

BANYULE YOUTH SERVICES

WELLBEING AT HOME

information & advice

HOW OUR PHYSICAL SELF IMPACTS OUR MENTAL HEALTH

This week the focus of this newsletter is around exploring our brain & body. In order to feel empowered around our mental health & wellbeing, it is SO important that we understand what is happening inside our body and the impact of our physical self on our mental health.

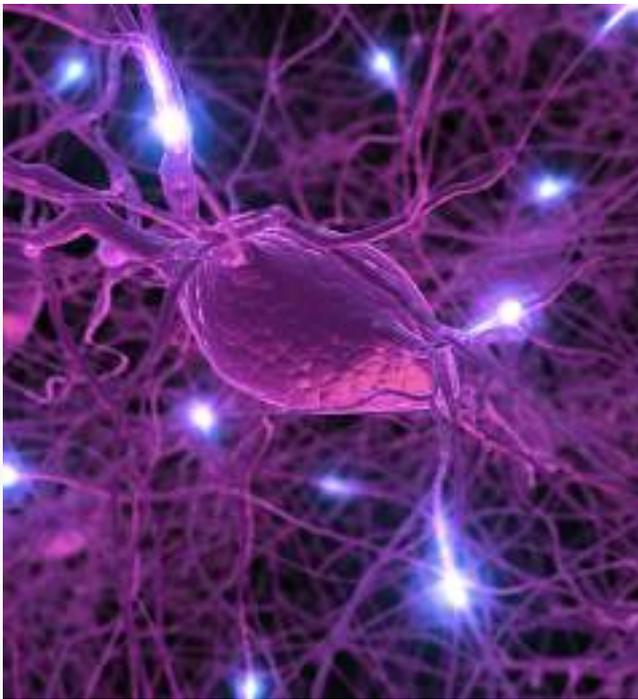


WHY IS THIS IMPORTANT TO LEARN ABOUT?

If we know what physical changes are happening inside our body, it can help us to better understand our mood and emotions.

Find out about hormones and puberty, the physical side of mood change, how sleep impacts our mental health & how we can track our sleep.

Next week our theme will be **Seeking support - how people and places can help us to have positive mental health & wellbeing**



WHAT ARE HORMONES?

Hormones are chemical messengers that are secreted directly from our endocrine glands throughout our bodies into the blood, which carries them to organs and tissues of the body. Different hormones have different effects on your body.

During adolescent years, people experience puberty. There are certain hormones that make changes to your body during puberty that can impact your mood and mental health.

You can learn more about puberty and hormones here: <https://www.fpv.org.au/for-you/reproductive-and-sexual-health/puberty>

ADOLESCENT BRAINS

When aged between 12 - 25, our brain 'remodels' and changes A LOT and very quickly. This starts from the back of the brain and finishes with the front of the brain.

The front part of our brain is called the 'Prefrontal Cortex' and it is responsible for helping us to make decisions and regulate our emotional responses.

Watch this interesting YouTube clip that explains this more: <https://www.youtube.com/watch?v=dISmdb5zfiQ>



how are emotions useful?

Emotions help us make sense of the world around us.

For example, feeling anxious can be a sign that we are faced with a scary or dangerous situation.

It's our brain's way of telling us to keep ourselves safe.

MOOD CHANGES

During adolescent years, when the brain is changing and using new skills for the first time, it is very common to sometimes have mood swings.

Young people may feel that their mood changes quite quickly and that sometimes they become very upset or angry all of a sudden. It's important to know that this sometimes this can happen because of brain changes and hormonal fluctuations happening in the body.

Try doing this online questionnaire by Headspace to learn more about your emotions and how to manage them - <https://headspace.org.au/decks/understanding-emotions/>



HOW SLEEP IMPACTS HOW WE FEEL

Getting the right amount of sleep for your body can give you more energy, improve concentration, help you to better deal with stress and put you in a healthy headspace.

When you get enough sleep it's easier to manage your emotions: you have more patience and you may be able to deal with stressful situations much more easily, than if you do not get enough sleep.

However, it's very common to struggle to fall and stay asleep at night. That's because your sleep can be affected by many things – from the food you eat to feeling worried or anxious and even due to using your phone before bed.

HOW MUCH SLEEP SHOULD YOU GET EACH NIGHT?

Young people ages 12 - 17 need 8 - 10 hours per night & those ages 18 - 25 need 7 - 9 hours each night. Without this, our brain can find it much harder to change and build in the way it needs to during these years.

Studies show that to remember something well when studying, you must have a full night sleep the night BEFORE learning & the night AFTER learning.

Learn more about sleep here:

<https://headspace.org.au/young-people/sleeping-well-for-a-healthy-headspace/>



TRACK YOUR SLEEP

A good way to improve your sleep is to start with tracking your sleep for a week and then looking for patterns in your sleep cycle.

Are there days you tend to get more sleep than others? Are there certain things you are doing, eating or thinking about before bed that are impacting your time falling asleep?

