risk of loneliness and social isolation during the COVID-19 crisis. You sign up, and we match you with a student volunteer to be your ongoing telephone supporter.

Sign up and you will be matched with a volunteer.

Alternatively, call us at 0492 837 888 or email conversationinisolatation@gmail.com

www.conversationinisolatation.blogspot.com



RMIT MATES

Students are welcomed to join RMIT Mates Program for free.

Currently running an online community in Semester 2 to keep connected with others.

www.mentoring.rmit.edu.au/p/p7/membership_requests/new

www.facebook.com/RMITmates/

ONLINE GROUPS

www.viralkindness.org.au

www.goodkarmaeffect.com

www.facebook.com/groups/lynmelbourne/about

SELF-CARE WORD SEARCH



DISNEY

O	G	B	I	O	A	N	O	L	I	E	R	S	M
O	O	O	E	M	E	W	A	M	E	I	E	C	M
L	O	L	E	I	R	A	O	D	E	O	P	R	I
A	O	A	A	R	O	P	O	O	I	N	M	O	C
B	W	T	O	G	O	F	Y	D	O	U	O	K	
B	A	A	U	O	U	O	B	Y	W	Y	H	G	E
D	L	A	L	L	E	B	E	W	E	K	T	E	Y
B	A	O	L	L	P	E	K	M	D	R	U	M	M
B	O	L	R	R	E	A	Y	H	P	M	E	C	O
U	I	L	E	A	O	R	E	I	M	O	I	D	U
B	O	B	T	B	I	B	H	H	A	W	N	U	S
O	L	E	M	U	O	C	M	N	L	G	E	C	E
S	O	E	L	A	O	L	A	U	L	L	G	K	A
U	U	L	R	Y	B	L	B	Y	D	I	B	A	H

THUMPER
WALL-E
POO BEAR
SCROOGE McDUCK
CHIP
DUMBO
MICKEY MOUSE
BOLT
WOODY
BAMBI
PLUTO
ARIEL
NEMO
ABU
MOWGLI
DALE
GENIE
GOOFY

PETS

R	G	L	I	Z	A	R	D	G	O	A	T	U	A
T	L	F	H	E	L	T	R	U	T	E	S	R	I
A	U	S	G	S	E	K	A	N	S	U	H	A	G
C	I	R	U	R	I	E	R	D	R	I	B	L	A
T	A	I	I	E	I	F	L	G	B	D	O	I	I
U	G	T	N	T	A	F	T	E	S	S	L	B	L
S	T	N	E	S	B	O	T	R	U	T	L	R	I
D	E	F	A	M	E	M	T	L	R	F	E	E	G
I	R	B	P	A	G	O	I	G	A	O	L	G	A
T	G	H	I	H	R	U	U	H	T	T	A	I	E
G	K	U	G	R	I	S	C	H	I	C	K	E	N
O	A	B	A	A	R	E	D	F	E	R	R	E	T
D	T	N	R	N	A	U	D	U	A	A	T	S	K
R	I	S	R	I	A	A	A	F	N	I	T	O	H

CAT
BIRD
CHICKEN
IGUANA
FISH
GUINEA PIG
RAT
DOG
FERRET
HAMSTER
LIZARD
SNAKE
GERBIL
TURTLE
MOUSE

MOVIES

T	E	A	H	L	R	Y	K	C	O	R	H	S	N
L	N	O	D	D	E	G	A	M	R	A	A	E	E
B	G	T	H	J	I	O	J	O	M	C	N	R	M
R	A	R	O	E	H	A	G	A	A	E	C	A	H
A	W	H	E	O	D	A	C	J	W	E	O	G	C
V	T	J	O	A	T	A	I	I	U	S	C	O	T
E	S	W	U	N	S	S	L	K	N	N	K	N	A
H	E	E	I	M	R	E	I	I	O	A	O	W	W
E	W	V	V	L	A	O	A	E	E	I	T	I	C
A	A	N	I	E	I	N	N	C	I	N	O	I	N
R	S	J	N	T	N	G	J	L	L	J	S	E	T
T	A	Y	N	J	A	Y	H	I	M	G	O	H	E
A	A	D	C	W	A	M	V	T	S	W	I	E	O
O	V	M	E	N	E	E	W	O	L	L	A	H	A

