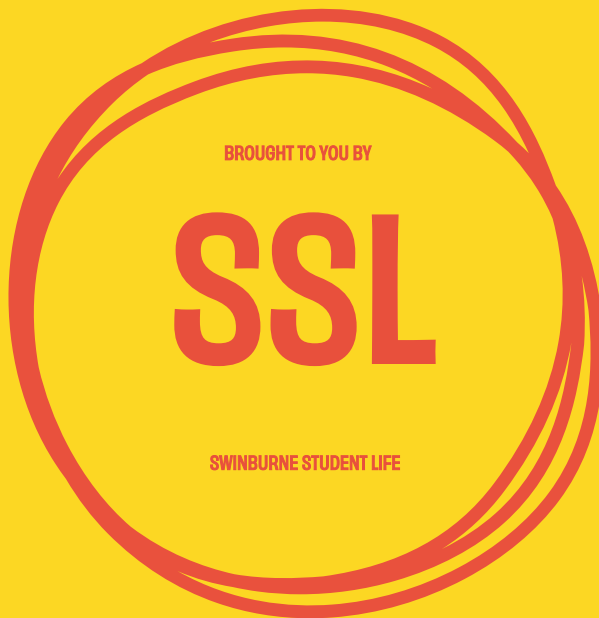




**Activity Book**



In collaboration with the Swinburne Health Service and Swinburne Residences

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**The Good Vibes Experiment is a campaign thoughtfully developed and provided to Swinburne by Flinders University. Reasonable care has been taken by the authors to ensure the information provided is accurate and, where possible, evidence based. However, we cannot guarantee or warrant the accuracy, completeness, or currency of this information.**

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We respectfully acknowledge the Wurundjeri People of the Kulin Nation, who are the Traditional Owners of the land on which Swinburne's Australian campuses are located in Melbourne's east and outer-east, and pay our respect to their Elders past, present and emerging.

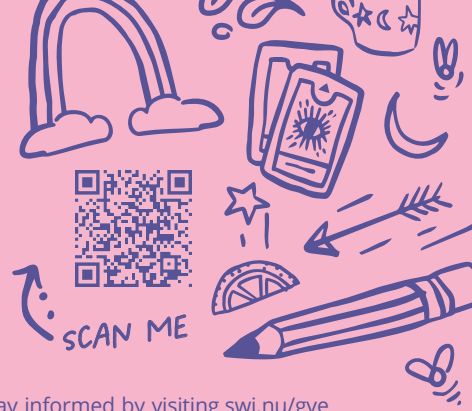
We are honoured to recognise our connection to Wurundjeri Country, history, culture and spirituality through these locations, and strive to ensure that we operate in a manner that respects and honours the Elders and Ancestors of these lands.

We also respectfully acknowledge Swinburne's Aboriginal and Torres Strait Islander staff, students, alumni, partners and visitors.

We also acknowledge and respect the Traditional Owners of lands across Australia, their Elders, Ancestors, cultures and heritage, and recognise the continuing sovereignties of all Aboriginal and Torres Strait Islander Nations.

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# Welcome to the Good Vibes Experiment



Hello! You've opened the Good Vibes Experiment Activity book! The goal of this book, and the Good Vibes Experiment (GVE), is to help the Swinburne community develop the knowledge and skills necessary to improve, sustain or begin to repair their mental health, all whilst having a bit of fun and connecting with each other.

The Good Vibes Experiment is a mental health focused campaign built by Flinders University. The book is both an educational tool, in which we share with you some of the science of improving one's mental health, and a personal reflective tool (like a journal) in which you can take legitimate steps to invest in your mental health.

You can flip to any page in this activity book and there will be a unique exercise or experiment for you to try. Some of them are just for fun and to relax, while others are challenges to question your way of thinking, your habits, your priorities etc. The important thing to know is that there are loads of exercises to try. And hey, if you have a go and you don't like one, that's ok – the next page has something completely different.

Stay informed by visiting [swi.nu/gve](https://swi.nu/gve)

You can also reach out to us via [@swinburnelife](https://www.instagram.com/swinburnelife) on Instagram.

We live in some pretty chaotic times and studying comes with its own unique pressures and stressors. It has become clear that it is as important as ever that we develop the knowledge, skills and habits necessary to sustain our mental health and that we support each other in the process.

GVE isn't about faking happiness or pretending to be OK during difficult times. It's about learning how to genuinely sustain one's mental health during challenging times and use the power of positive emotions to find balance in our lives. Doing so means committing to embed wellbeing activities in our everyday lives and, not doing this alone, but as part of a bigger community movement. GVE is about making mental health a priority for all members of the Swinburne community so we can continue to collaboratively face and confront the unique challenges of our times.

## Want to give us feedback, ask a question, just say hello?

We'd love to hear from you – send us a DM on Instagram – [@swinburnelife](https://www.instagram.com/swinburnelife)

# Mental Health

## what is it?



**LET'S TAKE A QUICK MOMENT TO MAKE SURE WE ARE ALL ON THE SAME WAVELENGTH IN TERMS OF WHAT WE MEAN BY THE TERM 'MENTAL HEALTH'.**

It used to be the case that when people thought about 'mental health' they mostly thought about mental illness. If you had a mental illness, then you had poor mental health. If you didn't have a mental illness, then you had good mental health. This was overly simplistic and not very helpful.

**We now understand that mental health is made up of many factors that include:**

- How you feel.
- How you are functioning in different aspects of your life (e.g. work, study, friends, family, finances).
- Whether you feel like you have a place in the world, like you belong.
- Whether you have symptoms of mental ill health and how well managed those symptoms are.
- How good you are at coping with stress and bouncing back after failure, setbacks or adversity.
- Your understanding of yourself, your strengths and weakness, likes and dislikes and personality.
- Having a sense of meaning and purpose (a 'mission' in life).
- Having a mentally healthy lifestyle (e.g. nutrition, sleep, exercise, mindfulness etc).

Many fields (e.g. psychology, social work, medicine, allied health) are now helping us understand how to make improvements in these areas. As it turns out, there are lots of things you can do to improve or sustain your mental health. In this activity book we want to get you thinking about and implementing these things in your everyday life.

Underpinning this is an important point that deserves highlighting. It is possible to make improvements to your mental health, even in challenging times. Whilst we will give you some of the individual tools to do so, we look forward to making these changes as a University community.



# How to use this book



*THIS BOOK CONTAINS ACTIVITIES AND EXPERIMENTS REPRESENTING 20 DIFFERENT UNDERLYING WELLBEING 'TACTICS'.*

Think of the activities in this book as a sample, a taste-tester to something larger, 'tasters' for what a full wellbeing tactic would look like. It is a chance for you to experiment with different but important concepts in mental health.

The activities in this book are generally brief and interactive. We want you to write, draw, scrawl, rip, bend, smoosh and scribble your way through this book. By the time you've finished, we hope your book is a mass of notes and drawings and little reminders of your time spent experimenting with these wellbeing tactics.

Progress through this book in any way you wish. If you are the orderly type, you might do the activities in their published order. If you are the spontaneous type, you may simply open up randomly to an activity and work on it. Because the activities are brief, you can do them between lectures or sitting outside at lunch or just before bed at night. How you work through this book is totally up to you.



"I THINK I NEED MORE  
THAN THIS BOOK FOR  
MY MENTAL HEALTH"

If you need more than this activity book, then please know that is totally OK.

Although we love this book, we're under no pretence that it is the antidote or sole solution to improving your mental health. Activities in this book are starting points for experimenting with and developing different aspects of mental health, but sometimes what we are tackling as an individual is bigger, more complex and in need of more focused, professional attention.

Because of this, you'll find a comprehensive list of Swinburne, community and online supports at the back of this book as well as via the QR code below, that you can draw on in your quest for better mental health.

Remember also to check [swi.nu/getsupport](https://swi.nu/getsupport) for a full list of supports and programs within the University – from mental health to academic and financial assistance, it's all there in one spot for you.



## The wellbeing tactics that inspired these activities

All the activities in this book were inspired by a core set of 20 wellbeing tactics – psychological and behavioural exercises that have been shown to improve mental health and wellbeing.

The Good Vibes team is incredibly grateful for the work done by groups like The Greater Good Science Center and the SAHMRI Wellbeing and Resilience Centre for their work in scouring the research to find these and other tactics.

To stay up to date visit [swi.nu/gve](https://swi.nu/gve) or visit [@swinburnelife](https://www.instagram.com/swinburnelife) on Instagram.





## Face Your Fears

PUSHING YOURSELF OUTSIDE  
OF YOUR COMFORT ZONE

## Gratitude

BEING APPRECIATIVE OF THE PEOPLE  
AND THINGS IN YOUR LIFE AND  
THE EXPERIENCES YOU'VE HAD



## Self-understanding

LEARNING MORE ABOUT THE PERSON YOU ARE,  
YOUR STRENGTHS AND WEAKNESSES, LIKES  
AND DISLIKES AND YOUR PERSONALITY

## Having Fun

SPEND MORE TIME ENGAGING  
IN ACTIVITIES THAT BRING  
A TRUE SMILE TO YOUR FACE



## Change Your Thinking

LEARN MORE ABOUT THE ROLE THAT YOUR  
THOUGHTS AND BELIEFS PLAY IN SHAPING  
YOUR WORLD AND EXPLORE STRATEGIES  
TO CHALLENGE OR CHANGE YOUR THINKING

## Expressive Writing

PROCESSING YOUR FEELINGS AND REACTIONS  
TO THE THINGS THAT HAVE HAPPENED TO  
YOU USING WRITING AND ART



## Meaning & Purpose

CONNECTING TO A PURPOSE HIGHER THAN  
YOU AND UNDERSTANDING WHAT YOU WANT  
TO CONTRIBUTE TO THE WORLD



## Seek Help

KNOWING WHEN TO REACH  
OUT FOR ASSISTANCE



## Forgiveness

LETTING GO OF DIFFICULT THOUGHTS,  
FEELINGS AND IDEAS ABOUT SOMEONE  
WHO HAS WRONGED US



## Productivity

LEARNING TO WORK SMARTER,  
NOT HARDER AND INCREASING  
YOUR PRODUCTIVITY AND EFFICIENCY





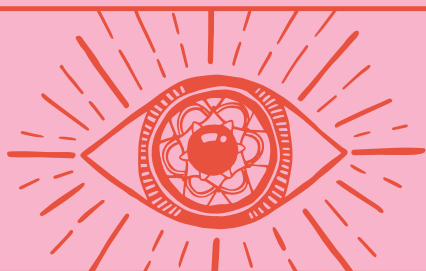


## Future Orientation

TAKING THE TIME TO VISUALISE THE FUTURE YOU WANT FOR YOURSELF AND SETTING THINGS IN PLACE TO BRING IT INTO REALITY

## Kindness

ENGAGING IN REGULAR ACTS OF KINDNESS TOWARDS SELF AND OTHERS



## Awe

TAKING MOMENTS TO BASK IN THE AMAZINGNESS OF SOMETHING OR SOMEONE

## Deliberate Practice

GETTING BETTER AT SOMETHING THROUGH FOCUSED PRACTICE



## Healthy Lifestyle

LOOKING AFTER YOUR BODY AND MIND WITH HEALTHY HABITS

# Meditation & Mindfulness

BEING PRESENT AND FOCUSING  
YOUR AWARENESS

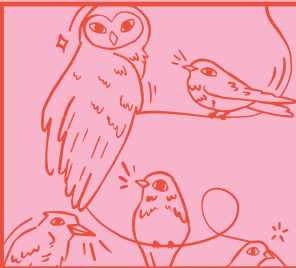


# Time in Nature

SPENDING MORE TIME IN NATURE

# Teaching

PASSING ON THE KNOWLEDGE YOU'VE  
GAINED TO OTHERS AND A WILLINGNESS  
TO LEARN FROM OTHERS



# Connection

BUILDING AND NURTURING SUPPORTIVE  
RELATIONSHIPS WITH FRIENDS, FAMILY MEMBERS,  
COLLEAGUES AND EVEN A RANDOM STRANGER!

# Compassion

EXTENDING UNDERSTANDING AND  
KINDNESS TO YOURSELF AND OTHER  
PEOPLE DURING DIFFICULT TIMES





**This book  
belongs to:**

.....

.....

.....

ENOUGH TALK FROM US,  
TIME TO LET YOU  
EXPERIMENT...



## Mindful breathing

*YOU CAN ALWAYS RETURN TO THE BREATH WHENEVER  
YOU NEED TO CENTRE YOURSELF.*

One of the benefits of regular meditation practice is a greater ability to focus one's attention. As you can imagine, this is extremely useful when studying for exams or smashing out an essay.

However, you don't need to formally practice meditation (i.e. legs crossed, lotus position, on a mountain) to get benefits. You can practice focusing your attention at any given moment during the day using your breath.



**Did you know?**

MINDFUL BREATHING HAS  
BEEN USED TO HELP UNIVERSITY  
STUDENTS SUCCESSFULLY  
MANAGE EXAM ANXIETY [1]

Try focusing your attention on your breath right now. Use your pen to draw the ups and downs, ins and outs of the breath.

Notice the speed of your breath and where in the body you notice it most. When your mind wanders just bring your attention back to the breath.

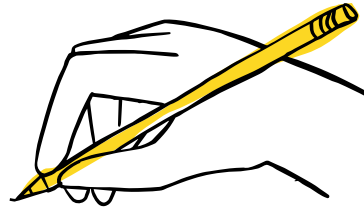
For more on mindful breathing, use the QR code below.



IT MIGHT LOOK A LITTLE BIT LIKE THIS:



OR THIS



START HERE...

OR LIKE ANYTHING REALLY!  
NO RIGHT OR WRONG SHAPE!

REFLECT: WHAT  
DID YOU NOTICE?



## The person you want to be

*WHICH WORDS IN OUR FIND-A-WORD RESONATE MOST  
WITH THE PERSON YOU WANT TO BE?*

Values are words that describe the kind of person we want to be. Examples include authentic, adventurous, balanced, bold, compassionate, honest, open and trustworthy.

Whilst there are many values that are good to embrace, there may be some that resonate more with you than others. For example, being creative might be more important to you than being influential and being hard-working may be more important than being powerful.

Check out our values 'find a word' and highlight the values that capture the best person you want to be. What are your top 5? Ask yourself whether you are living according to those values, and if not, think of ways that you could.

