

SEMESTER 1
2021



RUSU & COMPASS PRESENT

STRESS LESS WEEK

ACTIVITY BOOK

RUSU **COMPASS**
RMIT UNIVERSITY STUDENT UNION DROP-IN CENTRE

WELL, HERE WE ARE...

You have almost finished your first 'COVID normal' semester. As you get stuck into your assignments and study for exams, we want you to remember to look after yourself. In this booklet we will give you some tips and tricks to help you get through the assessment period, as well as some fun activities and important support information.

We want to remind you how important it is to look after yourself.

As Beyond Blue says, "Taking care of yourself is the most important part of managing your mental health and wellbeing " and even during the assessment period we can still do small things to support our wellbeing which can have heaps of positive benefits on us including:

- ✔ **Increased brain function**
- ✔ **Being present**
- ✔ **Increased resilience**
- ✔ **Being productive**
- ✔ **Increased feeling of control**
- ✔ **Better sleep**

So... How are you feeling right now?

This is your reminder to check in with yourself.

Examples:

- How does my body feel?
- How does my mind feel?
- Where do I feel stressed?
- What do I need to focus on?

What is one goal you can implement today?

Examples:

- A walk around the block or through the park
- 15 minutes of at home exercise
- To cook myself a nice meal

Write your wellbeing goal here:

You can also use the above prompts when completing your weekly wellbeing planner on page 5.

ABOUT COMPASS

Compass is a service that supports RMIT students by offering advice, information and referrals regarding a wide range of issues that students experience during their time at university. Our Compass staff are trained social workers who can offer you support in areas such as mental health, financial stress, relationship issues, homelessness and many more. We can provide you information about other free services within RMIT and out in the community. We are here help and listen. Please get in contact with Compass at compass@rmit.edu.au

**We are available
Monday to Thursday, 10-4pm**



ABOUT RUSU

RUSU is the RMIT University Student Union. RUSU is RMIT's only 100% student-run organisation – Run by annually elected student representatives for you! We are here to represent your rights, your views and your voice as RMIT Students. We are here to ensure that RMIT hears you, and right now, that's more important than it has ever been before.

Keep up to date with Free RUSU events
www.rusu.rmit.edu.au/events
www.facebook.com/RUSUpage



RUSU and Compass Acknowledges that we live, work and play on the lands of the Kulin Nations, and that sovereignty was never seeded.



SUDOKU



EASY

	4	3				2	5	
			8			1		3
5			7				4	
	5	8	1					4
	1	7	2		8	9	6	
9					7	8	2	
	7				5			6
4		5			2			
	3	9				5	8	

			1	7				
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	1			7			4	
4		9	8		3	7		5
		6		9	4	2		
7		2				5		8
			5	8				

MEDIUM

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				6		2		
		9			2		1	
5								9
	3		9			8		
		7		9				
		1			3	7		8
8			2	1		5		

		9		2		7		3
		3		6				8
6			1		9	2	5	4
1	2							
			8		5			
							4	9
9	1	5	7		3			6
7					6		9	
3		6		9			8	



HELP ME STUDY

Routine supports our mental health by giving us purpose, meaning and promoting a sense of achievement as we accomplish small goals throughout the day.

What will your study routine look like?

Here are some apps to help you record plans, check them out in your Appstore:

- Planner Pro- Daily
- To do & Task List
- Pocket Schedule Planner
- Fabulous- Daily Self Care
- Daily Planner- Habit Tracker

Make SMART goals:

- Specific
- Measurable
- Achievable
- Realistic
- Time bound



Use positive reinforcement by acknowledging your achievements at the end of the day.

Give yourself a concrete reward ie. I will reward myself by listening to my favourite crime podcast outside.

Example- NOT a SMART goal: I will do some study today

Example- SMART goal: I plan to study at the kitchen table for subject XX between 12-2pm today, when I am finished I will go for a walk around the park.

Make sure you consider making an appropriate space for study.