JAHS
BRAVEHEART
TITANIC
ROCKY
ALIEN
WATCHMEN
JUMANJI
TWILIGHT
ARMAGEDDON
JUNO
SAH
HALLOWEEN
ERAGON
EVITA
SEVEN
TOOTSIE
GREASE
HANCOCK

VEGGIES

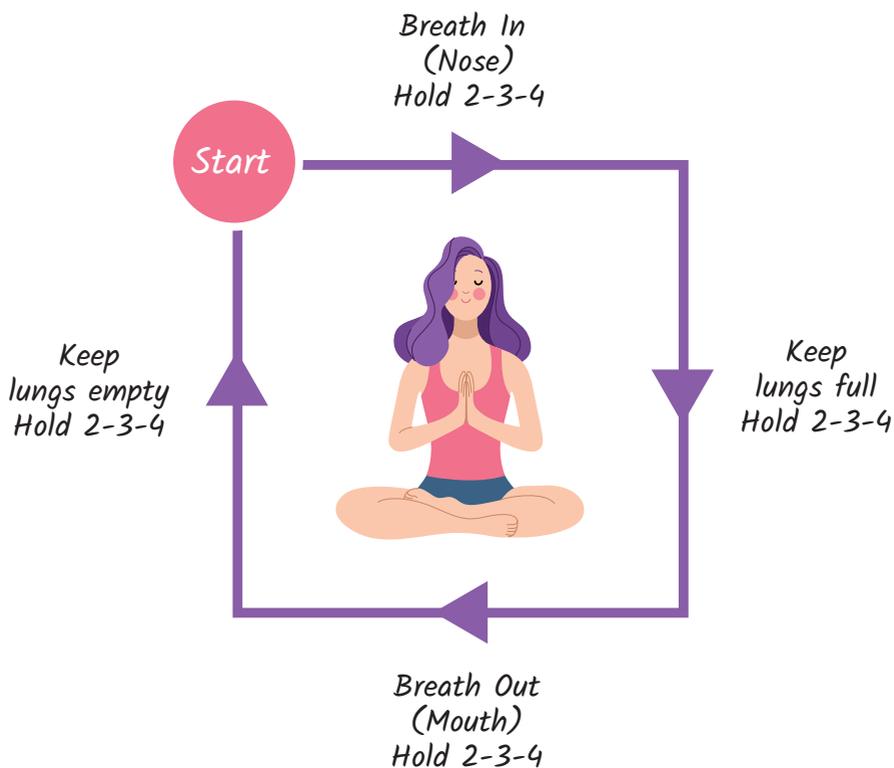
R	Z	A	D	P	I	N	S	R	A	P	S	E	N
E	A	U	D	C	A	R	R	O	T	A	P	P	B
W	S	S	C	A	L	G	T	C	A	E	I	U	O
O	A	S	T	C	E	G	A	E	I	R	N	M	P
L	R	C	H	A	H	P	A	B	E	P	R	P	P
F	A	A	E	N	I	I	S	L	A	B	U	K	O
I	L	R	D	P	T	A	N	C	C	T	T	I	T
L	U	O	P	I	C	A	Y	I	A	R	U	N	A
U	G	D	E	L	S	T	R	I	B	P	T	R	T
A	U	U	A	W	O	H	E	K	B	C	E	I	O
C	R	C	U	C	P	T	L	E	A	N	C	P	N
C	A	S	S	A	V	A	E	E	G	B	E	S	C
B	R	E	G	N	I	G	C	L	E	L	O	P	E
H	C	A	N	I	P	S	S	A	E	D	E	W	S

CABBAGE
ZUCCHINI
RUTABAGA
RADISH
TURNIP
SWEDEN
SPINACH
POTATO
CASSAVA
BEET
LEEK
CAULIFLOWER
PARSNIP
GINGER
CELERY
PEA
CARROT
PUMPKIN
ARUGULA



Box Breathing

Box breathing is a powerful, yet simple, relaxation technique that aims to return breathing to its normal rhythm. This breathing exercise may help to clear the mind, relax the body, and improve focus. The technique is also known as "resetting your breath" or four-square breathing. Count 1,2,3,4 while doing each side of the box.