**Did you know?**  
WHEN STUDENTS COMBINED  
GOAL SETTING WITH VALUES  
TRAINING, THEY WERE ABLE  
TO IMPROVE THEIR GPA [2]

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

ACCEPTING	CURIOUS	GENEROUS	INNOVATIVE	RESPONSIBLE
AUTHENTIC	DISCIPLINED	GRATEFUL	KIND	SKILFUL
BALANCED	EMPATHIC	HAPPY	KNOWLEDGEABLE	SUPPORTIVE
CALM	FAIR	HEALTHY	LOVING	TRUSTWORTHY
CARING	FORGIVING	HONEST	OPENMINDED	WISE
COMPASSIONATE	FREE	HUMBLE	PATIENT	
COURAGEOUS	FRIENDLY	HUMOROUS	PEACEFUL	
CREATIVE	FUN	INDEPENDENT	PERSISTENT	



## The negativity bias

*OUR BRAINS ARE UNIQUELY DESIGNED TO FOCUS  
ON THE NEGATIVE, SOMETIMES AT THE COST OF SEEING  
THE GOOD IN THE WORLD.*

From an evolutionary standpoint, it makes sense for our brains to be negatively biased. Our cautious and nervous ancestors were less likely to get eaten at the waterhole because they worried more about being eaten and thus avoided hanging out there.

Whilst the negativity worked OK for them, it can hamper us in modern life, where many of the dangers we face aren't as

tangible. We're more likely to agonise over whether someone likes us or not, or if we got a good mark on our most recent essay.

To counter the negativity bias we need to practice the art of noticing the positive. Try building a newspaper out of the positive things that happened today/this week to you and others you know.

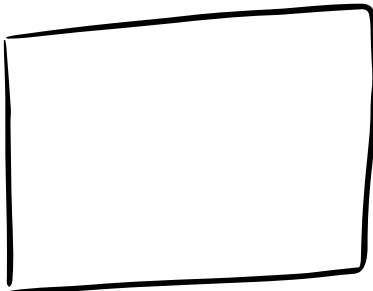
✧ ✧  
\* **Did you know?** \*  
\*  
IT IS ESTIMATED HUMANS HAVE  
6000 THOUGHTS PER DAY - DOES  
THAT SEEM LOW TO YOU? [3]



FILL IN THE GOOD VIBES PRESS WITH SOME  
GOOD NEWS STORIES FROM YOUR WEEK

# GOOD VIBES

NEWS  
#1





## Best possible self

*WHAT WOULD YOUR LIFE LOOK LIKE IF EVERYTHING  
WORKED OUT JUST AS YOU WANTED IT TO?*

In your mind, fast-forward 5 or 10 years into your future. You can even go 20+ if you want.

Imagine everything has worked out just as you want it to and you are the best possible version of yourself.

- What would your life look like?
- What kinds of things would you have achieved?

→ Who would you be as a person? (i.e. how would someone describe you?)

→ Who would be in your life?

Consider all the aspects of your life: career, study, relationships, hobbies and health.

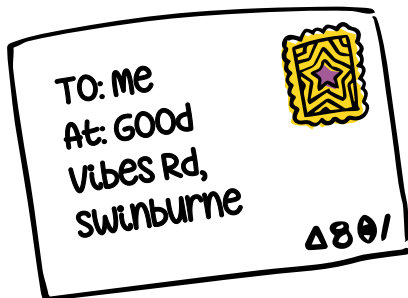
Be specific, and don't let fears or doubts or current behaviours stop you from imagining the ideal future.



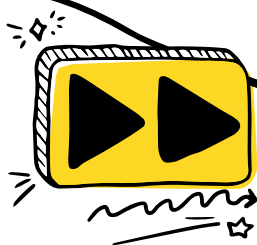
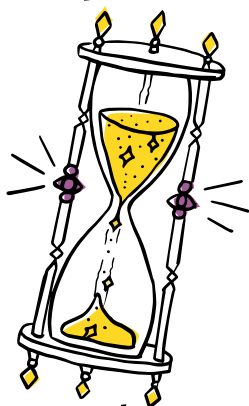
**Did you know?**

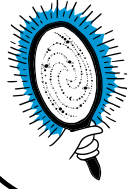
FOR A SIMILAR EXPERIENCE,  
TRY WRITING A LETTER TO YOUR  
FUTURE SELF (USE THE QR CODE) [4]





WHAT IF YOU FAST-FORWARDED TO THE  
FUTURE? WHAT WOULD YOU WANT YOUR  
LIFE TO LOOK LIKE?





## What makes you, you?

*YOU ALREADY KNOW A LOT ABOUT YOU.*

As we accumulate experiences, we learn more about ourselves:

- What we're good at, what we aren't so great at
- What we like and dislike
- Our strengths and weaknesses
- Our personality

What have you already learned about yourself?

In a slightly unusual riff on the boardgame 'Operation' we encourage you to label the body parts on the right. But don't give the body parts their physical name, instead associate each body part with a characteristic of yourself.

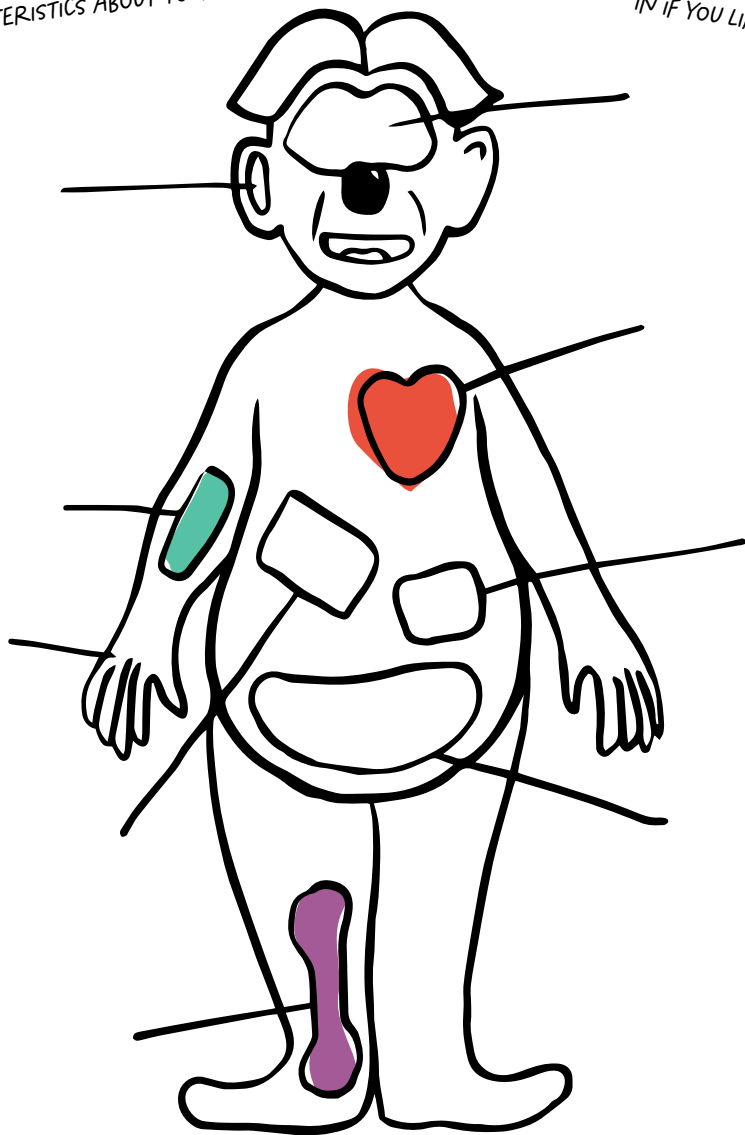
For example, your belly might be 'ambitious' or your legs 'athletic'. Your hands might be 'productive' and your heart 'caring'.

 **Did you know?** 

*INSIGHT (I.E. SELF-UNDERSTANDING)  
HAS BEEN IDENTIFIED AS ONE OF FOUR  
CRITICAL CONTRIBUTORS TO  
WELLBEING ALONG WITH AWARENESS,  
PURPOSE AND CONNECTION [5]*

LABEL YOUR BODY PARTS WITH  
CHARACTERISTICS ABOUT YOURSELF

FEEL FREE TO ADD MORE  
IN IF YOU LIKE!



**YOU!**



## Gratitude cards

*LET SOMEONE YOU CARE ABOUT KNOW JUST HOW  
GRATEFUL YOU ARE TO HAVE THEM IN YOUR LIFE.*

At the simplest level, gratitude is about saying thank you for the things in your life for which you are grateful.

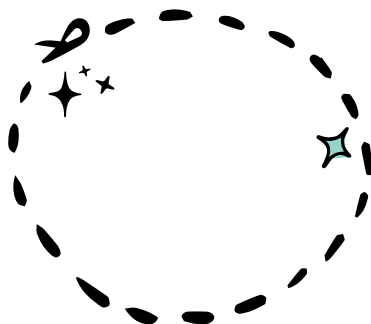
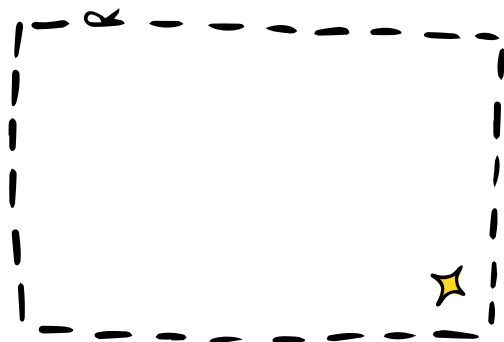
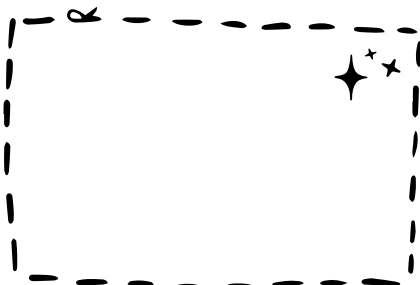
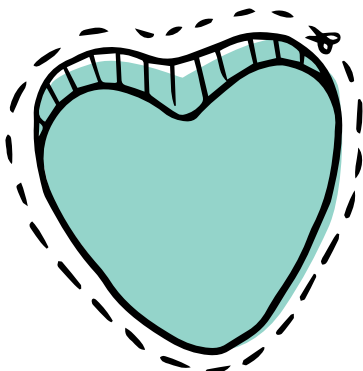
At a more complex level, it is about cultivating a mindset (attitude) that means you focus more on the good things, people, and events in your life.

At a community level, gratitude helps hold communities together (a type of social glue). A community that contains members who are thankful for others and express it regularly is a stronger community.

Use our cards to let someone you know how grateful you are for them in your life.

**Did you know?**  
GRATEFUL PEOPLE APPEAR TO  
SLEEP BETTER, HAVE HEALTHIER  
HEARTS AND HAVE FEWER  
ACHES OR PAINS [6].

CUT THESE OUT AND GIVE THEM  
TO SOMEONE SPECIAL!



# The Multi Faith Centre

The Multi Faith Centre provides faith rooms suitable for prayer, meditation and reflection. It can be used for group or individual prayer, or simply serve as a place for quiet thought. This facility is here for people of all faiths or with no faith.

The Multi Faith Centre exists to **support the spiritual wellbeing** of Swinburne students and staff. It provides spaces for attending to spiritual practices, including a **prayer room**, rooms to **meet with chaplains** and **spaces for cultural and spiritual clubs** to run gatherings.

We are open to staff, students and their immediate families **Monday to Friday**, from **5am-11pm**.



[swi.nu/mfc](https://swi.nu/mfc)



[multifaith@swin.edu.au](mailto:multifaith@swin.edu.au)

# Swinburne Health Service

The Swinburne Health Service offers comprehensive professional health and medical services to support the mental, physical and emotional wellbeing of the Swinburne community.

The Swinburne Health Service offers students and staff a number of different services to support your health and wellbeing. Through the Health Service, you have access to a broad range of health and wellbeing services, including nurses, doctors, counsellors, psychiatrists and psychologists.

Level 4, George Swinburne Building, 34 Wakefield Street,  
Hawthorn.  
Monday to Friday, 9am–5pm



[swi.nu/health](https://swi.nu/health)



9214 8483





## **Swinburne Student Life**

*BEING AT UNI ISN'T ALWAYS EASY. IF YOU GET YOURSELF INTO A PICKLE OF ANY SORT, OR MAYBE YOU HAVE A QUESTION AND YOU DON'T KNOW WHO TO ASK, YOUR STUDENT ASSOCIATION IS THE PLACE TO TURN FOR HELP!*

### **Get Connected**

The easiest way to meet new people and start having a lot of fun at uni is by joining a club!

There's a club for everyone at Swinburne and when you join a club, you get to meet all these awesome people who share the same interests as you.

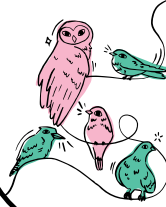
### **Get Social**

Student Life run many events throughout the year (not just Welcome Back Week!) come enjoy some fun, some freebies and get social with us!

### **Get Involved**

There's no better way to get involved in the Swinburne and local communities than to join the volunteering program.

The Swinburne Student Life volunteering program helps to connect students to meaningful volunteer opportunities that develop your professional skills and experience.



## Your social support network

*THINK ABOUT THE MOST IMPORTANT PEOPLE IN YOUR LIFE  
AND THE ROLES THEY PLAY IN YOUR LIFE.*

Different people in our lives fulfil different roles.

- Some provide emotional support (e.g. a listening ear, unconditional acceptance).
- Some provide practical assistance and support (e.g. loan money, lifts to uni).
- Some provide good advice, suggestions and information.
- Some are super fun to be around.
- Some know everything about us.

Map the most important people (stars) in your life and next to them write the roles they play. Feel free to use descriptions other than the ones above.

Then when you need a reminder of your support base, visit this page.

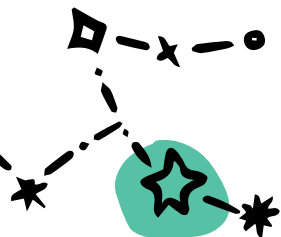
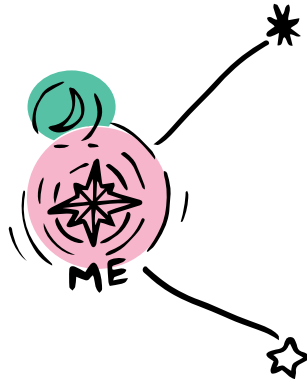
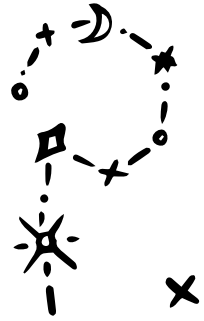
This can include professionals as well as friends, family and colleagues.

### **Did you know?**

IT CAN TAKE 300+ HOURS OF HIGH-QUALITY INTERACTION TIME TO MAKE A 'BEST FRIEND' SO HAVE SOME PATIENCE WHEN IT COMES TO BUILDING RELATIONSHIPS AT UNI. [7].

LABEL THE STARS WITH THE PRIMARY  
PEOPLE IN YOUR NETWORK

DRAW LINES TO SHOW HOW THEY  
CONNECT (LIKE YOUR VERY OWN  
SOCIAL CONSTELLATIONS!)