Use this checklist to help:

- Natural light or well-lit area
- Ergonomic set up (seating that protects your back and neck)
- Do you need to stand? Make a makeshift standing desk with boxes or high bench space
- Put your laptop on a hard surface- not your lap, pillow or bed
- Selecting an area that's different from a leisure or sleeping area

Try the 'Pomodoro Method'

This method was developed to increase productive and decrease procrastination by chunking a task into small achievable sizes.

Pomodoro means tomato in Italian and was named after a tomato shaped kitchen timer.

1. Study for 25 minutes – set a timer
2. Take a 5-minute break – do something with your break: have a tea, move your body, stretch, do
3. Some star jumps, sit outside...
4. Repeat 4 times
5. Then take a 15–30 minute break



WORD SEARCH

SAFARI ANIMALS

E	E	L	A	N	D	P	E	L	H	O	D	N	E
A	R	N	B	G	E	F	I	B	A	B	O	O	N
C	H	E	E	B	F	O	E	L	L	E	Z	A	G
R	I	O	L	A	N	N	R	K	N	A	I	E	E
O	N	E	R	B	U	F	F	A	L	O	L	Z	N
C	O	I	O	S	O	K	U	D	U	I	T	O	W
O	G	A	E	P	P	Z	Z	E	B	R	A	E	A
D	S	O	C	C	D	R	R	T	R	R	L	E	R
I	A	R	E	A	H	A	I	A	N	E	E	T	T
L	D	R	A	P	O	E	L	N	P	C	N	E	H
E	E	D	T	I	G	C	E	H	G	N	N	V	O
W	H	I	P	P	O	N	A	T	O	B	N	I	G
H	Y	E	N	A	C	N	T	H	A	N	O	C	A
C	P	H	F	A	T	B	O	L	O	H	G	K	L

- KUDU
- LEOPARD
- SPRINGBOK
- ELAND
- CROCODILE
- BABOON
- GIRAFFE
- ELEPHANT
- BUFFALO
- HIPPO
- RHINO
- WARTHOG
- GAZELLE
- ZEBRA
- CHEETAH
- CIVET
- HYENA
- LION



DISNEY MOVIES

T	O	N	A	A	M	R	R	C	E	L	L	A	O
O	I	A	I	E	B	N	D	N	R	O	S	P	C
I	H	L	K	O	B	A	N	I	S	R	R	E	I
A	C	A	O	D	R	L	E	S	E	O	A	T	N
N	C	D	O	I	O	U	I	R	L	B	C	E	D
S	O	D	B	N	T	M	B	E	U	I	A	R	E
D	N	I	E	O	H	T	M	T	C	N	C	P	R
E	I	N	L	S	E	A	A	S	R	H	F	A	E
L	P	T	G	A	R	R	B	N	E	O	O	N	L
G	M	L	N	U	B	Z	I	O	H	O	A	E	L
N	O	O	U	R	E	A	T	M	E	D	A	S	A
A	A	B	J	U	A	N	O	B	M	U	D	M	A
T	A	D	C	L	R	A	I	S	A	T	N	A	F
L	U	B	T	S	W	A	L	L	E	R	B	L	E

