

To support the mental health and wellbeing of Years 10-12 students completing VCE and VCAL this year, Smiling Mind has created a 6-part series of short videos called *Feeling It!*

Feeling It

VCE and VCAL students face significant pressure and uncertainty navigating their final year(s), especially as they begin thinking about their transition out of the school environment into work or tertiary study. This year, in particular, has presented unanticipated challenges that cannot be underestimated in terms of the impact on senior students, both academically and psychologically.

While their studies may be disrupted, we can support students to adopt strategies including good study habits, self-care and resilience, which could help them remain positive and engaged in their education now and into their future.

Feeling It is a 6-part series of short videos which cover essential wellbeing topics:

From Me to Me:

Self-care Essentials

Respect Your Vibe:

What Your Feelings are Telling You

Lion Minded:

The Power of Presence

Create Your Oasis:

Stress, Study and Sleep

Find Your Inner Mentor:

How to be Good to Yourself

VCE = Very Complex Emotions:

Navigating Uncertainty & Preparing for Change



Each episode consists of a short video, accompanying meditations, activity and downloadable tip sheet. Each episode of *Feeling It* is distributed directly to senior school students via social media, and released on a rolling basis.

Feeling It and the accompanying resources are available at:

Web app link:

<https://app.smilingmind.com.au/programs/78>

Smiling Mind app location:

All programs > Youth > Feeling It

How to use *Feeling It*?

As an educator, you play an important role in student wellbeing. Here's how you can help support your students through this uncertain time:

SHARING *Feeling It* WITH STUDENTS

- Send tip sheets to students, they can be accessed [here](#).
- Encourage students to watch the *Feeling It* videos on the Smiling Mind App [here](#).
- Suggest students look through the additional information on the Smiling Mind App [here](#).

ENCOURAGE THE PRACTICES

- Encourage students to complete suggested activities and meditations; they can use the videos and student tip sheets for guidance.
- At the beginning or end of class, play students one of the accompanying Smiling Mind meditations to bring focus and attention to the session [here](#). These activities could also be incorporated into assemblies and pastoral care classes.

CHECK IN AND OFFER SUPPORT

You may wish to email or check in with your students. This may include offering some suggestions to help them reflect on their experience. You could:

- Ask students to reflect on what they found easy/challenging/interesting about the activity and/or meditation;
- Suggest that students journal about their experience and/or discuss with their peers;
- Use the reflection questions on the student tip sheets as discussion starters.



REMEMBER

There are no right or wrong answers here, it is about creating a safe and comfortable space for students to reflect on their experiences no matter what they are. They may wish to do this privately or by sharing with their peers, whichever they're most comfortable with.

Strong feelings may come up for students, and that is normal and okay. It's important that students feel supported and are aware of support services that are available to them if they wish to access them. Please feel welcome to share the details below with your students.

ADDITIONAL SUPPORTS FOR STUDENTS

Immediate danger

If you're in a life-threatening situation and need immediate help call 000

Want to talk to someone?

Your School

- Reach out to a teacher or wellbeing coordinator at your school

During business hours

If you're having difficulty coping during business hours you can also contact:

- Headspace <https://headspace.org.au>
- A local GP to arrange an appointment with them that day

Available 24 hours everyday

If you're in crisis or are having difficulty coping call one of the following services, both of which are available 24 hours a day, 7 days a week:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800