## Becoming an expert

*WHAT QUESTIONS WOULD YOU ASK IF YOU HAD THE WORLD'S  
EXPERT IN YOUR INTEREST AREA RIGHT NEXT TO YOU?*

If you want to get better at something, it is well accepted that you need to practice.

Practice is sometimes just defined as 'repetition' and whilst repetition is helpful, deliberate practice goes further to really make you better at something.

Deliberate practice gets you to analyse in-depth the micro-skills you need to get better at and focus your efforts on practising and measuring them.

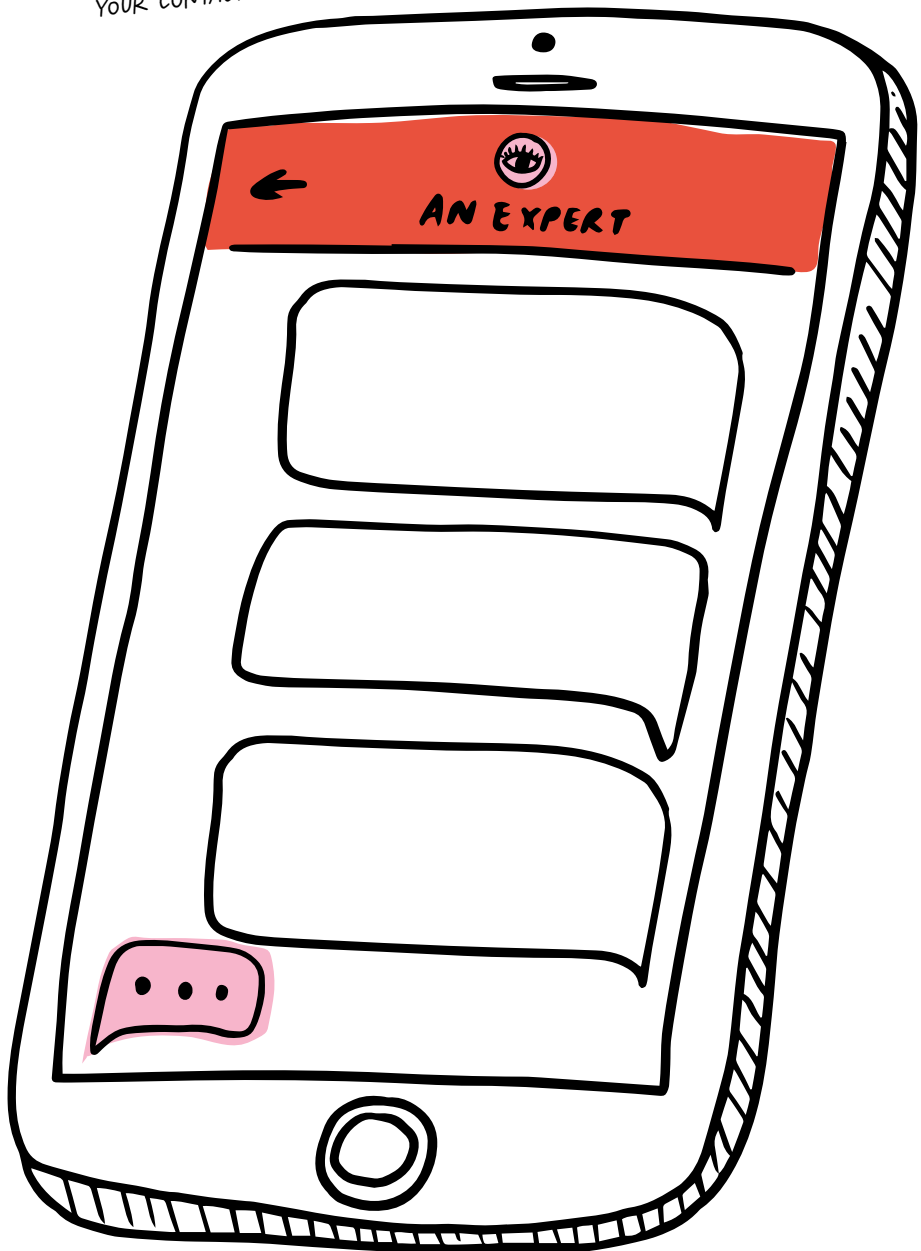
So, if piano playing is your thing and you decide finger flexibility is important, then you would do exercises specifically to improve this area whilst measuring the improvements in finger flexibility.

Knowing what to practice requires expertise. With that in mind, what questions would you ask the world's leading coach/expert in your area of interest if they were only a message away?

✧ \* **Did you know?** \* \*

*HEARD ABOUT THE 10,000 HOURS  
NEEDED TO BECOME AN EXPERT  
AT SOMETHING? EXPERTS CONTINUE  
TO ARGUE ON THE ROLE OF  
TALENT IN THAT EQUATION. [8]*

WHAT QUESTIONS WOULD YOU ASK  
YOUR EXPERT, IF THEY WERE IN  
YOUR CONTACT LIST?





## The problem solver

*SOME DECISIONS IN LIFE NEED TO  
BE MADE DELIBERATELY.*

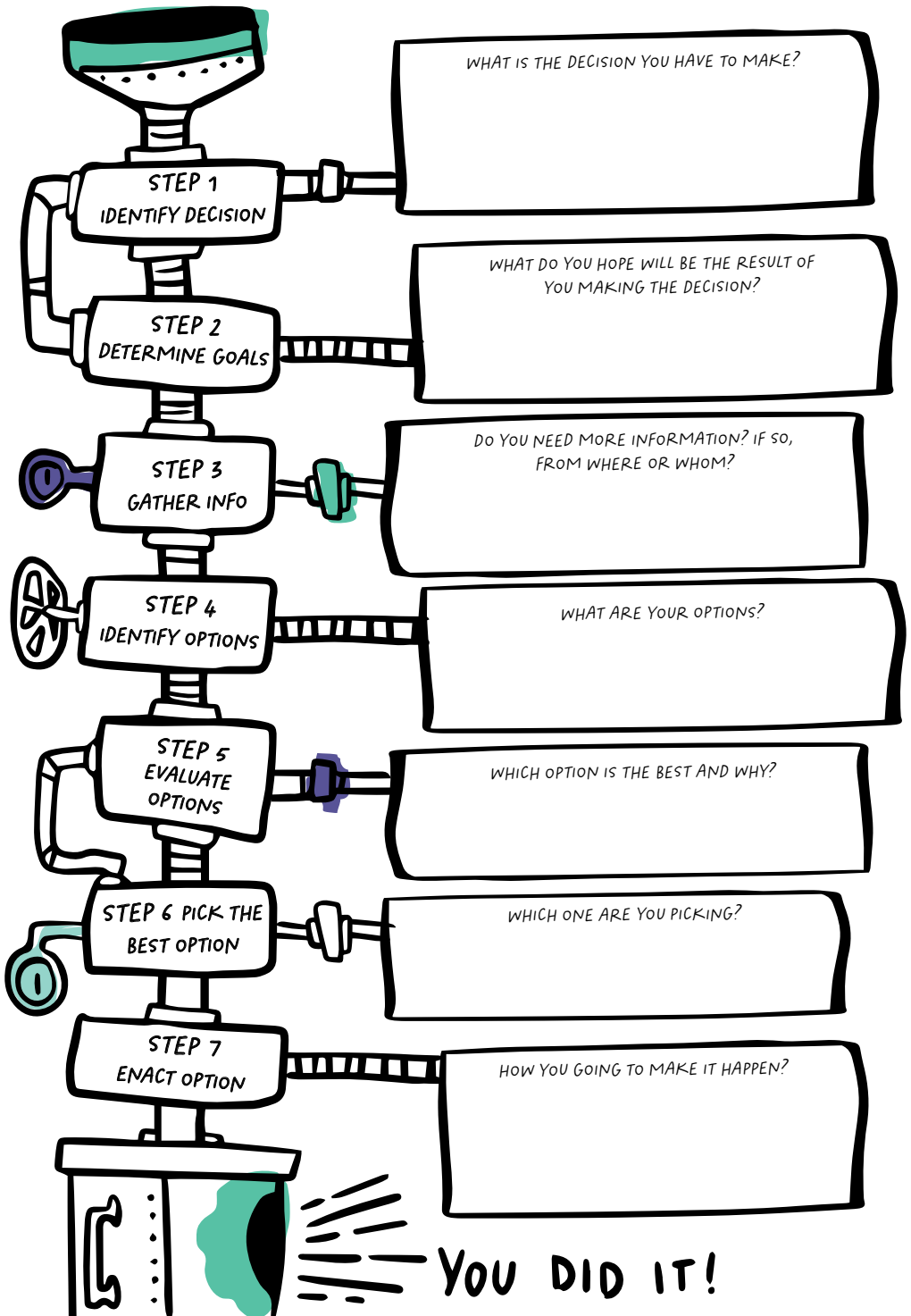
Many of the decisions we make on a daily basis don't require a long stepped out process. For example, if you did the following activity to decide what to have for lunch each day, you'd waste a tonne of time.

But some decisions are worthy of a considered and stepped out process.

Got a difficult decision to make? Try our stepped-out process. Slowing down the thinking process ensures that you take all relevant information into consideration when making a decision.

Not happy with our flow chart? Never fear, there are lots of problem-solving and decision-making guides online. The key is not finding the perfect guide, but slowing the process down and being deliberate.

💡 **Did you know?** \* \*  
THINKING, FAST AND SLOW IS A  
GREAT BOOK TO LEARN MORE  
ABOUT HOW OUR BRAINS MAKE  
DECISIONS AND THE PROBLEMS  
FACED IN THE PROCESS [9]





## Remember a time...

*USE YOUR MOBILE PHONE TO TRANSPORT YOU BACK  
TO MOMENTS IN THE PAST THAT BROUGHT GREAT  
WONDERMENT AND AWE TO YOUR LIFE.*

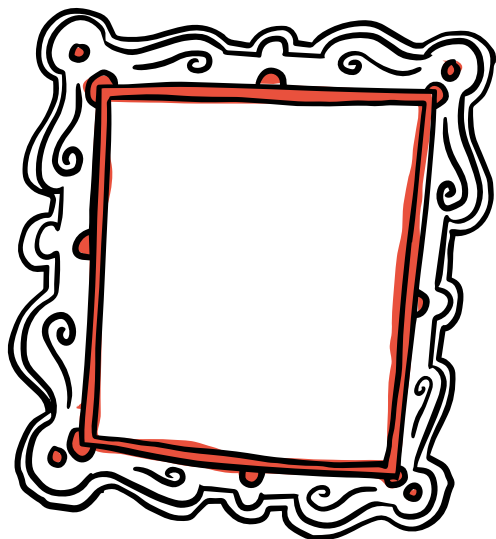
The regular experience of awe (a feeling of great respect, wonderment, with almost a tinge of fear or surprise) has been shown to increase overall wellbeing.

Many of our past moments of awe are captured on our phones: great concerts, amazing vistas, significant events, and inspiring people we've met.

Take the time to review your photos and find the ones that take you back to great moments in your life. Print, sketch or describe them using the frames provided. Make sure to write what was awe-inspiring about the experience captured in the picture. Revisit this page when you need an awe boost.

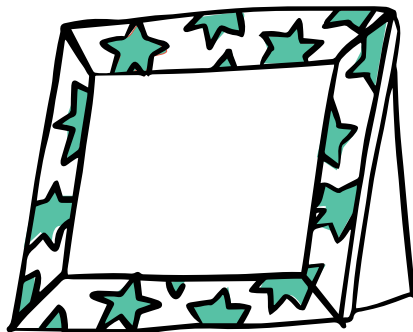
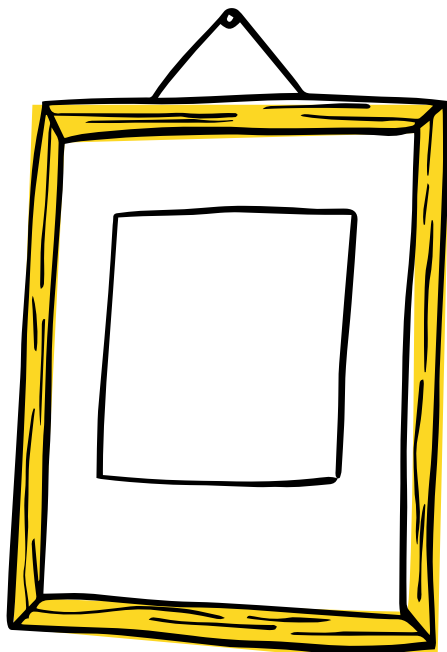
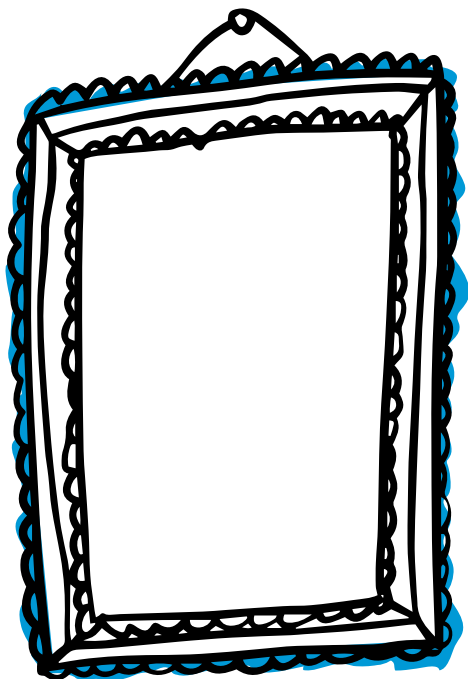
 **Did you know?**   
THE EXPERIENCE OF AWE CAN  
MAKE US MORE ALTRUISTIC, LESS  
SELFISH AND MORE GENEROUS [10]





PRINT OUT , DRAW OR DESCRIBE  
THE GREAT MEMORIES YOU  
DISCOVER IN YOUR PHONE

USE THESE FRAMES AS YOUR  
VERY OWN MEMORY GALLERY!





## Dear diary...

### *HAVE YOU EVER KEPT A JOURNAL?*

There are lots of different ways to keep a journal.

Some are free form in that you can write about whatever you want

But others have a theme.

To give you a taste for different types of journaling, try answering these questions:

- How are you feeling today? And why is that?
- What are some cool ideas you've come up with recently?
- What did you learn today?
- What are you grateful for, and how could you embed it into your everyday life?

Could you imagine making any of these the focus of an ongoing journaling habit?

Regardless of the type of journal you keep, there is value in organising your thoughts in writing. You get to know yourself better, know your goals, know your strengths, know your hopes and dreams.

### **Did you know?**

RESEARCHERS HAVE SUCCESSFULLY USED JOURNALING TO HELP STUDENTS WHO PROCRASTINATE TOO MUCH [11]



HOW ARE YOU FEELING TODAY?