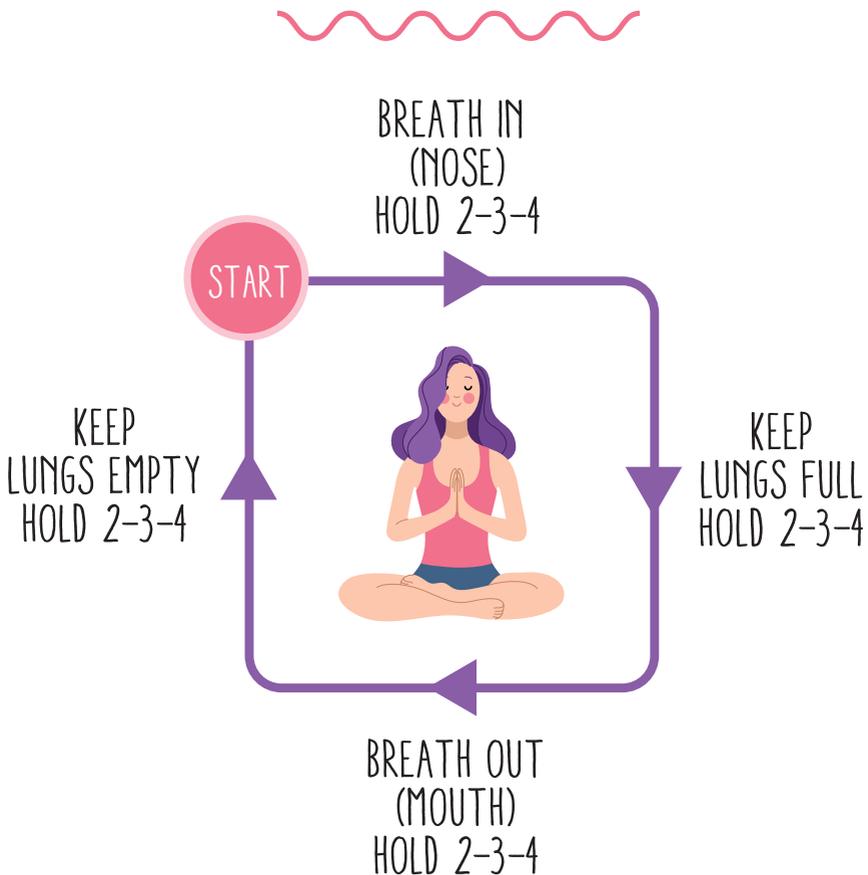
- WALL-E
- PETER PAN
- TARZAN
- BAMBI
- BROTHER BEAR
- ROBIN HOOD
- CARS
- JUNGLE BOOK
- PINOCCHIO
- TANGLED
- BOLT
- MULAN
- MONSTERS INC
- CINDERELLA
- ALADDIN
- HERCULES
- DUMBO
- FANTASIA
- DINOSAUR



BOX BREATHING

Box breathing is a powerful, yet simple, relaxation technique that aims to return breathing to its normal rhythm. This breathing exercise may help to clear the mind, relax the body, and improve focus.

The technique is also known as "resetting your breath" or four-square breathing. Count 1,2,3,4 while doing each side of the box.



50 WAYS TO TAKE A BREAK



MIND FULL OR MINDFUL?

Compass Volunteers are students studying social work, youth work or psychology. When we are on campus, they train to provide peer support to students at the drop-in centre. Here are some tips below from our **Compass Volunteer, Britnie Johnston.**

It has been a little over 12 months since the COVID-19 pandemic changed the way we've learnt to work, study and keep in touch with loved ones. The year 2020 was regularly filled with ups and downs, lots of snacking on Doritos and disappearing from online tutorials when the tutor announces break out rooms. I often reflect back and wonder - where did that last year go? And more recently - how can I make up for lost time?

It's common to think about the things in the past or contemplate what we think we should do in future. While it's comfortable to get stuck thinking about the concept of time, it can also hinder us from being present in the now. Because with every minute that goes by, that too becomes the past, and then we can miss the little things that make life beautiful. This is where bringing mindfulness into our day can be of help.

Mindfulness is the practice of being actively present in the "here and now". It is an approach that can help ease our anxiety and worry for the future, by bringing our focus back to the task or situation at hand. By being mindful we are redirecting our thoughts to the current moment, allowing us to engage with what is around us and listen to ourselves without judgment. The practice of mindfulness is used all around the world and is associated with many benefits for wellbeing and mental health. It is also a great technique for stress reduction, which comes in handy during the assessment periods



Here are 7 ideas of how you can practice being present and 'mindful' during your day:



Practice deep breathing

Focus on taking some slow, deep breaths. Feel the rise and fall of your chest with each inhale and exhale.