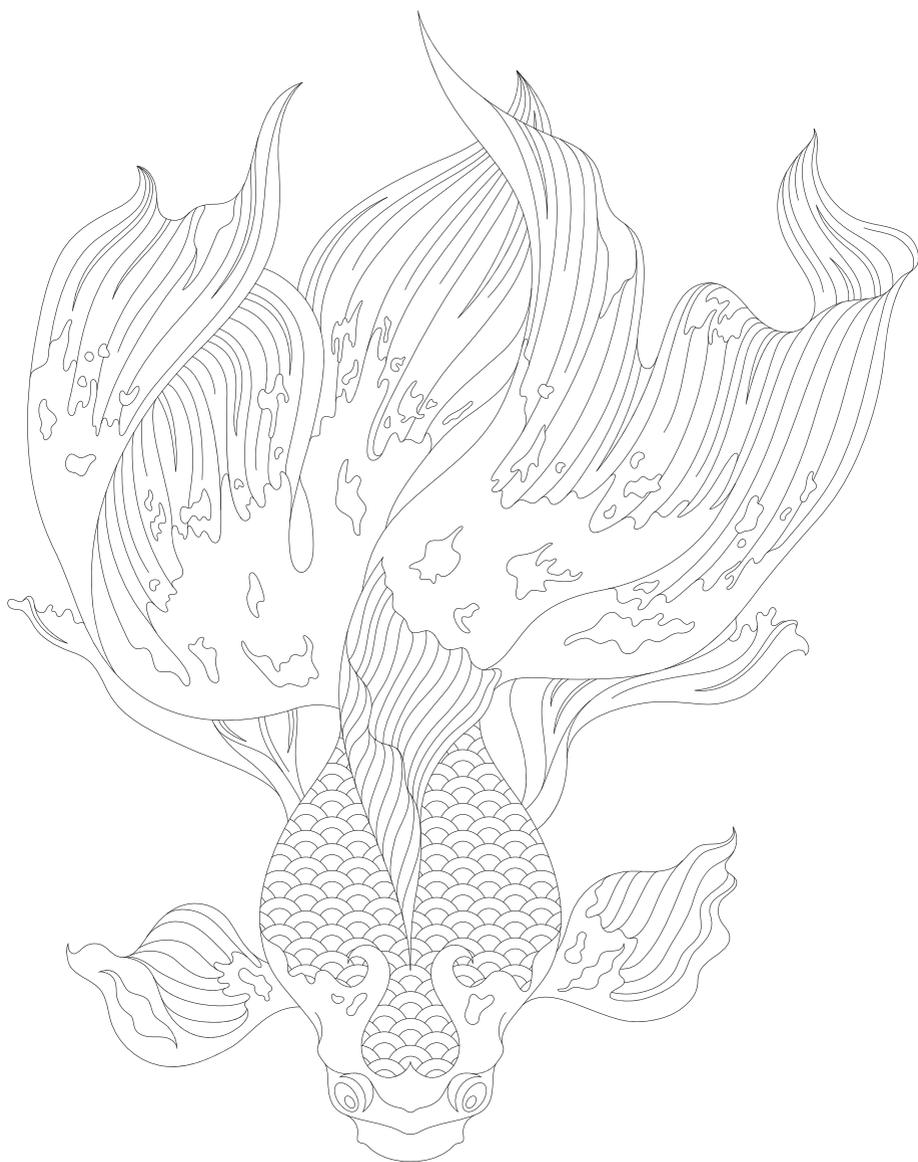


50 WAYS TO TAKE A BREAK



MINDFUL COLOURING

Colouring isn't just for kids. It's a wonderful activity to relax the mind, no matter what your age. Colouring is a form of meditation that helps you to relax the fear centre of your brain, reducing feelings of anxiety and stress. This generates mindfulness and quietness and allows your brain to rest after a stressful study session. We hope you enjoy the following, relaxing colouring activities.





Goals and Routines

This year we have gone prolonged periods without our usual routine, and this means our usual study habits have been impacted. We can create a new routine for ourselves. Routine supports our mental health by giving us purpose, meaning and promoting a sense of achievement as we accomplish small goals throughout the day.



What will your new routine look like?

What are the important small goals you can complete daily to support your study?