Use our Sleep Tracker on the next page of this email to keep track of your sleep for a week

7-DAY SLEEP TRACKER



Banyule Youth Services

DATES: / / - / /

	S	M	T	W	T	F	S
What I did for the last 30 mins before bed?							
What time I fell asleep?							
How many times I woke up and for how long?							
What time I woke up?							
What I ate after 8pm?							
How I felt when I woke up?							
BEST NIGHT OF SLEEP & WHY?							



WELLBEING ACTIVITIES

We have a page on our website that is dedicated to Wellbeing and giving young people advice and activities that are good for their wellbeing. It's a great idea to use the extra time we currently have at home to develop wellbeing practices and routines to help you in the long-term.

To find the Wellbeing page and activities head here: <https://www.banyuleyouth.com/wellbeing-self-care>



ART ACTIVITIES FOR WELLBEING

Find fun Art activities on our website that can help you to create 'mindful' art and stay busy during the current times.

As well as art, you will find a range of music, training and other things to do on our website.

To find the Art page and activities head here: <https://www.banyuleyouth.com/all-about-art>



APP FEATURE OF THE WEEK

Sleep Cycle tracks and analyzes your sleep patterns. Choose your wake up time, and the app will gently stir you from your slumber during your lightest phase of sleep to ensure that you wake up feeling rested, refreshed, and ready for the day ahead.

You can find out more about it & download it here: <https://apps.apple.com/us/app/sleep-cycle-alarm-clock/id320606217>





YOUTUBE FEATURE OF THE WEEK

Project Rokit support a youth-led movement by young people in Australia against (cyber)bullying. They have a great YouTube profile featuring videos about their work and advice for young people.

Watch their videos here:

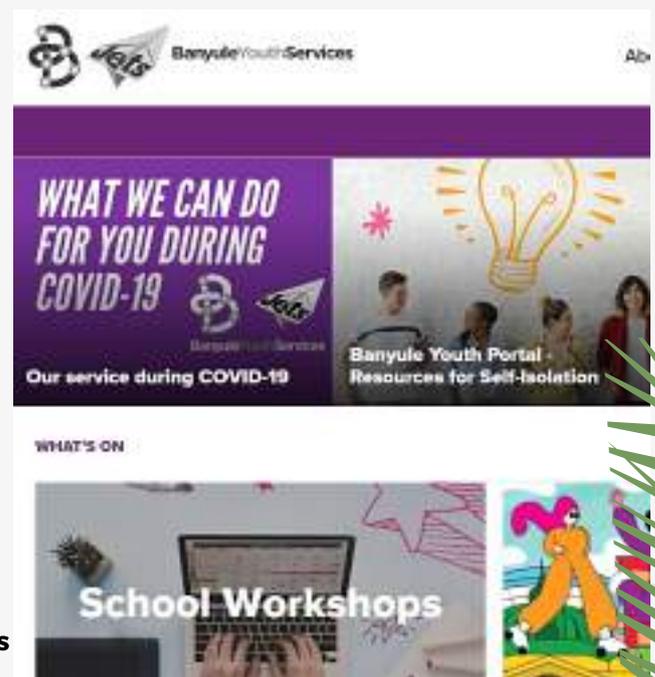
<https://www.youtube.com/user/projectrookit>

NEED HELP WITH YOUR RETURN TO SCHOOL OR WORK?

Our service understands that it can be really stressful to think about going back to our usual lives, particularly whilst COVID-19 is still happening in our community.

You can contact us to talk about this if it is a concern for you or someone you know.

We will be uploading advice and tips for returning to school and work over coming weeks on our website, so stay tuned for more info coming soon: www.banyuleyouth.com



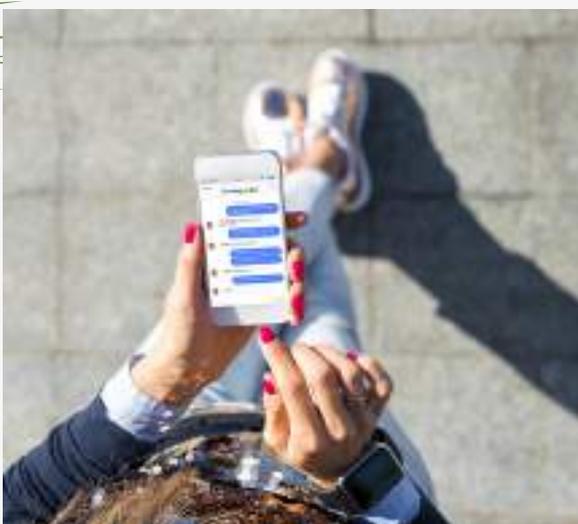
WANT TO CHAT?

At Banyule Youth Services we are offering FREE 30-minute support sessions for young people, parents/carers and school staff. We can call you on the phone, by video call, send you a message on Facebook or your phone or even send you an email - whichever you prefer!

Our youth workers are available for casual conversations and to offer you advice.

Head to:

<https://www.banyuleyouth.com/support> to let us know how we can support you or someone you know





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