Make notes of what you're grateful for

Write down a couple of things you're thankful for right now, you can even keep the notes in a 'Blessings Box' to read back at a later time.



Have a warm or cold drink

Hold a drink between your hands and become aware of how it feels. Is it warm? Is it cold? What does that feel like and then, how does it taste?



Take a walk out in nature

Sit outdoors and take in all your surroundings, feel the grass under your feet and smell the freshness of the air.



Let go of your thoughts

Acknowledge your thoughts and make a choice to let them go. Visualise them as leaves in a stream, travelling away from you.



Do some stretching

Gently stretch to where feels comfortable for you, remembering to breathe as you hold a stretch. Feel the tension fade away as you connect with your body.



Listen to a mindfulness app

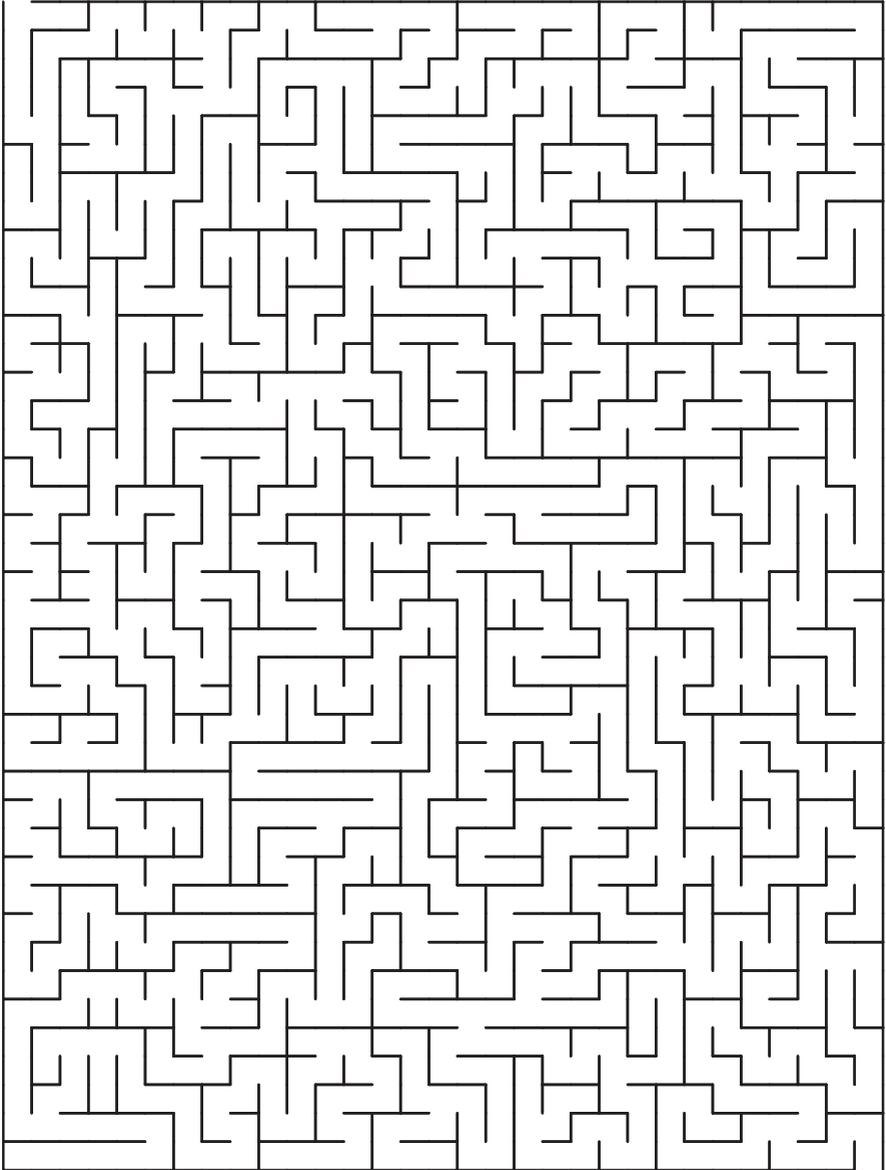
Put in some headphones and relax with a guided meditation. Smiling Mind and Calm are great apps with a range of free exercises you can practice along with.