WHAT ARE SOME COOL IDEAS YOU'VE COME UP WITH RECENTLY?

WHAT DID YOU LEARN TODAY?

WHAT ARE YOU GRATEFUL FOR?



## The art of conversation

*BUILDING CONNECTIONS WITH OTHERS INVOLVES US UNDERSTANDING (AND AVOIDING) THE MOST COMMON SOCIAL MISTAKES.*

Have you ever had a social interaction go badly? Our guess is you have. We all have.

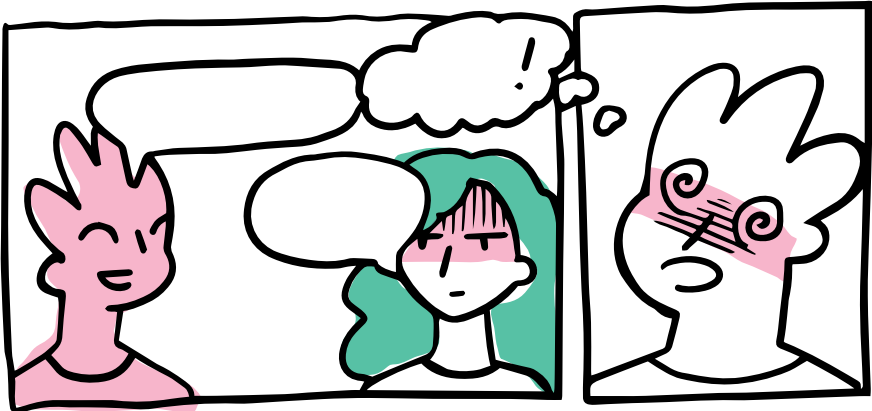
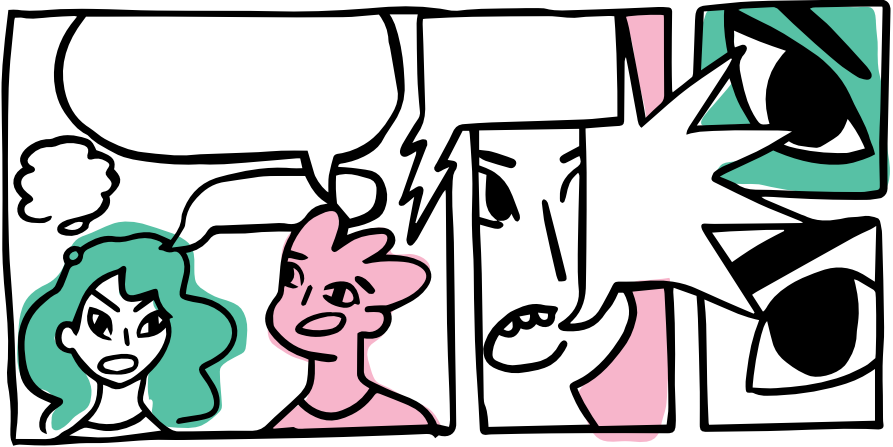
Use the comic panel provided to devise your own 'social interaction gone badly' scenario. Use what you know about poor social skills to make it as awkwardly funny as possible.

Common social 'faux pas' include poor eye contact, not listening, forced humour, looking at your phone, not asking open questions, not giving compliments, dominating the conversation and being easily distracted.

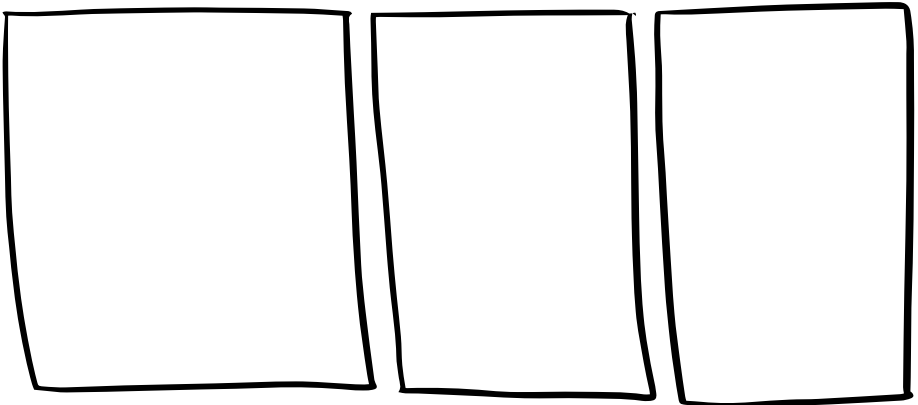
If you reckon you've come up with an amusingly awkward scenario, consider sharing it with the Good Vibes team (take a photo and share with [@swinburnelife](https://www.instagram.com/swinburnelife) on Instagram).

**Did you know?**  
LONELINESS IS NOW IDENTIFIED  
AS ONE OF THE KEY PUBLIC HEALTH  
CHALLENGES OF OUR TIME [12]

CREATE THE MOST AMUSING OR  
AWKWARD SCENARIO YOU CAN



AND NOW TRY DRAWING YOUR OWN  
'SOCIAL INTERACTION GONE BADLY' SCENARIO (STICK FIGURES ARE FINE!)





## Mindful colouring

*Turns out those kids with their coloured pencils might have been practising mindfulness all along.*

Colouring in is an activity many of us gave up in childhood, but in recent years it's made a comeback and proved popular among all ages. This is because research suggests some people experience meditation-like benefits (e.g. anxiety and stress reduction, improved concentration) when colouring in.

Mindful colouring is a little different from normal colouring. The goal is to pay close attention to the experience of colouring: noticing different colours and shades, the feeling of the pencils, pens or highlighters in your hand, and the textures and sensations of putting these to paper. When your mind wanders, simply bring it back to the experience.

We created a custom picture for you to colour. Please enjoy.

**Did you know?**  
DIAPHRAGMATIC BREATHING  
(DEEP INTO THE TUMMY) CAN  
HELP US RELAX AND CAN TRIGGER  
A RANGE OF HEALTHY BENEFITS  
FOR THE BODY SUCH AS REDUCED  
BLOOD PRESSURE [13]

USE WHAT YOU HAVE ON HAND  
TO COLOUR THIS IMAGE IN...  
PENCILS, TEXTAS, HIGHLIGHTERS...  
WHATEVER!





## Create the ultimate morning or night-time routine

*YOU CAN PACK SOME SERIOUS WELLBEING ACTIVITIES INTO YOUR MORNING OR EVENING ROUTINE.*

Many of us follow the same routine when we get up in the morning as well as when we wind down for the day.

This means these are the perfect times of the day to introduce new healthy habits.

We challenge you to describe (and then try to live) the perfect morning or evening routine, complete with some healthy habits thrown in.

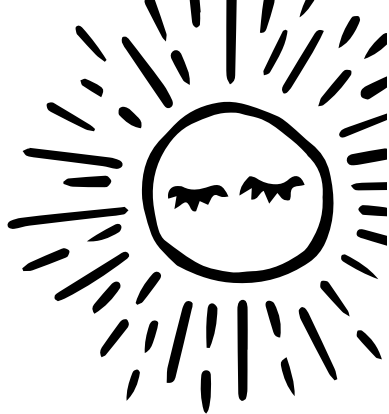
For example:

Get up, (1) put on ugg boots, (2) drink water, (3) make cereal, (4) do 10 pushups, (5) watch a Youtube video and have a laugh, (6) pack lunch, (7) have a shower, (8) brush teeth, (9) meditate for 1 minute, (10) hop in car, (11) press play on podcast, set off.

**Did you know?**  
THE PSYCHOLOGICAL THEORIES USED TO HELP PEOPLE DEVELOP GOOD HABITS ARE THE SAME ONES USED TO HELP COMPANIES MAKE SOCIAL MEDIA (THAT MAYBE IS CONSUMING MUCH OF YOUR MORNING OR EVENING TIME) MORE ADDICTIVE.

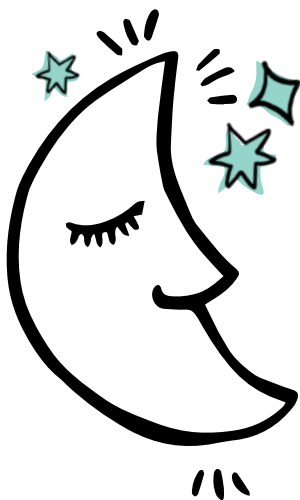


MY ULTIMATE  
MORNING ROUTINE



---

MY ULTIMATE  
NIGHT-TIME ROUTINE





## Dot to Dot, in the sunshine

*SIMPLE PLEASURES IN THE GREAT OUTDOORS.*

Do you see the dots? We're keen to help you connect them all...

We recommend you complete this dot-to-dot exercise in the great outdoors.



Why?

Because we know time in nature is rejuvenating, even if it's just short bursts of time.

And who doesn't enjoy the sense of accomplishment that comes with a good dot-to-dot drawing?

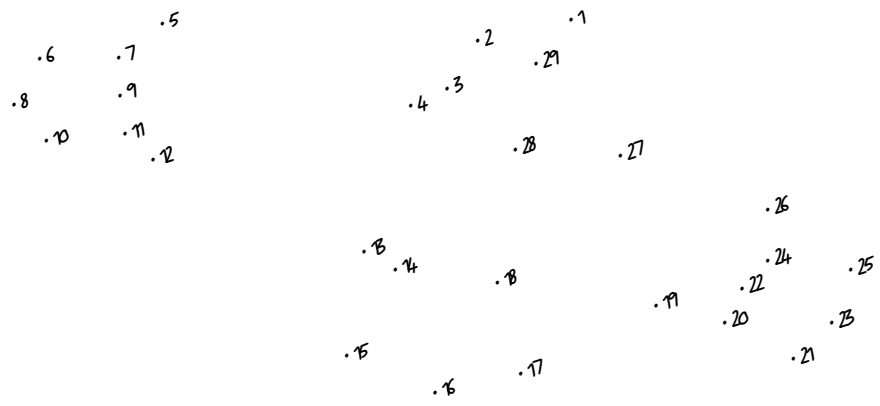
Once completed, this picture could become a mindful colouring exercise.

Share yours with us on Instagram @swinburnelife

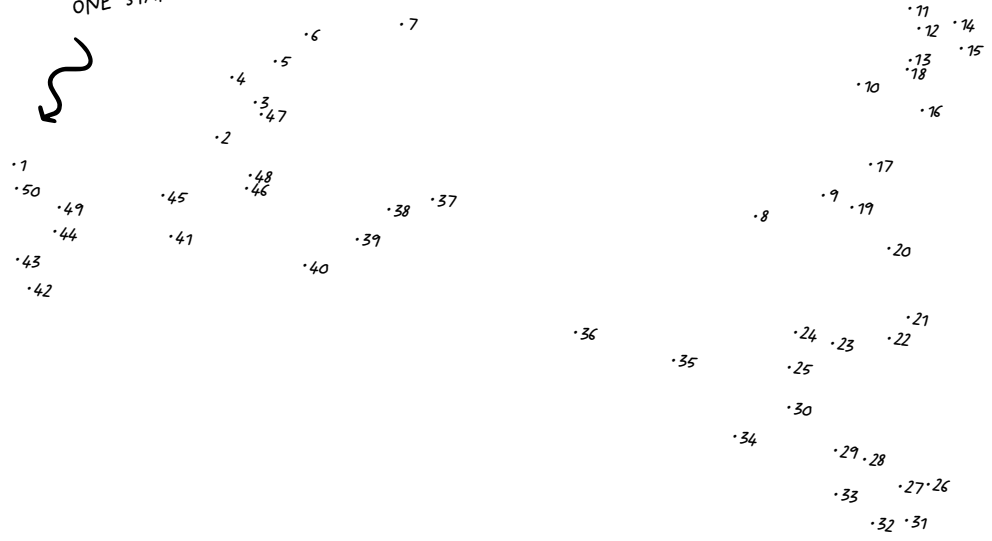
 **Did you know?**   
JUST 15-20 MINUTES PER DAY IN  
NATURE IS ENOUGH TO MEASURABLY  
REDUCE STRESS LEVELS [14]

HERE'S SOME DOT-TO-DOTS  
READY TO GO!

ENJOY THIS FIRST  
DOT-TO-DOT...



PSST! THE SECOND  
ONE STARTS HERE





## Find the funny in the everyday

*"LAUGH AS MUCH AS POSSIBLE, ALWAYS LAUGH. IT'S THE SWEETEST THING ONE CAN DO FOR ONESELF & ONE'S FELLOW HUMAN BEINGS." - MAYA ANGELOU*

Ever get to the end of a day and find yourself feeling meh, even though you know quite a few funny and amusing things happened that day?

It could be because human memory can be a little negatively biased. We ruminate on things that didn't go right, versus those things that did.

This week try recording at least three funny or amusing things that happened each day. They don't need to be side splittingly funny, just things that made you smile, smirk, giggle, laugh or rofl.

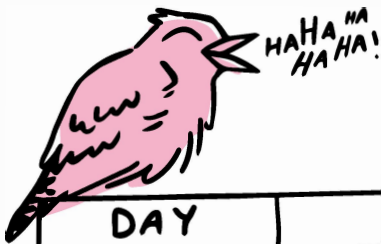
Obviously, feel free to use our custom (patent-pending) 'funny event log'.

Have a listen to our Good Vibes playlist and get in the mood for this next activity!

