

SCHOOL PSYCHOLOGIST NEWSLETTER

Leumeah High School | Issue 6: Week 6, Term 2

IDENTITY

We want use the newsletter this week to explore something very important, YOU!

During this pandemic it can be easy to lose sight of who you really are. This is because you may have stopped doing the things that are important to you: the things that make you, you. You may have lost touch with these things for a couple of reasons, either because you don't have access to them anymore (e.g. sport teams) or you're not feeling as motivated or inspired as you used to.

We like to call the things that are important to you values. Values guide and motivate you throughout life. They make up who you are, what you stand for, and how you want to behave or spend your time. Getting in touch with your values is an awesome way to boost your mental health. So, let's start by figuring out what is important to you.

My Values

Here are a bunch of common values. Have a look through them and on a piece of paper write down two values from each column that are important to you.

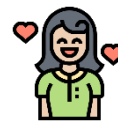
Tip: Think about the things you like doing and match that to a value (e.g. I like soccer, so I can match that to the value of health; or I like drawing, so I can match that to the value of creativity).



Relationships
Love
Forgiveness
Kindness/Caring
Honesty/Trust
Fairness/Justice
Assertiveness
Respect



Success/Achievement
Curiosity/Learning
Independence
Skillfulness
Persistence
Responsibility
Order
Creativity



Fun/Excitement
Spirituality
Health/Fitness
Gratitude
Positivity
Authenticity
Acceptance
Courage



We know that this may be a hard time for some of you. Even though you may not be at school, you can still access the School Psychologists! You can make a referral by using the link below:

<https://forms.gle/137haHcTqM862kQ9>

How To Sprinkle Values Into Your Everyday Life



Step 1: Remind yourself

Write your six most important values down or get creative and create a poster out of them.

Then, place this somewhere in your room where you can see it easily.



Step 2: Pick two values

Each morning, start your day by picking two values that you want to focus on. The idea is to “sprinkle” these into your day.

Try and pick different values to the day before.



Step 3: Set daily goals

Think about a specific way you can add each value into your day.

You may want to set this up as a **SMART** goal:

Specific: what will you do, when, where, and who else is involved?

Measurable: how will you measure progress or track what you've done?

Achievable: can you actually do it under the current restrictions?

Relevant: is it important to you / related to your chosen values?

Timely: decide what time you will do it and for how long



Step 4: Reflect (without judgement!)

At the end of the day, reflect about how you sprinkled the two values in your day and what that was like. You may like to notice:

- What your mind was telling you before, during, and after your values-based activity
- How you felt before and after
- What worked well and what could have been better
- Whether anything unexpected happen

APP OF THE WEEK



A simple app to help you explore, clarify and rate your values.

BOREDOM BUSTER

ScienceWorks, a museum in Melbourne, have turned some of their favourite things into virtual puzzles.

Build up the difficulty and challenge yourself with a 200 piece virtual puzzle.



Check them out here:

<https://museums victoria.com.au/scienceworks/at-home/online-jigsaw-puzzles/>

For additional help and information, take a look at these websites:

LGBTIQ+ Support: Twenty10

Reachout.com

Kids Helpline

<https://www.twenty10.org.au/>

<https://au.reachout.com/articles/10-tips-for-improving-your-self-esteem>

<https://kidshelpline.com.au/teens>