



A Spin on Wellbeing

How are you going with Self Care?

[10 ways to take care of yourself during coronavirus](#)



How to keep a positive focus in Year 12

[How Georgia stayed positive about Year 12 during COVID-](#)

[19](#)



Reduce workload and exam stress

[Stress Swaps: Ways to reduce exam stress | Exam stress](#)



Are you worried about your future?

[How to handle fear about the future: A guide for year 12 students](#)



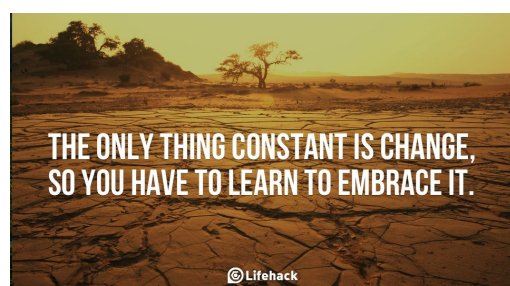
Send this link to your parents/guardians & family

<https://michaelcarrgregg.com/resources-2>



Try these positive ideas

[A guide to dealing with constant change due to COVID-19](#)



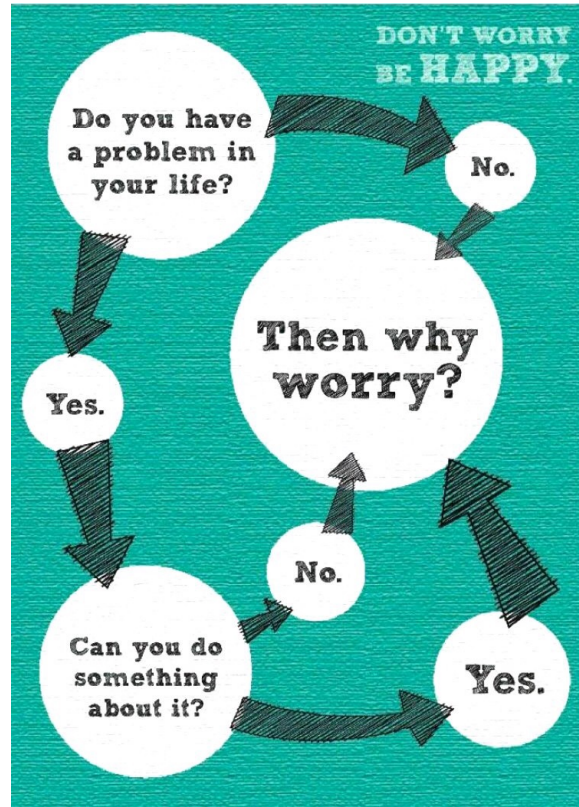
©Lifehack



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Gaming and you

[How to stay healthy when gaming](#)



How To Stay Healthy While Gaming

Music and you



[5 ways music can get you through tough times](#)

A new way to watch Netflix together

[Netflix Party](#) is a new way to watch Netflix with your friends online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows. It is free and you can watch a show together with friends.

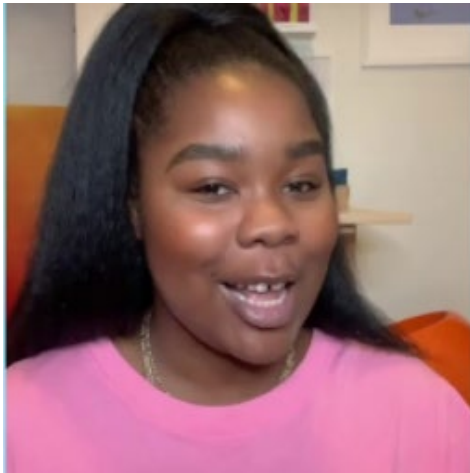




A Spin on Wellbeing

Digital Detox

Staying connected to friends



[Staying socially connected during coronavirus – with FlexMami](#)

Take micro breaks

Making your screen black and white

Turn off alerts - But not from your teachers!!



Take care,

Wellbeing Support Service.