### Did you know?

*MUSCLES RELAX MORE QUICKLY AFTER WATCHING FUNNY CARTOONS THAN AFTER LOOKING AT BEAUTIFUL SCENERY. [15]*





# FUNNY THINGS

DAY	FUNNY EVENT LOG
MON	
<div>☺ ☺ ☺ ☺ ☺</div>	
TUES	
<div>☺ ☺ ☺ ☺ ☺</div>	
WED	
<div>☺ ☺ ☺ ☺ ☺</div>	
THURS	
<div>☺ ☺ ☺ ☺ ☺</div>	
FRI	
<div>☺ ☺ ☺ ☺ ☺</div>	
SAT	
<div>☺ ☺ ☺ ☺ ☺</div>	
SUN	
<div>☺ ☺ ☺ ☺ ☺</div>	



## The importance of compounding

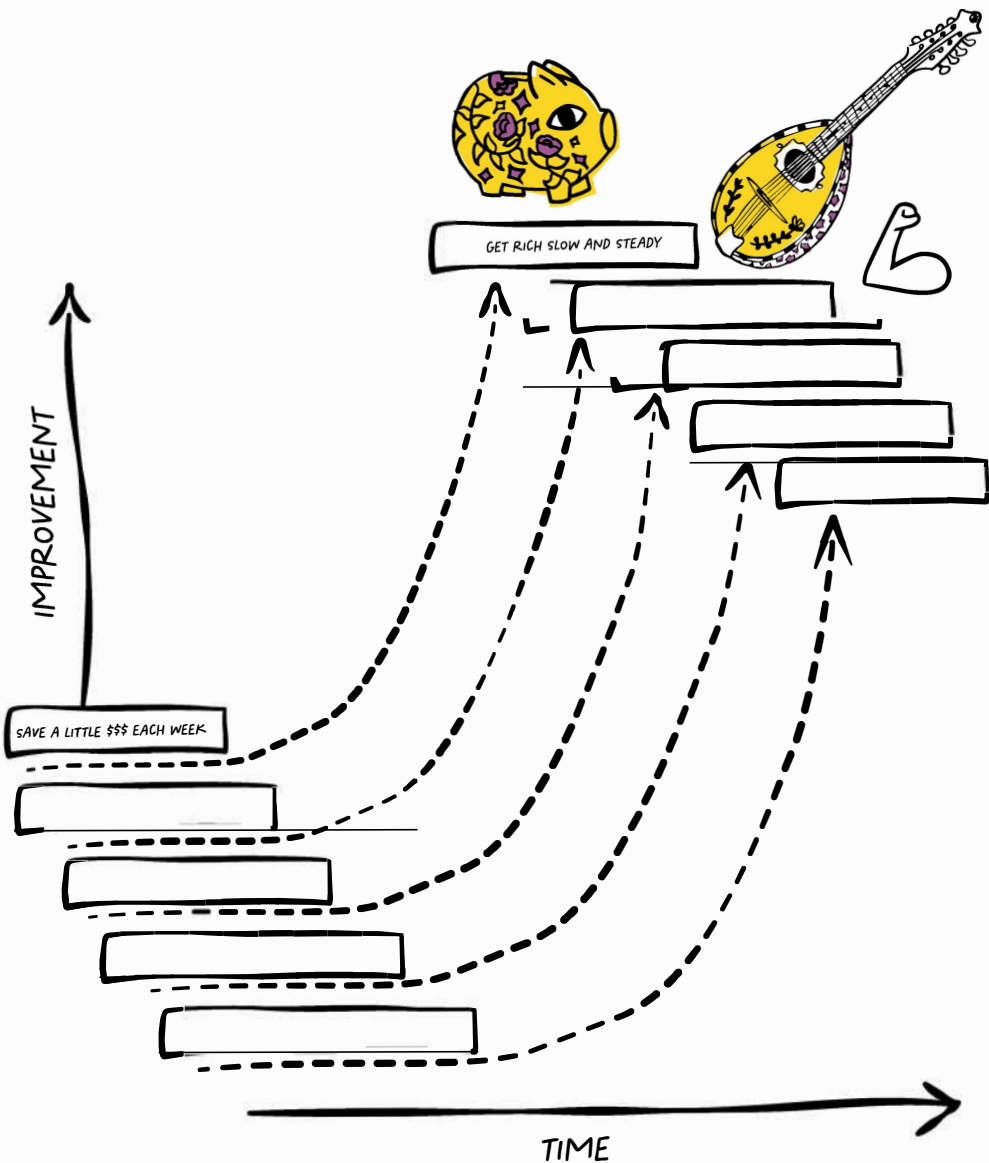
*MENTAL HEALTH IS A BIT LIKE WEALTH - LITTLE  
INVESTMENTS ADD UP OVER TIME.*

Whilst some people get wealthy quite suddenly (e.g. inheritance, lottery win), most people get wealthy incrementally by making modest but consistent investments over time. This is possible thanks to the power of compound interest.

Building your mental health is similar. Regular small investments in your mental health compound over time to become big gains in the future.

Ask yourself – what investments, no matter how small, could I start making now in my mental health? Place your ideas at the start of the chart and imagine those investments compounding to build a happier and healthier you.

☆ **Did you know?** ☆  
TWO REALLY GOOD BOOKS ON  
HOW SMALL CHANGES CAN  
LEAD TO BIG IMPROVEMENTS  
INCLUDE **TINY HABITS** BY  
BJ FOGG AND **ATOMIC HABITS**  
BY JAMES CLEAR.



THE START WILL SEEM REALLY SLOW...

BUT THEN THINGS TAKE OFF FOR BIG GAINS!



## Good Vibes meditation

*THE GOOD VIBES TRANSMISSION SYSTEM IS ACTIVE  
AND READY TO BROADCAST!*

See that picture of a person  
in the lotus position?

That is you! In fact, that is you  
doing a compassion  
meditation.

What is that you ask?

A compassion meditation  
(sometimes called a  
loving-kindness meditation) is  
where you bring to mind  
people, pets and objects in  
your life that you love and care  
about and imagine sending out  
good and loving vibes towards  
them.

Identify the people, pets and  
objects that you'd like to send  
good vibes to. Then imagine  
the good vibes extending off  
the page and out towards  
those people, places and  
objects to make their day a  
little better.

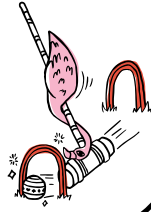
**Did you know?**

*EVEN JUST A FEW MINUTES OF  
LOVING-KINDNESS MEDITATION  
CAN LEAD TO INCREASED FEELINGS  
OF CONNECTION AND POSITIVITY  
TOWARDS STRANGERS [16]*



WRITE DOWN WHO OR WHAT YOU  
WANT TO SEND GOOD VIBES TO  
IN THE SPACE AROUND THE PAGE





## Learn to celebrate

*FIND YOUR OWN UNIQUE WAY OF CELEBRATING  
THE LITTLE WINS IN LIFE.*

Your brain has a (relatively) simple system in place for identifying what you should spend your time doing. If something is fun, your brain says do more of it.

We can hack this system to help make mundane activities more enjoyable. It involves finding your own unique way to celebrate the little moments in life.

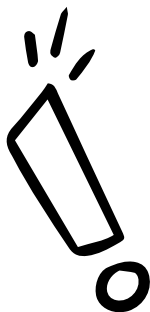
Just sent an important email? How about a quick round of applause. Just put your pants on? How about a quick happy dance?

We want you to find your own unique way to celebrate such moments.

Find one on the list opposite, or create your own and share it with Student Life on Insta!

PS: Be sure to celebrate when you've picked your celebration.

💡 **Did you know?** \*  
HOW MUCH OF A THRILL SEEKER  
YOU ARE MIGHT BE INFLUENCED BY  
WHICH SIDE OF YOUR BRAIN HAS THE  
MOST DOPAMINE ACTIVITY [17]



FIST PUMP

SHOUT 'COME ON!'

IMAGINE SEEING FIREWORKS

HI-FIVE THE NEAREST PERSON

TAKE A THUMBS UP SELFIE

SNAP YOUR FINGERS

DO A VICTORY DANCE

CHEERS YOURSELF

SPIN AROUND

TAKE A BOW

THROW SOMETHING IN THE AIR

WHISTLE A SONG

SING 'SIMPLY THE BEST'

DO A JIG

PAT YOURSELF ON THE BACK

WINK AND SMILE

MAKE A CHECK MARK IN THE AIR

FEEL AN INNER GLOW

JUMP UP AND DOWN

HOWL



WHAT'S YOUR WAY TO  
CELEBRATE? WRITE IT HERE






## Brushing your teeth – mindfully!

*AVOID DECAY AND IMPROVE  
YOUR MENTAL HEALTH.*

Truth be told, you can bring mindfulness to just about any activity. Just focus your attention on the act and the thoughts, feelings, sensations and memories that the activity elicits, rather than just auto-piloting.

Brushing your teeth (if you pay close attention) is rich in sensory experience: the sound of the brushing, the smell and taste of the toothpaste, the sensation of the bristles on your teeth and gums. But most of us do it without paying any real attention to these sensations.

Next time you brush your teeth, slow the process right down and use our guide to focus on the sensations.

 **Did you know?**  
LEARNING MINDFUL EATING  
EXERCISES WAS FOUND TO LEAD TO  
LOWER CHOCOLATE CONSUMPTION  
IN A LABORATORY STUDY [18]

# MINDFUL TEETH BRUSHING: THE QUICK GUIDE



AS YOU BRUSH YOUR TEETH TRY FOCUSING YOUR ATTENTION ON ALL THE DIFFERENT SENSATIONS. IF YOUR MIND WANDERS WHILST DOING THIS, DON'T WORRY, JUST RETURN YOUR ATTENTION TO THE SENSATIONS OF BRUSHING.

...THE FEEL OF THE TOOTHBRUSH  
IN THE HAND...

...THE WAY THE TOOTHPASTE IS  
PLACED ON THE TOOTHBRUSH...

...THE TASTE OF THE  
TOOTHPASTE...

...THE SMELL OF  
THE TOOTHPASTE...

...THE FIRST SENSATIONS  
EXPERIENCED WHEN YOU PUT THE  
TOOTHBRUSH IN YOUR MOUTH...

...THE DIFFERENCE IN  
SENSATION BETWEEN  
BRUSHING TEETH AND  
GUM...

...THE WAY YOU MOVE  
THE TOOTHBRUSH...

...THE CHANGE IN  
TEMPERATURE IN  
YOUR MOUTH WHILST  
YOU BRUSH...

...THE DIFFERENCE IN  
THE FEEL IN YOUR  
MOUTH BEFORE AND  
AFTER BRUSHING...

...THE SOUND OF THE RUNNING  
WATER AS YOU RINSE THE  
TOOTHBRUSH...

...THE SOUND OF RETURNING THE TOOTHBRUSH  
TO ITS NORMAL RESTING PLACE.



EVEN ADDING SMALL SESSIONS OF MINDFULNESS LIKE THIS THROUGHOUT THE DAY  
CAN HELP YOU BUILD YOUR POWERS OF ATTENTION, CONCENTRATION, AND FOCUS.



☆ Hey there! ☆

THE STUDENT WEBSITE HAS A DIRECTORY OUTLINING  
ALL THE SUPPORT AND SERVICES YOU CAN ACCESS



Indigenous Student Services

Clubs & Sports

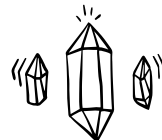
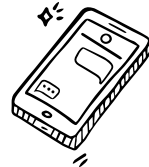
Health & Wellbeing

International Student Support

Careers & Employment

Study & Learning Support

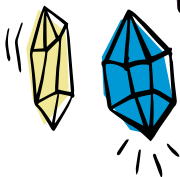
Independent Advocacy



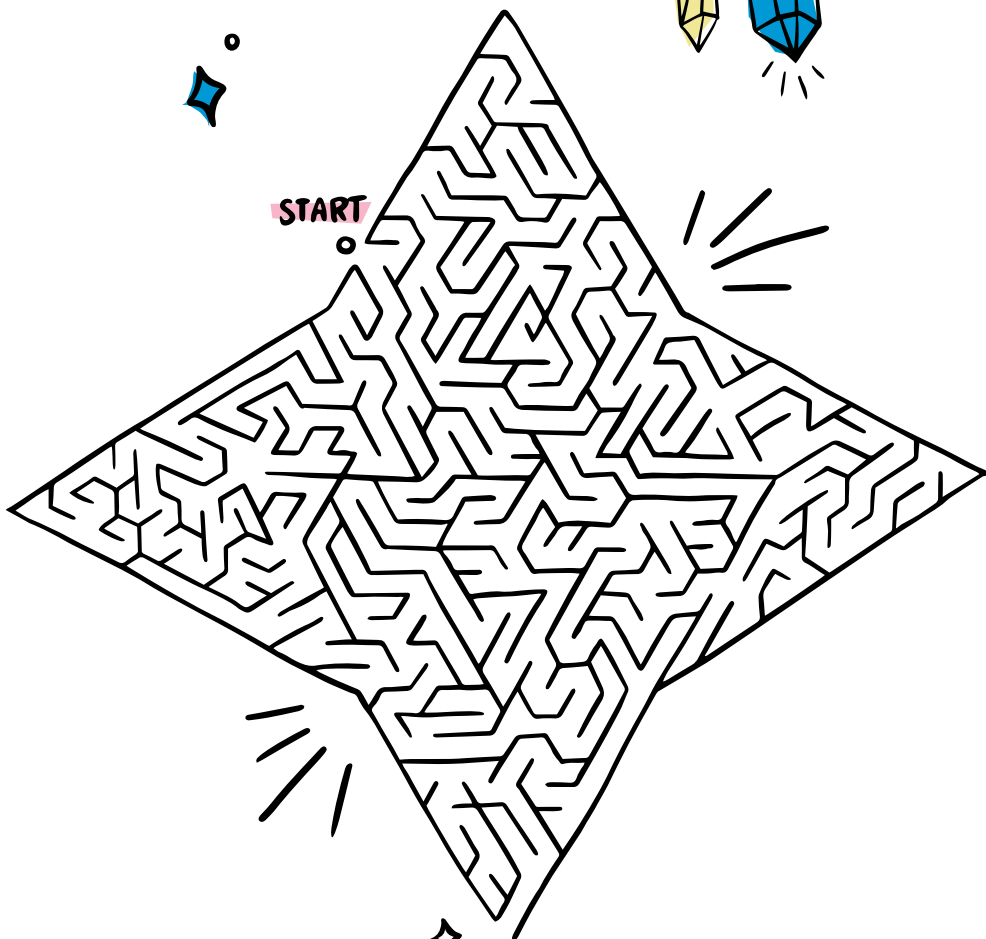
**[swi.nu/getsupport](https://swi.nu/getsupport)**



# MAGIC MAZE



START



FINISH



## Surprise compliments

*THERE'S NOTHING QUITE LIKE GETTING  
A SURPRISE COMPLIMENT.*

People like compliments.

They also (within reason)  
generally like positive surprises.

So, we're giving you the tools  
to create surprise compliments  
for the people you care about.

We created some tear-out  
strips of paper on which you  
can write nice notes to people.

Your job is to write a nice note  
to someone, scrunch it up a  
little and put it somewhere  
they'll find it such as their  
coffee cup, or resting on their  
chair.

When they find it, they'll be  
chuffed at the nice message  
you wrote them (assuming you  
didn't scrunch it up too much  
and they threw it out).

**Did you know?**  
PEOPLE DON'T TIRE OF RECEIVING  
COMPLIMENTS IN THE WAY WE  
THINK THEY WILL. SO FEEL FREE TO  
LOAD UP YOUR BEST FRIEND WITH  
ONE A DAY, NO WORRIES. [19]





# KINDNESS OPPORTUNITIES



YOU'RE THE KINDEST PERSON I KNOW!

----- ✂



----- ✂



----- ✂



----- ✂



----- ✂





# Forgiveness

*WHEN WE ARE HURT BY ANOTHER PERSON, IT CAN CAUSE  
US A GREAT DEAL OF EMOTIONAL PAIN.*

## **What is forgiveness?**

Forgiveness is about extending mercy and grace to those who've hurt us and letting go of the difficult thoughts, feelings, expectations and ideas about that person. Those who forgive can experience an emotional release as they let go of some of the hurts they are carrying. That being said, the decision to forgive is very personal, a choice that each person has to make themselves.