TO-DO APPS

Here are some apps to help you record plans:

Planner
Pro-Daily

To do & Task List

Pocket Schedule
Planner

Fabulous-Daily
Self Care

Daily Planner-
Habit Tracker

LOCATION OF STUDY

Some of us aren't used to studying at home and there can be lots of distractions, like family and housemates too get in the way... We can make some plans to help us in this situation. Consider making an appropriate space for study by following the check list below...

Study Space Checklist

- Natural light or well-lit area.
- Ergonomic set up (seating that protects your back and neck).
- Do you need to stand? Make a makeshift standing desk with boxes or high bench space.
- Put your laptop on a hard surface- not your lap, pillow or bed.
- Select an area that's different from a leisure or sleeping area.

MAKE 'SMART' GOALS

Specific	Use positive reinforcement by acknowledging your achievements at the end of the day.
Measurable	
Achievable	Give yourself a concrete reward ie. Netflix, xbox game etc..
Realistic	NOT A SMART GOAL: I will do some study today.
Time bound	SMART GOAL: I plan to study at the kitchen table for subject x between 12-2pm today.
	I will reward myself by listening to my favourite crime podcast outside.

TRY THE 'POMODORO METHOD'

This method was developed to increase productive and decrease procrastination by chunking a task into small achievable sizes.

Pomodoro means tomato in Italian and was named after a tomato shaped kitchen timer.

1. Study for 25 minutes - set a timer
2. Take a 5 minute break - do something with your break: have a tea, move your body, stretch, do some star jumps, sit outside...
3. Repeat 4 times
4. Then take a 15-30 minute break

WELLBEING RESOURCES AND ACTIVITIES

Visit RUSU/RMIT Calm Zone page. Where we have compiled a range of calming activities and strategies below. You can choose from a range of different activities to help support your study stress.

Activities such as: online dancing video, mindfulness apps, gratitude journaling and how to make health meals, just to name a few...

Visit

www.rusu.rmit.edu.au/calmzone

RMIT- SPECIAL CONSIDERATION for students Impacted by COVID 19 (meaning everyone)

Please be aware there are options available to you if you feel unable to complete assignments/tasks on time due to these unprecedented times. If your studies have been impacted by Coronavirus (COVID-19), you might need extra time to complete your assessments. You can request an extension of time for these assessments of up to 21 days (instead of the usual 7 days). To apply, complete the Application for Extension of Time form and submit it to your school.

For more info see:

www.rmit.edu.au/students/student-essentials/assessment-and-exams/assessment/special-consideration

If you need an extension of more than 21 days then you will need to apply for regular special consideration.



How to Cope with Isolation

Compass Volunteers are students studying social work, youth work or psychology. When we are on campus, they train to provide peer support to students at the Drop-in Centre. Here are some tips below from our new Compass VOLLIES...

Compass VOLLIE Shakira...

Make sure you check in with your friends to see how they're coping, isolation isn't easy for anybody. More importantly, make sure you check in with yourself. Make sure you're feeling okay and if you aren't, speak to somebody, whether it be a friend or a family member. And if you can't reach out to anybody there, give the RMIT student wellbeing a call, they can help you.

Pick up a hobby, learn something new, read a book. Do something you know will make you happy, I know being in isolation is a struggle for some people but with the help of family and friends, we will be able to get through this.

Compass VOLLIE Adam...

Have a list, but don't follow it as written as some things come up in life that change your priorities.

Don't be scared to not know an answer, nobody knows everything, so give yourself a high five for knowing that you don't know!

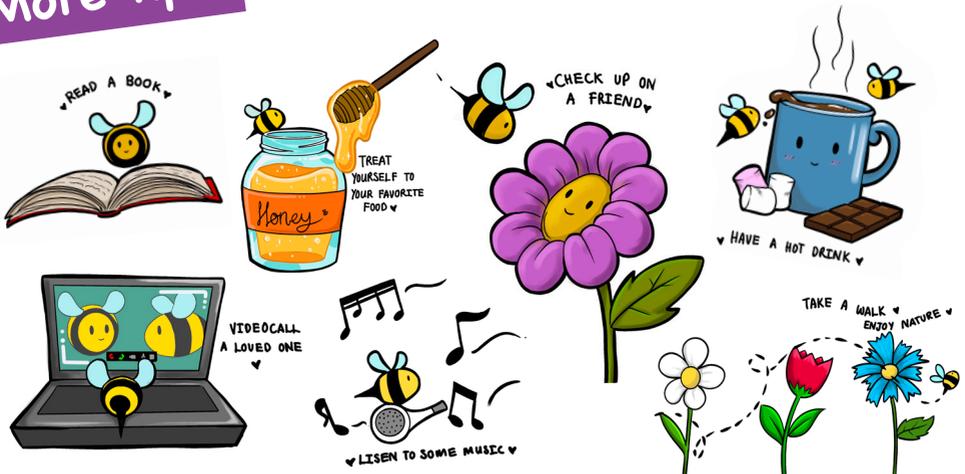
Be willing to have non-productive days, with the whole "learning remotely" it's very easy to not have a structured life. I had to actually think as to what day today was.