These are just some of the ways in which you can try mindfulness and it's often a skill that can get easier the more you practice. The important thing to know is that some approaches may work better for you than others, and that's ok! Every person is different. You are you, and you're beautiful for it.

How will you practice being mindful today?

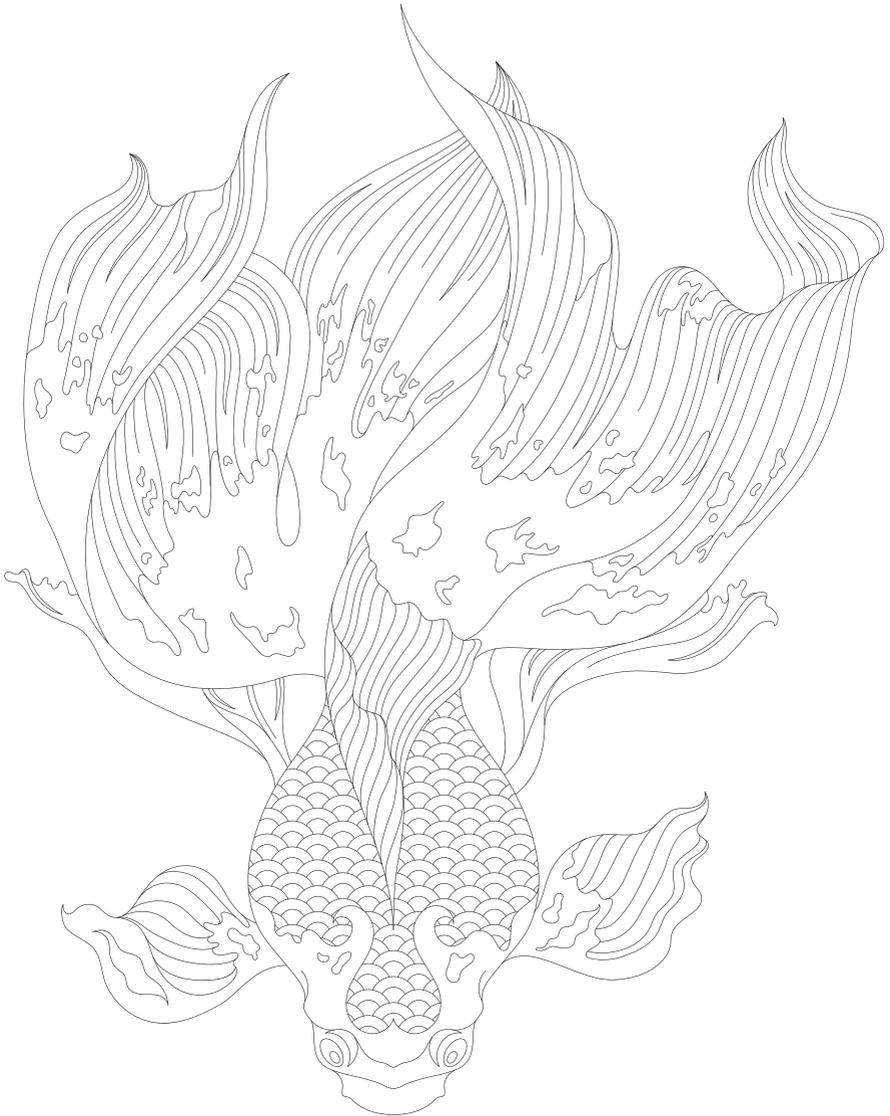


HELP LUNA GET HOME...