## **What forgiveness isn't...**

Forgiveness is not about excusing or condoning another person's behaviour or pretending it didn't happen. It is also not about denying one's hurt or pain.

Others have written on the topic far more eloquently than we could possibly hope to. A good starting point is this article by Robert Enright *Eight Keys to Forgiveness* (Check the QR Code).

Not only is the article itself good, but it is a starting point to other forgiveness content as well.

Psychotherapy is also another place where the topic of forgiveness can be explored safely. Finding a safe place to understand and process those hurts is important, and if you don't have the necessary close intimate relationships in which to do that, therapy can be a powerful option.

With that in mind, if you do want to start a discussion of forgiveness but don't know where to start, consider making an appointment with one of the counsellors here at Swinburne. Let them know it was this activity in the book that got you thinking about it and you wanted to know a bit more. Visit [swi.nu/wellbeing](http://swi.nu/wellbeing)





## One-fold Origami Llama

*THIS SYMBOL OF PRODUCTIVITY, HARD WORK, PERSEVERANCE, AND ADAPTABILITY CAN BECOME A COMPANION IN YOUR ULTIMATE WORKSPACE.*

Origami is fun although admittedly a little bit fiddly.

So we perfected one-fold Origami.

Remove the full page and fold once at the line. Place in the tent position next to where you normally study.

Why did we choose a Llama?

Well, we don't know if this is true but we've read that the Llama symbolizes endurance, responsibility and hard work.

Thus, we think it makes the perfect one-fold origami item to build and place in your ideal study space. A reminder of your commitment to your studies and improving your life.

For more on Origami, use the QR code below.



**Did you know?**  
ORIGAMI HAS BEEN USED TO HELP  
INSPIRE ARCHITECTURE STUDENTS  
TO CREATE NOVEL BUT PRACTICAL  
STRUCTURES [20]

ORIGAMI LLAMA  
ONE FOLD  
THE AMAZING

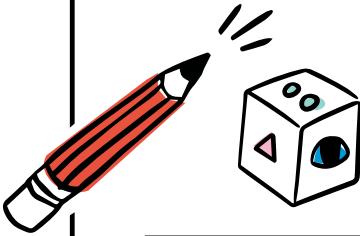
FOLD HERE



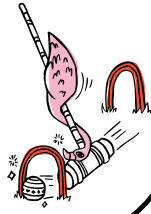


# Sudoku

DOING SUDOKU PUZZLES USES THE SAME PARTS OF THE  
BRAIN INVOLVED WITH WORKING MEMORY, ATTENTION,  
REASONING AND DECISION MAKING.



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



# Sudoku

DOING SUDOKU PUZZLES USES THE SAME PARTS OF THE BRAIN INVOLVED WITH WORKING MEMORY, ATTENTION, REASONING AND DECISION MAKING.

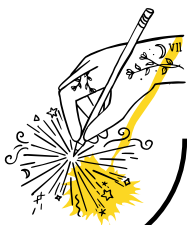
Those are all really helpful things to develop as a student. So think of this puzzle as a little weights session for the parts of your brain that will ultimately help you write those essays, nail those labs and smash those exams.

Sudoku is played on a grid: within the rows and columns are 9 'squares' (made up of  $3 \times 3$  spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.



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





## The rage page

*WRITING CAN HELP US PROCESS DIFFICULT FEELINGS THAT  
WE MIGHT NOT YET KNOW HOW TO EXPRESS SAFELY*

Writing is a superpower we forget we have.

It can't solve all problems, but writing is an incredibly powerful way to help us organise our thoughts and feelings, especially when we are confused, angry, frustrated and/or lost.

Writing can help us gain clarity on a situation, adopt new perspectives and see situations in a different light.

It can be particularly useful for feelings that we might struggle to find another outlet for.

Our rage page is a place to write about (you guessed it) anger and rage. What is something that has annoyed, frustrated or enraged you recently?

Write about it. What happened? What feelings has the situation activated? How are you coping with it? What will you do next? Don't worry about perfect grammar or spelling, just write.

💡 **Did you know?** \*

WRITING ABOUT DIFFICULT EVENTS HAS BEEN SHOWN TO HAVE HEALTH BENEFITS, BUT YOU CAN ALSO GET HEALTH BENEFITS FROM WRITING ABOUT YOUR BEST POSSIBLE SELF OR INTENSELY POSITIVE EXPERIENCES [21]

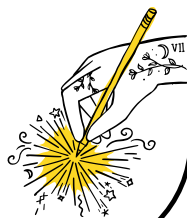






LOOKS LIKE YOU CAN USE THIS SIDE TOO...





## Student Ideas Gateway

*DO YOU HAVE AN IDEA OR SOME FEEDBACK?*

Whether it's about the Good Vibes Experiment or any part of your University experience, we want to hear from you!

You might have a great idea, a positive comment or feedback on how we can develop and improve. So far we've helped improve sustainability, developed art on campus and provided academic and support service feedback.

We found that students have important and powerful things to say, but often don't know exactly where to go or who to talk to.

Submit your feedback by contacting the Multi Faith Centre [multifaith@swin.edu.au](mailto:multifaith@swin.edu.au) and we'll find the right place for it and get back to you promptly.





## Find your own awe location


*WHERE DO YOU GO TO TRANSCEND THE HUSTLE  
AND BUSTLE OF EVERYDAY LIFE?*

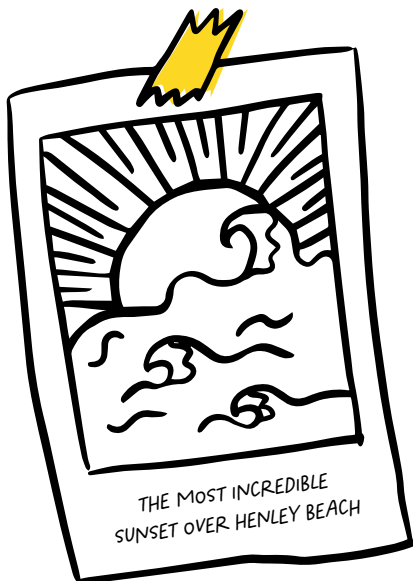
The ocean, a rainforest, the hum of a busy city at sunrise, or star-gazing – there are many places and moments that allow people to transcend the busyness of everyday life.

Have you got places in your life that elicit similar feelings? Try sketching them.

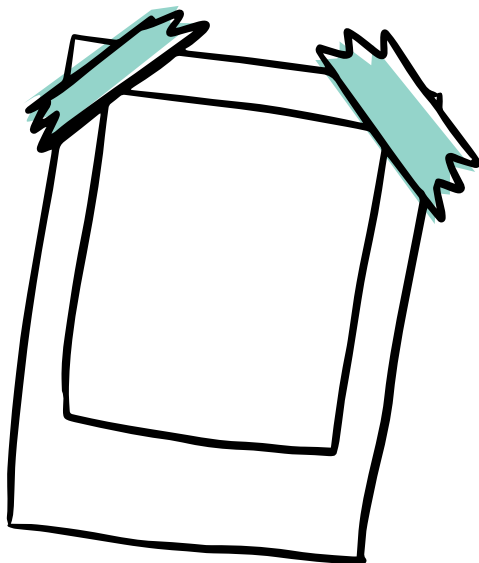
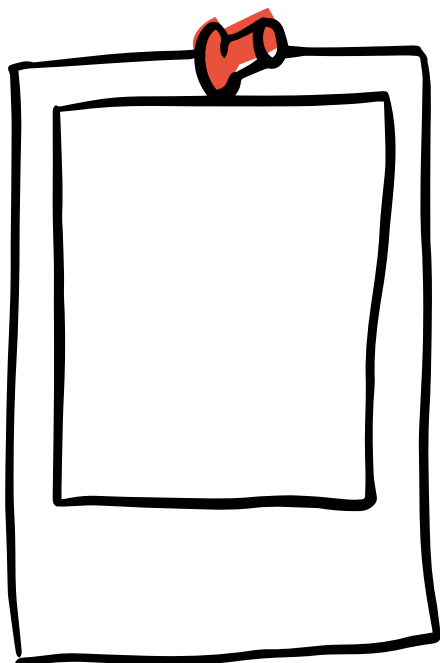
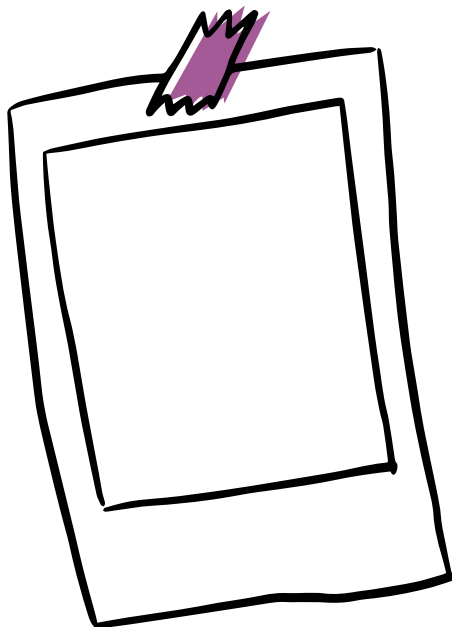
If you don't have such a spot, we challenge you to find one – a forest, a garden, a sweeping expanse, a place to watch animals, gaze at the night sky or look out over the ocean.

Somewhere you can stand or sit quietly and just marvel at the scale, diversity and complexity of the world in which we live. Visit that spot regularly.

 **Did you know?**  
THE EXPERIENCE OF AWE QUIETENS  
THE PARTS OF THE BRAIN INVOLVED  
IN OUR SENSE OF SELF. [22]



SKETCH YOUR AWE LOCATIONS  
IN THE POLAROIDS BELOW





## Circle(s) of competence

*IT CAN BE POWERFUL TO HONE IN ON WHAT YOU KNOW.*

There are a lot of cool things to know. More things to know than the average person can learn in a lifetime.

Because of that, there will be things you know well, things you kinda know and things that you want to know.


Taking the time to articulate these can be helpful.

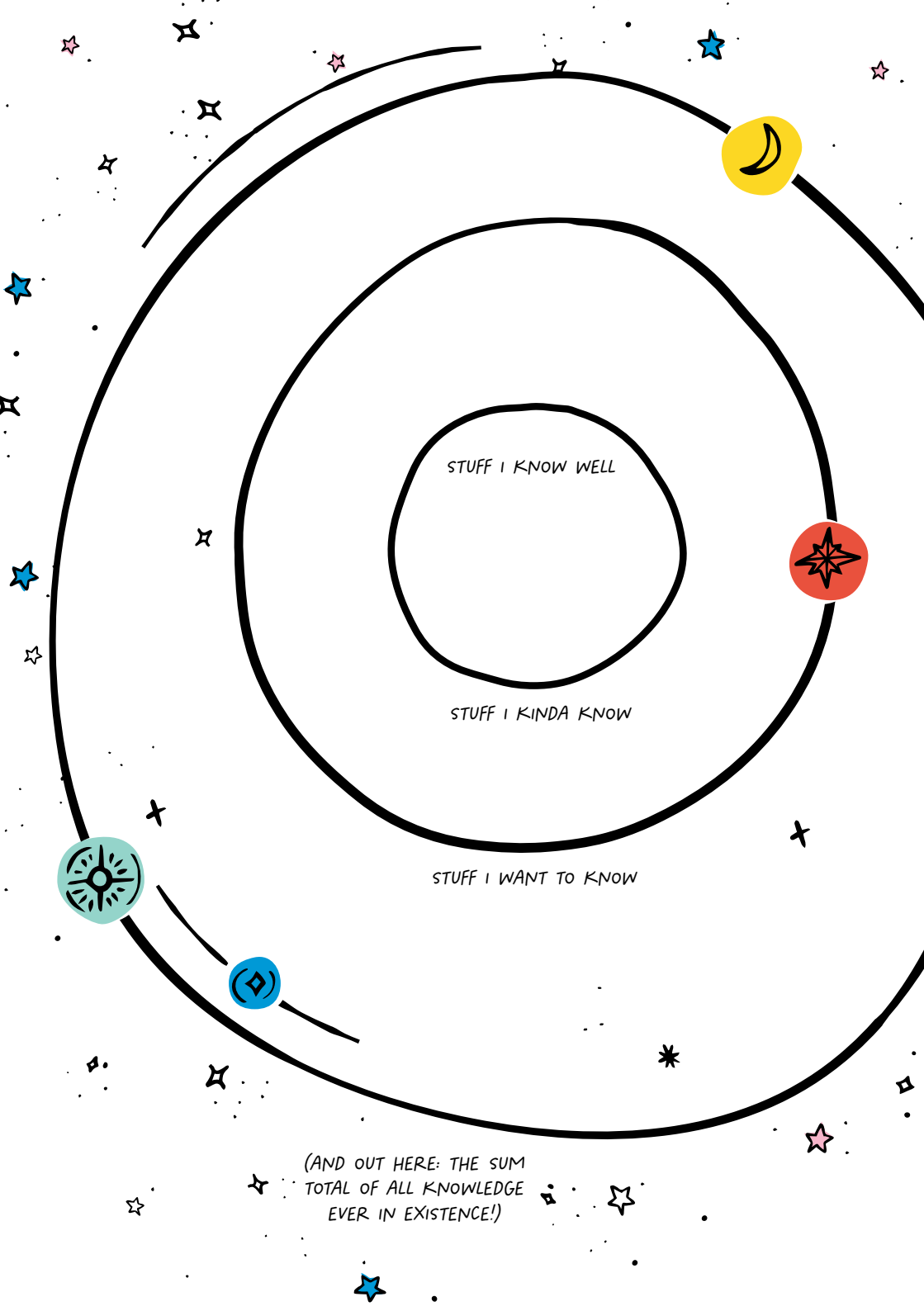
The 'things you know well' will lead to your most creative ideas, because you need to know an area well to innovate in it.

The 'things you kinda know' will likely inspire your next passion project.

And finally, the 'things you want to know' will be your fuel source for a slow-burning curiosity that keeps you engaged with the wider world.

These are your circles of competence.

 **Did you know?**  
THE CIRCLE OF COMPETENCE IDEA IS  
JUST ONE OF 109 'MENTAL MODELS'  
TAKEN FROM MULTIPLE DISCIPLINES  
THAT ARE SUPPOSED TO HELP YOU  
MAKE BETTER DECISIONS [23]



STUFF I KNOW WELL

STUFF I KINDA KNOW

STUFF I WANT TO KNOW

(AND OUT HERE: THE SUM  
TOTAL OF ALL KNOWLEDGE  
EVER IN EXISTENCE!)



## Signposts

*ONE SIMPLE WAY TO ORIENTATE YOURSELF  
TO THE FUTURE IS TO SET GOALS.*

What are the things you want to achieve? What milestones do you want to reach in life?