Set aside time for frivolous activity, whether it is reading a book totally unrelated to study or going online & playing games with discord/twitch/zoom whatever. It resets the brain & gives you a change to unwind with input from others.

If you are struggling, let someone know. I have two mates who are doing the whole "single parent, remote learning for the kids, whilst working from home" routine, whereas i am living alone & have very little contact with F2F just now, who contact me via messenger every morning so we can tell each other how we are going. This gets me laughing some mornings as it will occasionally be a facetime call with one of the kids who will tell me I need to go get out of my pyjamas.

If you don't think you can bother friends with how you are travelling, reach out via the RMIT services.

More tips!



Find Local Services and Support

ASK IZZY:

Ask Izzy is a search engine for everyone to use... www.askizzy.org.au

How does it work?

1. Enter your postcode ie. Melbourne CBD is 3000
2. Choose the service you are needing support with ie. Food, medical Search and find service information
3. Contact the service you need

COVID19 Information and support
www.askizzy.org.au/covid-19-support

RMIT COUNSELLING:

The counselling service is still open and is providing student Skype or phone call appointments. To book an appointment log onto RMIT Connect and click on the 'Wellbeing support and housing' tab.

IMMEDIATE CRISIS SUPPORT:

RMIT Crisis Support Line:

Call for 24/7 support 1300 305 737

RMIT Crisis Text Line:

Text for 24/7 support 0488 884 162

If you or someone you know is experiencing a mental health crisis please phone 000.

HELPLINE SUPPORT:

These numbers are 24/7, some of them may be busy at the moment. So, if you find yourself waiting for too long on hold, hang up and try again or hang up and try a different helpline.

Compass Drop-In Centre
compass@rmit.edu.au

RMIT After Hours Crisis Line

Telephone: 1300 305 737

Text Line: 0488 884 162

Lifeline

Telephone: 131 114

Text Line: 0477 131 114

Beyond Blue

Telephone: 1300 224 636

Suicide Call Back Service:

Telephone: 1300 659 467

Emergency Accommodation

Telephone: 1800 825 955

Safe Steps

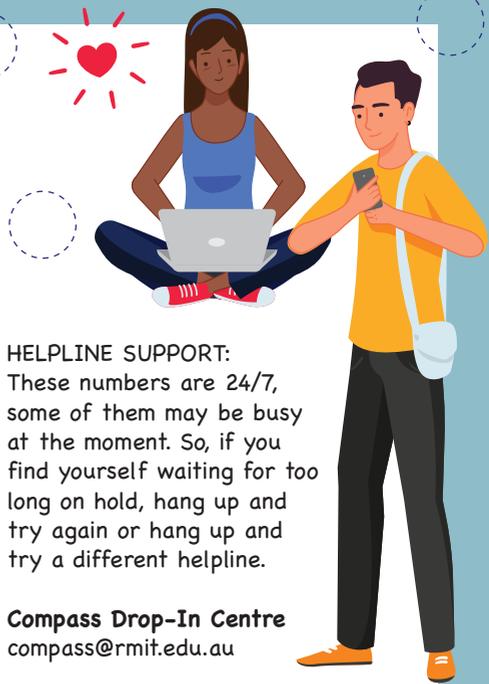
Telephone: 1800 015 188

Victoria Legal Aid

Telephone: 1300 792 387

Student International Study Centre

Telephone: 1800 056 449





We are here for you!

RUSU COMPASS
RMIT UNIVERSITY STUDENT UNION DROP-IN CENTRE

Contact us at compass@rmit.edu.au and
follow www.facebook.com/RUSUpage

 THANKS SSAF