MINDFUL COLOURING

Coloring is a form of meditation that helps you to relax the fear centre of your brain, reducing feelings of anxiety and stress. This generates mindfulness and quietness, and allows your brain to rest after a stressful study session.



HELP IS HERE!



The assessment period is usually a very stressful time for students. Don't think you have to do it alone, please reach out for help! If you feel you are not coping with study or with things at home, there are heaps of services ready to help you out.

For more information, please reach out to Compass at compass@rmit.edu.au



STUDENT RIGHTS

RUSU's Student Rights service exists to help students understand the rules and processes that affect them at RMIT. We can assist students who might be in distress or experiencing disadvantage, with academic and other university process related issues.

Book a phone/Microsoft Teams appointment with a Student Rights Officer via email: student.rights@rmit.edu.au

For more information visit our website: www.rusu.rmit.edu.au/studentrights

SPECIAL CONSIDERATION

If unexpected circumstances have affected your ability to complete an assessment, then you may be eligible for special consideration. You have to apply within 5 working days after the assessment date or due date. After submitting your application, you have up to five working days to provide your supporting documents.

For more information visit www.rusu.rmit.edu.au/specialconsideration

Examples of eligible circumstances include:

- an unexpected short-term physical or mental health condition
- difficult personal circumstances or significant emotional disturbance
- unexpected carer responsibility for an immediate family member
- bereavement of an immediate family member or someone else close to you
- having been the victim of a serious crime
- other unexpected circumstances outside your control, such as:
 - o an unavoidable employment, family, cultural, religious or elite sporting commitment
 - o severe disruption of living arrangements
 - o financial hardship, such as sudden loss of employment or income
 - o serious technical issues during an online assessment.

Note: that applying for special consideration does not guarantee it will be granted. Each application will be assessed on a case-by-case basis.

APPEALS AGAINST ASSESSMENT

If you disagree with a grade you have received because you believe there is a problem with how the university assessed your work, you are able to lodge an Appeal Against Assessment (AAA) provided certain threshold conditions are met. **Meeting the grounds for an assessment appeal is often complicated.**

Before lodging a formal appeal you should make sure;

- course results have been published
- informal review has been sought
- a specified ground has been identified
- a supporting statement has been prepared
- the official form has been completed

When considering whether or not to proceed with an AAA, it is important that you understand the aim of all assessment is to objectively measure student achievement of learning outcomes. Hence, successful appeals are those in which it is demonstrated that the cause of the lower than expected grade is due to a deficiency on the part of the university, and not due to shortcomings on the part of the student. **Keep in mind, while preparing for your appeal, a difference of opinion between you and your course coordinator on the grade you received doesn't constitute a ground for your appeal.**

The Student Rights service at RUSU conducts group information sessions for students considering pursuing the AAA process, and all interested students are encouraged to email student.rights@rmit.edu.au to book in for a session.

MORE ONLINE WELLBEING RESOURCES AND ACTIVITIES

List of community resources from Wellbeing to free food:

www.rusu.rmit.edu.au/rusuresources

RMIT Counselling:

www.rmit.edu.au/students/support-and-facilities/student-support/counselling

Visit RUSU/RMIT Calm Zone page. Where we have compiled a range of calming activities and strategies below. You can choose from a range of different activities to help support your study stress. Activities such as: online dancing video, mindfulness apps, gratitude journaling and how to make health meals, just to name a few... www.rusu.rmit.edu.au/calmzone

FOR IMMEDIATE CRISIS SUPPORT

RMIT Crisis Support Line: Call for 24/7 support **1300 305 737**

RMIT Crisis text line: Text for 24/7 support **0488 884 162**

If you or someone you know is experiencing a mental health crisis phone **000**

YOU
MATTER

We are here for you!

 **COMPASS**
DROP-IN CENTRE

compass@rmit.edu.au
www.rusu.rmit.edu.au/compass