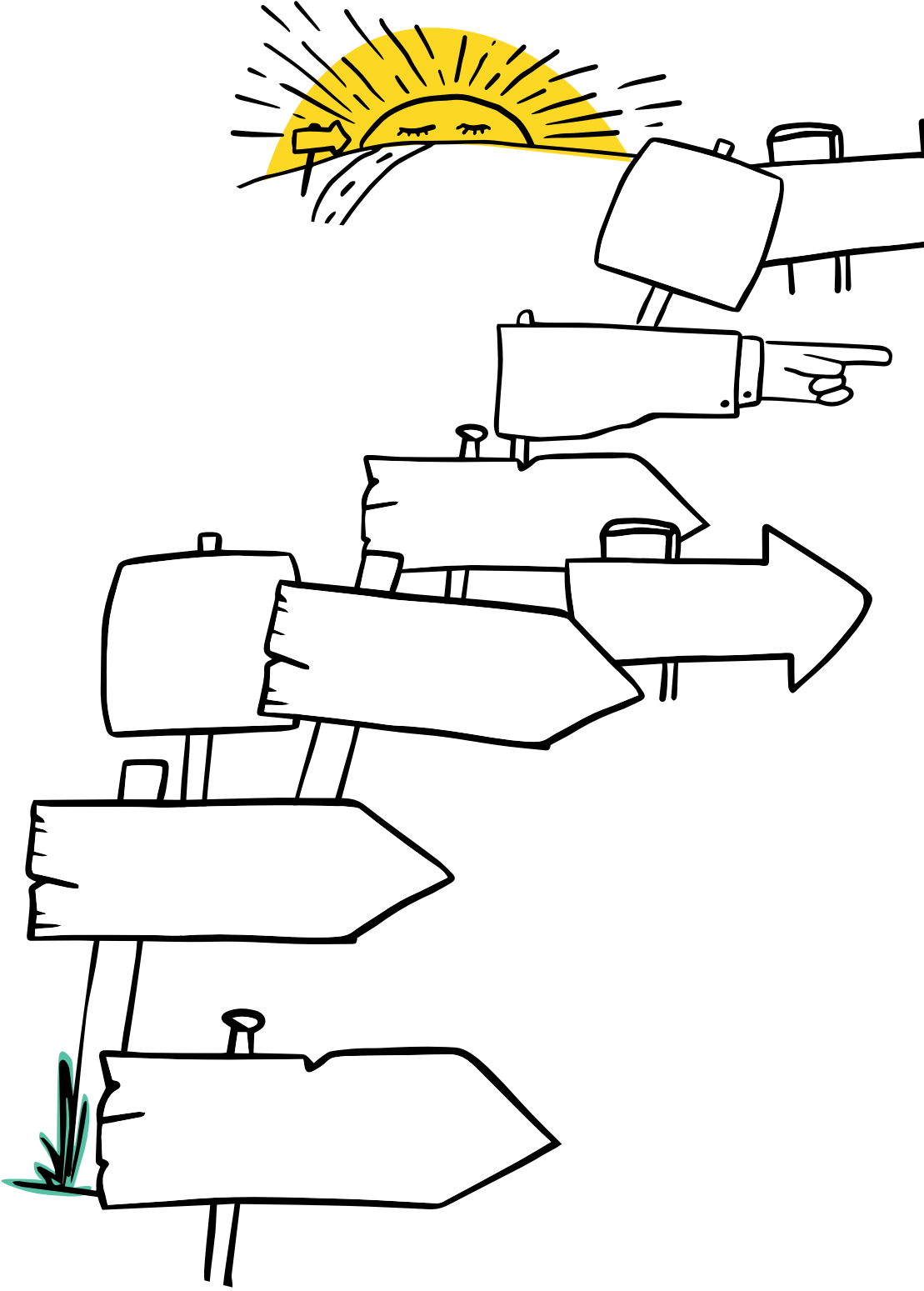
To assist in the process, we created a different way to visualise goals, which we call a Signposts page.

Write your goals in, stretching out to the future. Place the most urgent goals close and the ones that can wait further away.

Don't fret about getting the goals exactly right. You can come back and refine your Signpost page at any time.

With that in mind, maybe use a pencil...

 **Did you know?**   
FOR MOTIVATION PURPOSES, SET YOURSELF CHALLENGING GOALS, BUT BE SURE TO BREAK THOSE CHALLENGING GOALS UP INTO SMALLER ACHIEVABLE ONES - BIG VISION, SMALL STEPS [24]







## Free gift bingo

*YOU'D BE SURPRISED HOW MANY NICE THINGS YOU CAN GIVE  
TO SOMEONE THAT DON'T COME AT MUCH COST TO YOU.*

In a wonderful case of 'win-win' in the universe, it appears that if you do nice things for other people, it also improves your psychological wellbeing.

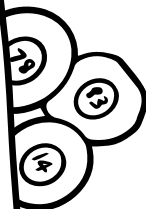
But gift-giving can be expensive and many of us are on a strict budget.

Thankfully, there are lots of cool and simple things you can do for others that are very cost-effective.

Based on the classic game of bingo, we've set you the challenge of gifting the following free things to friends, family and colleagues (or maybe even a stranger if you are willing).

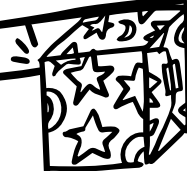
Once you've gifted it, mark it on your bingo card and let us know when you have gifted them all – BINGO!!

**Did you know?**  
SOMETIMES, WHEN GIVING PEOPLE  
GIFTS, WE PICK GIFTS THAT MAKE  
US LOOK CREATIVE AND UNIQUE  
VERSUS GIVING THEM SOMETHING  
WE KNOW THEY'D LOVE [25]



# BINGO

MAKE A PLAYLIST	PICK AND GIVE A FLOWER	OFFER TO SHARE YOUR SNACKS
RECOMMEND A FAVE TASTY (& CHEAP!) EATERY	MAKE THEM A CARD	SEND THEM A PHOTO MEMORY OF A GREAT TIME
SEND A MEME THEY'LL LIKE	WASH THEIR CAR / BICYCLE / WINDOWS	BAKE/COOK FOR THEM





## Seeking help

*THERE ARE MANY REASONS WHY PEOPLE DON'T SEEK HELP WHEN STRUGGLING WITH MENTAL HEALTH RELATED ISSUES.*

First, depending on their level of knowledge, they might not even know they are struggling with their mental health. They know they don't feel great or aren't functioning well in different aspects of their life, but they don't equate that with mental health (often because they think of mental health as simply 'mental illness').

Second, they might pride themselves on 'coping on their own'. Being independent and dealing with one's own problems is often viewed as a strength and whilst that may sometimes be the case, it ignores that humans are really good social problem solvers. We tend to fix things better with the help of others.

Third, they might not see value in talking to a professional, depending on their past

experiences of help-seeking, or the experiences of a friend or family member. This can be a tough one if the person has had a previous bad experience of help-seeking.

Finally, they might not know where to seek help and how to start the process. Whilst there are many support services available, it can be very difficult to navigate through to the one you need that will be most helpful.

The end result is that when the person could most use help, they are also most likely to talk themselves out of seeking help.

In thinking about yourself and what you would do if you were in a situation requiring help, it can be useful to develop a basic coping plan.

# Coping plan

THINGS I CAN DO ON MY OWN WHEN DISTRESSED...

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PEOPLE WHO I CAN SPEND TIME WITH...

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PEOPLE WHO I CAN TALK TO....

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PROFESSIONALS THAT CAN HELP...

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WHO I WOULD CONTACT IN AN EMOTIONAL CRISIS<sup>\*</sup>

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THINGS I COULD DO TO LOOK AFTER MYSELF ON AN ONGOING BASIS...

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During business hours (9-5, Monday to Friday) contact the counselling service on +61 3 9214 8483 or visit [swi.nu/counselling](http://swi.nu/counselling)

Out of hours contact Swinburne's after-hours support line: 1300 854 144 or text 0488 884 145

*Remember, you are a valued member of the Swinburne Community and deserving of help when you need it.*



## Become a study Jedi

*LEARN TO STUDY SMARTER, NOT HARDER*

University study is much harder than what most of us did at school.

Because of this, we usually have to develop new or better study habits in order to keep up.

The problem is, we aren't necessarily taught these new study habits.

Thankfully, we've been keeping track of some of the best study techniques and hacks and have just the team of people to help you out on your study journey!

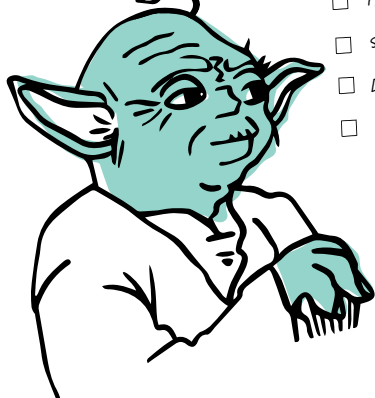
The Learning and Academic Skills team provide you with 1 on 1 support, helpful study workshops and online learning tools. Check out what the team has to offer!

**Did you know?**

THERE ARE SIX CORE STRATEGIES FOR EFFECTIVE LEARNING: SPACED PRACTICE, RETRIEVAL PRACTICE, ELABORATION, INTERLEAVING, CONCRETE EXAMPLES AND DUAL CODING. CAN YOU DEFINE ANY OF THESE? [26]

## HOW MANY OF THESE ACHIEVED, HAVE YOU?

- ☐ GET PLENTY OF SLEEP
- ☐ GENUINELY BELIEVE I CAN GROW AND GET SMARTER OVER TIME
- ☐ WELL ORGANISED - USE MY DIARY AND A SCHEDULE TO MANAGE MY TIME
- ☐ GOT A NICE STUDY SPACE
- ☐ REGULARLY SET GOALS
- ☐ DO PRE-READINGS BEFORE LECTURES OR TUTORIALS
- ☐ TAKE NOTES DURING LECTURES
- ☐ REVIEW MY NOTES AFTER LECTURES
- ☐ ASK QUESTIONS IF NOT SURE OF A CONCEPT
- ☐ AVOID MULTI-TASKING
- ☐ DEVELOP AND USE FLASH CARDS
- ☐ TEST MYSELF ON MATERIAL I NEED TO LEARN
- ☐ DO SOME WORK ON EACH OF MY TOPICS EACH DAY
- ☐ TRY TO CONNECT WHAT I AM LEARNING TO MY LIFE IN GENERAL
- ☐ TEST MY KNOWLEDGE BY EXPLAINING CONCEPTS TO OTHERS
- ☐ PRACTICE RECALLING FACTS
- ☐ SPACE OUT MY STUDY LEADING INTO EXAMS RATHER THAN CRAM
- ☐ AM PART OF A STUDY GROUP OR HAVE A STUDY BUDDY
- ☐ TRY TO FIND OPPORTUNITIES FOR FUN IN MY TOPICS
- ☐ STARTED A PROJECT RELATED TO SOMETHING I'VE LEARNED
- ☐ DO FOCUSED WORK IN CHUNKS (E.G. 30 MINUTES AT A TIME)
- ☐ MINIMISE DISTRACTIONS WHEN I WORK





## Habit tracking

*WHO SAID TRACKING YOUR HABITS HAD TO BE DULL?*

A simple way to assist in the building of new habits is to track them.

One of the simplest ways to do this is good ol' pen and paper. Every time you successfully engage in your new habit, mark it down somewhere. You then have a visual reminder of your awesomeness.

 **Did you know?**  
IT CAN TAKE ANYWHERE FROM  
18 TO 254 DAYS TO CREATE A NEW  
HABIT AND REALLY IT IS MORE  
ABOUT REPETITION THAN TIME [27]

Now most trackers we've come across are a little bland.

So, we set out to make a monthly habit tracker that has a bit more flair.

To get more copies of this habit tracker, scan the QR Code and find the habit tracker link.

PS: Why not try the Fabulous App, one of our faves for good routines and habit formation, link in the QR code below.





REMEMBER TO CUT OUT AND PUT YOUR  
TRACKER SOMEWHERE EASILY NOTICEABLE  
- YOU NEED TO FILL IT IN EVERY DAY!

PERHAPS EVERY 10 SUCCESSFUL ENTRIES

WHAT NEW HABIT WOULD YOU LIKE TO FORM?

REWARD YOURSELF! SET INTERIM GOALS

WELL DONE! NOW, TIME TO REFLECT: WRITE DOWN  
YOUR THOUGHTS ON THE EXPERIENCE HERE:

TIME TO CHOOSE THE NEXT HABIT YOU'D LIKE TO WORK ON.

TIME TO START HERE... AND KEEP GOING!





## Encouraging help-seeking in others

*HOW WOULD YOU GO ABOUT SUPPORTING A LOVED ONE  
TO SEEK HELP WHEN THEY ARE STRUGGLING?*

We know that not everyone who struggles with mental ill health will seek help.

In this activity we want you to imagine a close friend or family member is struggling and giving you reasons why they aren't seeking help.

What would you say in response?

Not sure how to respond? That's OK. It can be hard to think of what to say in such moments.

Think about what would motivate you to seek help if you were struggling?

**Did you know?**  
NOWADAYS, A LOT OF PEOPLE SEEK  
INFORMATION ONLINE ABOUT  
MENTAL HEALTH PROBLEMS BEFORE  
SEEKING OUT A PROFESSIONAL [28]

WRITE HOW YOU MIGHT RESPOND TO THESE  
STATEMENTS IN THE SPEECH BUBBLES

"I DOUBT MY SYMPTOMS ARE  
SERIOUS ENOUGH"

"I'M WORRIED THEY  
WILL TELL OTHER PEOPLE"

"THEY'LL JUST ASK ME TO TALK  
ABOUT MY FEELINGS AND I DON'T  
WANT TO DO THAT"

"I HAVE NO IDEA WHERE  
TO SEEK HELP FROM"

"I DON'T HAVE TIME"



## Self-compassion self-talk

*DEVISE YOUR OWN SELF-COMPASSION SAYING FOR WHEN THINGS DON'T QUITE GO TO PLAN.*

When things don't go to plan, our self-talk can become quite negative. We punish ourselves for stuffing up.

We certainly don't speak to ourselves in the same way we'd speak to someone we love, such as a close friend or family member.

On the following page, we've authored a self-compassion saying – something you can repeat to yourself in difficult times, that is compassionate and kind.

The problem is, you might find the way we've written it to be a bit cheesy or awkward.

