ASMS Wellbeing Week 2014
Week 2, Term 4
Program

#asmswellbeing
THEME: ‘Make a Move on Mental Health’

We are all responsible for our own individual health and wellbeing. There are active steps that you can take everyday to support your own health and wellbeing.

AIM:

Wellbeing is not just the absence of disease or illness. It is a complex combination of a person’s physical, mental, emotional, and social health factors. Wellbeing is linked to how you feel about yourself and your life (Better Health Channel, 2013).

At the ASMS we recognise that wellbeing is essential to success at school and living a fulfilling life. The ASMS Wellbeing Week is designed to raise awareness about your own wellbeing and provide a range of opportunities to engage with activities to promote wellbeing. We encourage students to take ownership and control of their own health and wellbeing by:

- Developing positive emotions
- Strengthening relationships with others
- Develop meaning in your life
- Develop strategies for when they are dealing with difficult situations
- Engaging with activities that you enjoy
- Develop a sense of community

PURPOSE:

Every aspect of your life affects your wellbeing. It is not enough to focus on only one aspect of wellbeing as all factors are interrelated. From studies we know that people find it difficult to achieve wellbeing. One American study into mental health found that, while one in four respondents was depressed, only one in five was happy – the rest fell somewhere between, neither happy nor depressed (Better Health Channel, 2013). In Australia a recent survey suggested that 58 per cent of people wish they could spend more time on improving their health and wellbeing (Better Health Channel, 2013).

MENTAL ILLNESS IN AUSTRALIA

Current statistics suggest that 1 in 4 Australian will suffer from a mental illness. Teenagers are most vulnerable to developing a mental illness due to the complex developmental changes that occur in the body and brain during adolescence.

At times we all need help from experts. If we were to break our leg we wouldn’t sit around thinking that it will get better on its own, we would actively seek the advice and support of medical professionals. The same should be true for mental illness but unfortunately this is not the case for many people. It is an illness of the brain that affects many aspects of our life and just like a broken leg needs medical attention so to does our brain. We all need to be making moves towards protecting our brains but sometimes we do need the support of health professionals before the situation gets worse.

HOW TO ACHIEVE WELLBEING

- Develop and maintain strong relationships with family and friends.
- Make regular time available for social contact.
- Eat wholesome, nutritious foods.
- Do regular physical activity.
- Become involved in activities that interest you.
- Join local organisations or clubs that appeal to you.
- Set yourself achievable goals and work towards them.
- Try to be optimistic and enjoy each day. (Better Health Channel, 2013)
## Program of events

(Check out daily notices and email throughout the week for more information)

<table>
<thead>
<tr>
<th>Before School</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>TG</td>
<td>Wellbeing Launch – whole school assembly. Guest speaker Khadija Gbla (Shine SA)</td>
<td>TG Activities (Self Esteem Activity or Line of inequality)</td>
<td>Triple M day Choice of activities that involve one of Movement, Music, Meditation</td>
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<tr>
<td>Lunch</td>
<td>Free BBQ – all staff and students At the rear of ASMS Ultimate Frisbee (Sturt Oval)</td>
<td>Pilates (LC9) Bush Walk (Meet at front of ASMS at 1.10pm) Ultimate Frisbee (Sturt Oval)</td>
<td>Koala spotting (Meet at front of ASMS at 1.10pm) Silent Disco (St 2) Ultimate Frisbee (Sturt Oval)</td>
<td>Pilates (LC9) Bush Walk (Meet at front of ASMS at 1.10pm) Ultimate Frisbee (Sturt Oval)</td>
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<tr>
<td>Daily Challenge</td>
<td>Speak to someone that you have not spoken to before.</td>
<td>Do something for 30 minutes that makes you happy.</td>
<td>Spend 30 minutes doing something active.</td>
<td>Perform a random act of kindness to another person</td>
<td>Make a plan to spend quality time with someone you love on the weekend.</td>
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## Other opportunities

- Add your Daily challenge card to the void rails (see further information in TG)

- Make a mental health promise https://1010.org.au/

- Watch or access a range of mental health programs that were aired on ABC TV and radio during National Mental Health Week http://www.abc.net.au/mentalas/

- Complete the online self directed MOOC provided by Flinders University ‘Mental Wealth—know it and grow it’. https://p2pu.org/en/courses/2508/mental-wealth-know-it-and-grow-it/
Cans 4 Christmas

The ASMS Service Club are asking for everyone at school to bring one or two cans of something nice, that will be used to make up Christmas Hampers by the Salvation Army.

These Hampers will be donated to families, who might otherwise go without something nice for Christmas.

Please bring non-perishable (cans or packets) food items and place on the table near the ground floor reception.

Suggestions are: Tins of fruit, small fruit cake, packet of custard, cans of vegetables etc.

Thank you in anticipation of a good response this year.

Where to get help?

Often recognising that you may need help is a big first step. The following services may provide a good starting point for seeking help. If you prefer to speak to someone at school you can speak to one of the student support team who can get you in touch with appropriate services.

- Lifeline— 13 11 14
- Youth Helpline— 1300 131 719

Local Services

- Combined Regional Triage Service (Southern Adelaide) - 131 465
- Marion CAMHS—74258600
- Noarlunga Headspace— 8384 9284

Online services


Additional Resources

- http://mhaustralia.org/

Thank you to the ASMS Wellbeing Group and any others that have contributed to Wellbeing Week. In particular thank you to Lauren George, Penny Collins, Caroline Dean, Matt Jamieson, Deb Smith, Rachel Koek, Cat Stone, Bronte Nicholls, Marcus Roberts, Khadija Gbla