

Wellbeing Wednesday #19

Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.

Over the final two weeks of term we are going to take a deeper dive into the Zones of Regulation, the topic of a previous Wellbeing Wednesday post. The Zones of Regulation allow us to map how we are feeling, understanding our triggers and strategies to stay calm during times of distress. Understanding our emotions and validating how we are feeling will help many of us return to school as ready as possible.

This week's topic is the Blue and Green Zone

The **Blue Zone** is the low zone. It's when our heart beat is slow and is associated with feelings such as tired, bored, flat or sick. It feels cold, lazy and lethargic. The Blue Zone does not include upset. When we are upset often our hearts are beating faster, we might be crying or angry and our faces might be flushed. The Blue Zone is lower than that. The 'down in the dumps' kind of feeling. The strategy we pick to get us out of the Blue Zone depends on which emotion we are feeling. For some of us, identifying our emotions are easy. But many young people are encouraged to suppress or hide their emotions. It is very difficult to learn about how you are feeling if you are hiding from it.



Sad



Tired



Bored



Sick



Exhausted

Here are some typical examples of the Blue Zone emotions and what they look like. Often the easiest way to pick the emotion we are feeling is by recognising it when we see it. Using faces and emojis like this is a terrific way for a child to tell you how they feel.

While it is perfectly normal and expected to be in the Blue Zone at different times, it's not a particularly enjoyable Zone. We might be in the Blue Zone first thing in the morning or after a busy day. We might experience longer periods of Blue Zone the deeper into Term we get as we get closer to holidays. We might have experienced genuine heartbreak or loss and be in the Blue Zone for days as a result. All of these feelings are perfectly normal and expected. But when you want to get out of the Blue, it's important to know how.

Strategies

If we can get out of it, we should try. Here's how:

- If we are tired or bored, we need to **ENERGISE**. Try running, dancing, playing, kicking, or singing. Music, laughter and movement are your friends here.
- If we are sad, we need **COMFORT**. Hugs, cuddles, warmth and encouragement. Tell someone you trust how you feel and why you feel that way.

- If we are sick or exhausted, we need to REST. Sometimes the Blue Zone is telling us it's time to stop for the day. We might need sleep or some quiet time to let our bodies do some recovery. Couches, beds, blankets and pillows are needed here.

Picking which strategy you need requires you to figure out why you're in the Blue Zone, and if you're ready to move out of it. Sometimes, if you have lost someone, the Blue Zone is right where we need to be. But it's always best to be Blue with someone than Blue alone.

The **Green Zone** is where we want to get to. It's our Go Zone. The Green Zone might be happy, optimistic, or proud. But it might also just be calm. Sometimes you might not be feeling any emotion particularly strongly. That's the Green Zone. When you aren't distracted by heavy thoughts and feelings you're in the best place to succeed! The Green Zone is where we work hard and get the job done. It's where we can best help others and contribute to our team, family and community. It's where your teachers want to see you in class. Here's what the green zone might look like:



Good



Calm



Happy



Focused



Relaxed

Once again it is often easier to recognise how we are feeling by seeing it on someone else's face. Once we are in our green zone we can stop focussing inwardly and focus on the world around us. The Green Zone helps us to be present in the moment without worrying about the past or the future. It is not possible or practical to live entirely in the Green Zone. Life is all about ups and downs. However, when we have goals, tasks to accomplish or people that depend on us, getting to the Green Zone can be very helpful.

There are no strategies for when you are in the Green Zone because you're where you want to be. Its Go time! However, you can help others get to their Green Zone. Kindness is the best way to boost someone else's mood! Do something nice for someone and you will spread that Green Zone around.

Next week I will give you some more details on the Yellow and Red Zones and their strategies.

Have a great week!

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Kids Help Line

Confidential and anonymous, telephone and online counselling service specifically for young people aged between 5 and 25. **Phone: 1800 55 18 00**

www.kidshelp.com.au/

Australian Government: Head to Health

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

headtohealth.gov.au/

Beyond Blue Support Service - Support. Advice. Action

Information and referral to relevant services for depression and anxiety related matters.

Phone: 1300 22 46 36

www.beyondblue.org.au/get-support/get-immediate-support

Black Dog Institute

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

www.blackdoginstitute.org.au/resources-support/

Blue Knot Foundation Helpline (formerly Adults Surviving Child Abuse)

The Blue Knot Helpline provides information and short term counselling nationally via telephone for adults survivors of childhood trauma on **1300 657 380** and email helpline@blueknot.org.au ([link sends e-mail](#)) 7 days a week 9am to 5pm AEST.

www.blueknot.org.au

Butterfly Foundation

Butterfly provides support for Australians who suffer from eating disorders and negative body image issues and their carers. **Phone: 1800 33 4673**

thebutterflyfoundation.org.au/

Carer Gateway

Are you one of the 2.5 million Australians who care for a loved one, friend or neighbour? Find out information about the support services available to you, on the Carer Gateway.

www.carergateway.gov.au

Friendline

FriendLine is for anyone who needs to reconnect or just wants a chat. All conversations with FriendLine are casual and anonymous and our friendly volunteers are ready to talk about anything and everything.

friendline.org.au

Gambling Helpline

Starting to think gambling might be a problem? Find out about the signs of a problem and assess gambling issues and spending. **Phone: 1800 858 858**

<http://www.gamblinghelponline.org.au/>

Headspace

Headspace is the National Youth Mental Health Foundation. We help young people who are going through a tough time.

www.headspace.org.au/

Lifeline

24 hour telephone counselling service. **Phone: 13 11 14 or Text: 0477 13 11 14 6pm - midnight AEST**
www.lifeline.org.au/

Mensline Australia

A dedicated service for men with relationship and family concerns. **Phone: 1300 78 99 78**
www.mensline.org.au/

MI Networks

Offering access to relevant, up-to-date information, peer support and connections to local community networks, Mi Networks members provide a personalised response to the needs of individuals living with mental illness, their carers, friends and family members. **Phone: 1800 985 944**

www.minetworks.org.au/

1800RESPECT

National sexual assault, domestic family violence counselling services 24-hour online support for workers and professionals. **Phone: 1800 737 732**

www.1800respect.org.au/

PANDA - National Perinatal Depression Helpline

PANDA's National Perinatal Depression Helpline, funded by the Australian and Victorian Governments, provides vital support, information, referral and counselling to thousands of Australian parents and their families. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the Helpline, PANDA is keen to support any new parent struggling during pregnancy or after the birth of their baby, as well as their partner, family and friends. **Phone: 1300 726 306 from Mon – Fri, 9am – 7.30pm (AEST/AEDT).**

www.panda.org.au/

QLife

QLife provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. **Phone: 1800 184 527**

qlife.org.au/

ReachOut.com

ReachOut.com is Australia's leading online youth mental health service. ReachOut.com is an initiative of the Inspire Foundation, an Australian non-profit with a mission to help young people lead happier lives.

au.reachout.com/

Relationships Australia

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. **Phone: 1300 364 277**

<http://www.relationships.org.au/>

SANE Australia

SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research. SANE conducts innovative programs and campaigns to improve the lives of people living with mental illness, their family and friends. It also operates a busy Helpline and website, which have thousands of contacts each year from around Australia. **Phone: 1800 187 263**

<http://www.sane.org/index.php>