

## YEAR 12 Wellbeing Webinar Series

August - October 2020

Presenter: Dr Michael Carr-Gregg



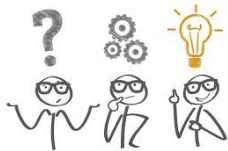






A suite of unique, informative and engaging 30 minute webinars to support all VCE/VCAL students navigate your way through 2020 and beyond. You will walk away with practical and evidence-based approaches to boost mental wellness and build resilience, motivation and connectedness

North Eastern Victorian Region

### Program Overview

(All sessions will be recorded and made available on [NEVR Year 12 Google Site](#))

<p><b>Mental Wellness</b> Proactive and practical approaches to maintaining and improving your mental wellbeing</p> <ul style="list-style-type: none"><li>• The wellbeing spectrum</li><li>• Bucket fillers and emptiers</li><li>• Mood foods, exercise, daily rhythms, relationships</li></ul>  <p>Friday 21st August 12:30-13:00 WebEx: <a href="#">Hyperlink</a> Session Password: NEVR Register - name and email required</p>	<p><b>Call for Calmness</b> Understanding and practicing ways to achieve calmness in your life as an antidote to VCE stressors</p> <ul style="list-style-type: none"><li>• Doses of anxiety- the goldilocks principle</li><li>• Peak performance</li><li>• Benefits of practiced relaxation and mindfulness</li></ul>  <p>Friday 28th August 12:30-13:00 WebEx Event: <a href="#">Hyperlink</a> Session Password: NEVR Register - name and email required</p>
<p><b>Thoughtful Solutions</b> Exploring common Thinking Traps that can lead to negative patterns of thinking and learning practical strategies to manage them</p> <ul style="list-style-type: none"><li>• Informed not obsessed - alert not alarmed</li><li>• Locus of control</li><li>• Circuit breakers and distractions</li><li>• Realism/optimism</li><li>• Dealing with uncertainty, fear, disappointment</li></ul>  <p>Friday 4th September 12:30-13:00 WebEx: <a href="#">Hyperlink</a> Session Password: NEVR Register - name and email required</p>	<p><b>Digging Deep</b> Identifying your personal motivators to maintain the effort required to achieve your short- and long-term goals</p> <ul style="list-style-type: none"><li>• The nature of grit and resilience- effort matters</li><li>• Intrinsic and extrinsic motivators- what works for you?</li><li>• Recreating routines</li><li>• Motivational tools - e.g. mantras, quotes hero's</li><li>• Adjusting your narrative - short and long game plans</li></ul>   <p>Friday 11th September 12:30-13:00 WebEx: <a href="#">Hyperlink</a> Session Password: NEVR Register - name and email required</p>
<p><b>Virtual Connectedness</b> Finding creative, innovative and unique solutions to bring us together.</p> <ul style="list-style-type: none"><li>• Reimagining VCE</li><li>• Online study-social groups</li><li>• Reaching out to others</li><li>• Gratitude, compassion and acts of kindness</li></ul>  <p>Friday 18th September 12:30-13:00 WebEx: <a href="#">Hyperlink</a> Session Password: NEVR Register - name and email required</p>	<p><b>On the Horizon</b> Looking through both a realistic and optimistic lens to a positive future with new knowledge, thinking and skills</p> <ul style="list-style-type: none"><li>• The skilled, connected and informed generation</li><li>• Reasons for hope and optimism</li><li>• From adversity comes opportunity</li></ul>  <p>Friday 9th October 12:30-13:00 WebEx: <a href="#">Hyperlink</a> Session Password: NEVR Register - name and email required</p>

#### Links

- [NEVR Year 12 Support Site](#) – Department of Education North Eastern Victorian Region Google Site

#### Crisis Support and Wellbeing Health Information

- [Lifeline](#) – 13 11 14
- [Kids Help Line](#) -1800 55 1800
- VIC Emergency 000
- [Orygen](#) – Clinical Services
- [Headspace](#)