So we reckon you should have a go at rewriting it and we'd love to see what you come up with (share your version with us on *Instagram @swinburnlife*)

**Did you know?**

ALTHOUGH WE TEND TO THINK THAT SELF-CRITICISM WILL MOTIVATE US TO BE BETTER, SELF-COMPASSION TENDS TO OUTPERFORM SELF-CRITICISM AS A MOTIVATIONAL/ CORRECTIONAL STRATEGY [29]

## THINGS HAVEN'T GONE TO PLAN.

THIS IS A MOMENT OF SUFFERING AND I'M FEELING [INSERT FEELINGS]

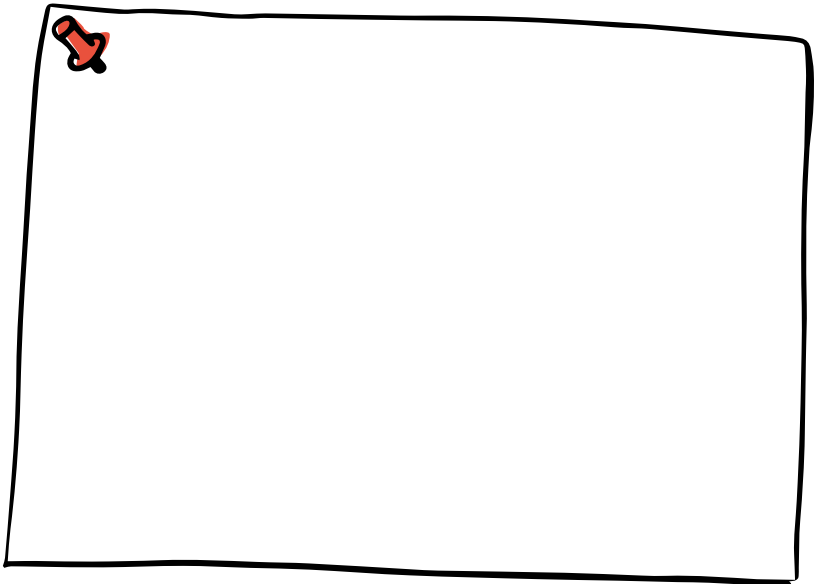
I NEED TO REMIND MYSELF THAT SUFFERING IS A PART OF LIFE AND THIS SETBACK AND THE DIFFICULT FEELINGS I AM EXPERIENCING ARE NOT A SIGN THAT I AM A BROKEN HUMAN BEING.

ON THE CONTRARY, I AM IN GOOD COMPANY AS EVERYONE WILL MAKE MISTAKES AND EXPERIENCE SETBACKS.

MAY I BE KIND TO MYSELF IN THIS MOMENT AND USE [INSERT OWN STRATEGIES] TO HELP CALM AND GROUND ME

AND WHEN I AM READY, I CAN LOOK AT WHAT I CAN DO TO TRY AND FIX THE SITUATION OR ACCEPT IT AND MOVE FORWARDS.

TRY REWRITING THE SAYING ABOVE TO CAPTURE THE SAME IDEAS BUT IN YOUR OWN WORDS





## Thank the inanimate

*SAY THANKS TO THE MORE OBSCURE ITEMS IN YOUR LIFE.*

Saying thanks shouldn't just be limited to people. We can also be grateful for the objects in our lives.

What are the objects and places in your life that could use a thank you?

The concept of appreciating physical inanimate "things" isn't as strange as you might think. We often take objects for granted – we don't realise how important they were

to us until they break or they can't be used anymore.

Or sometimes we appreciate an object that we'd lost but then found again, like an old toy from childhood.

Draw the objects in your life that mean the most to you and write them a quick note on why you are thankful they are in your life.

**Did you know?**  
BEING 'MATERIALISTIC' MIGHT NOT BE ALL BAD, ESPECIALLY IF YOU ARE THE TYPE OF PERSON THAT SHOWS GREAT CARE FOR THE OBJECTS YOU OWN. [30]

# thank you

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## Finish the squiggle

*SOMETIMES THE MEANING OF OUR LIFE COMES  
FROM UNDERSTANDING HOW THE DIFFERENT PARTS  
OF OUR LIFE FIT TOGETHER.*

The clues to your meaning and purpose in life might already be in the life you are currently leading. Sound a bit confusing?

How about this...

Find your inner squiggler and try to create a picture that combines all the different elements. Notice how seemingly separate pieces can come together to create a coherent whole.

Now think about your life.

What would it look like if you combined your studies, hobbies, passions, talents and resources to build or create something that helps others?

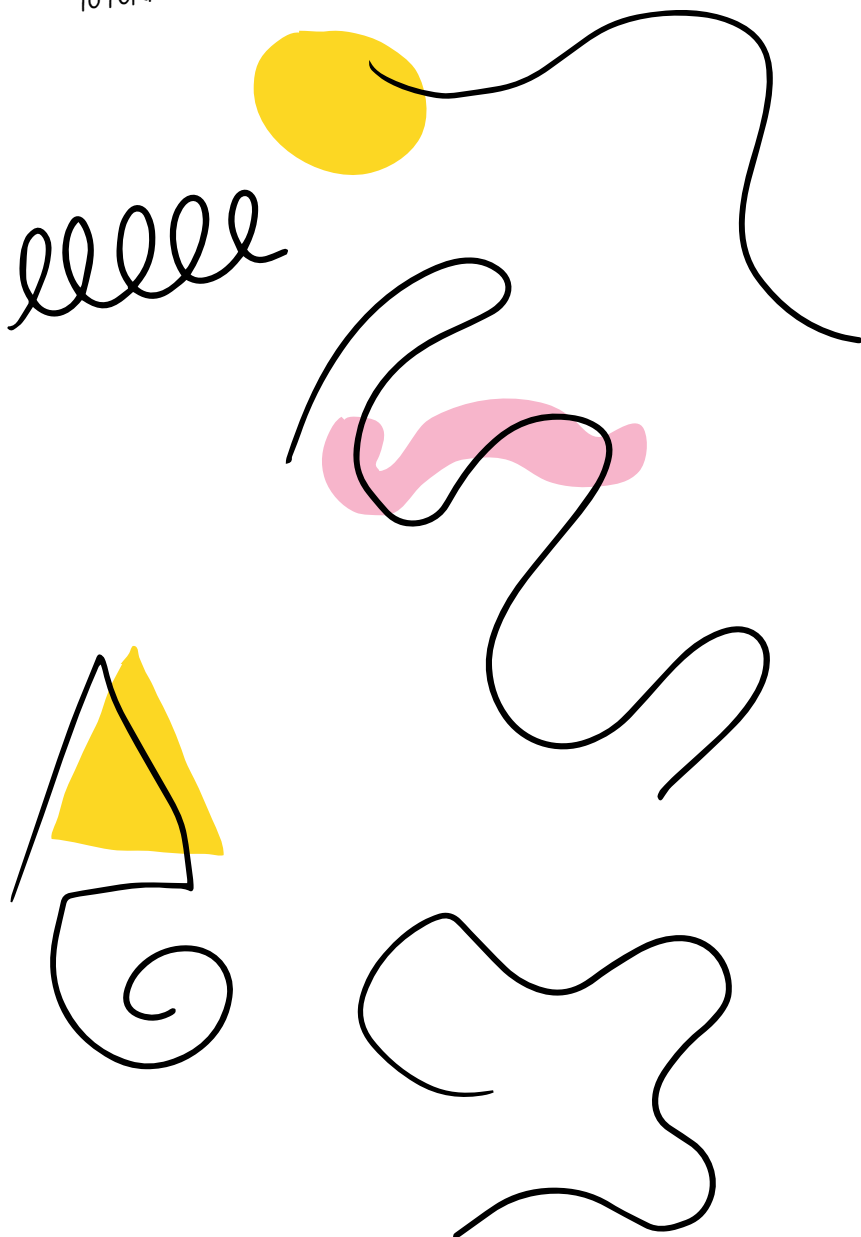
Could this give you some clues as to what would give your life more meaning?



### **Did you know?**

IKIGAI IS A JAPANESE TERM TRANSLATING TO "ONE'S REASON FOR BEING". SOME SAY IT CAN BE FOUND AT THE INTERSECTION OF WHAT YOU LOVE, WHAT YOU'RE GOOD AT, WHAT YOU CAN BE PAID FOR AND WHAT THE WORLD NEEDS.

WHAT DO YOU SEE IN THESE RANDOM  
SQUIGGLES? CONNECT THEM TOGETHER  
TO FORM A WHOLE PICTURE







## Art therapy – how to learn to draw something

*MANY PEOPLE DON'T USE ART TO EXPRESS THEMSELVES,  
BECAUSE THEY DON'T KNOW HOW.*

Ever wish you had the ability  
to express the completeness  
of your being through art?

Us too.

But only some of us in the  
GVE team can draw. The rest  
of us are relegated to stick  
figures and hideous cat  
monster things ('it was  
supposed to be a smiling  
dog').

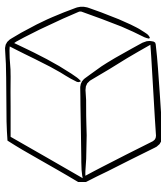
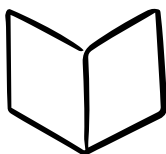
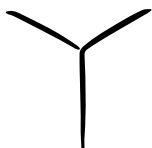
Start your journey  
towards expressing  
yourself through art with  
our quick guide to  
drawing stuff.

Maybe you'll consider  
interpretive dance next....

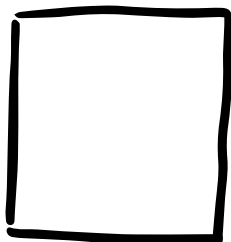
### **Did you know?**

*ART THERAPY IS A REAL THING AND  
A REVIEW IN 2015 CONCLUDED THAT  
ALTHOUGH MORE RESEARCH IS  
NEEDED, ART THERAPY MAY HELP  
THOSE WHO HAVE EXPERIENCED  
TRAUMA [31]*

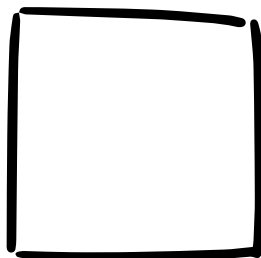
HOW TO DRAW  
A MYSTIC DICE



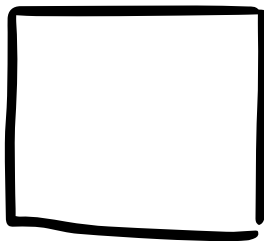
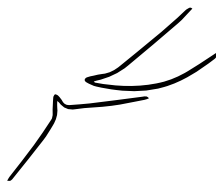
DRAW YOUR  
VERSION HERE



HOW TO DRAW  
A PLANT



HOW TO DRAW  
BIRDS





## Kindness to strangers

*HOW TO BRING A SMILE TO A STRANGER'S FACE.*

Did you know random acts of kindness for others can benefit you as well?

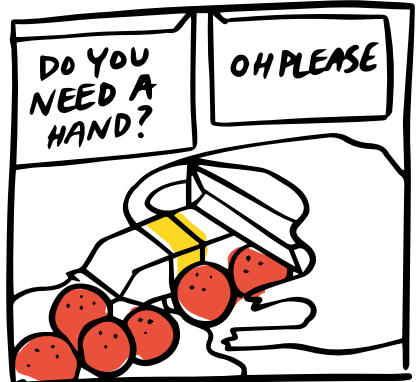
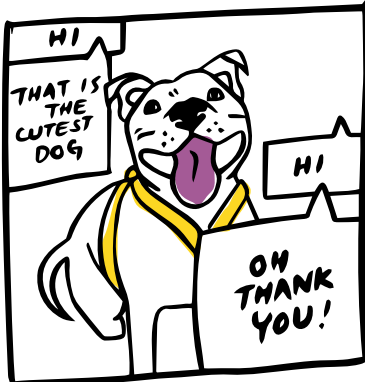
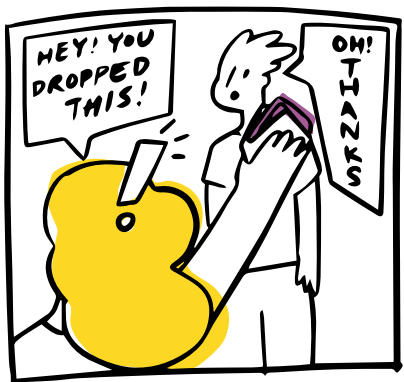
It's easy to think that when you are kind to somebody without expecting anything in return from them, you really don't get anything in return at all. However, that's actually not the case!

In fact, if you think about it, you can probably remember experiencing the benefits of kindness from a stranger.

Being kind to others causes you to feel happier, but it also distracts you from thinking about yourself, and sometimes a little break from thinking about yourself does wonders.

If you're prone to overthinking or worrying, why not take a nice break by engaging in a random act of kindness and getting your mind off those topics!

**Did you know?**  
BEING KIND TO OTHERS CAN STIMULATE THE PRODUCTION OF OXYTOCIN, A BONDING HORMONE WHICH HELPS IMPROVE OUR RELATIONSHIPS [32].



WHAT ARE SOME NICE THINGS YOU MIGHT DO FOR A STRANGER?

A large empty rectangular box for writing or drawing.

WRITE OR DRAW THEM IN THE BOXES BELOW

A large empty rectangular box for writing or drawing.



## Getting in the zone

*FINDING THE ULTIMATE MENTAL STATE FOR PRODUCTIVITY  
TAKES SOME WORK AND EXPERIMENTATION.*

'Flow' is a state of intense, yet seemingly effortless focus, concentration and total immersion in a task. It is commonly referred to as 'getting in the zone'.

Work done in 'the zone' is more enjoyable, creative and productive.

Sounds amazing, huh!!

The catch is, 'getting in the zone' isn't simple and can take some experimentation.

We've listed a few things that can help you get in the zone, but we're interested in what helps you regularly achieve focused, concentrated periods of work.

If you've perfected your 'getting the zone' formula, consider sharing it with the us and perhaps with other students.

**Did you know?**  
JAMES CLEAR IN HIS BOOK  
'ATOMIC HABITS' REPORTS THAT  
A TASK NEEDS TO BE 4 PERCENT  
HARDER THAN YOUR ABILITY  
TO ACHIEVE A FLOW STATE [33]

$$E=mc^2$$

TRY VARYING THE SIZE AND DIFFICULTY OF THE TASK. YOU WANT A TASK THAT IS CLEARLY DEFINED AND CHALLENGING ENOUGH TO PUSH YOU A LITTLE BIT, WITHOUT OVERLOADING YOU.

WORK OUT WHAT THINGS ARE DISTRACTING YOU AND REMOVE THEM FROM YOUR STUDY SPACE. COMMON DISTRACTIONS INCLUDE MOBILE PHONES, FOOD, GAMES, SOCIAL MEDIA, OTHER PEOPLE, UNPREDICTABLE LOUD NOISE, STRONG SMELLS, BRIGHT LIGHTS.

EXPERIMENT WITH DIFFERENT MOOD BOOSTING ACTIVITIES IN THE LEAD-UP TO SITTING DOWN TO WORK. THIS CAN BE AS SIMPLE AS A NICE CUP OF TEA, 20 STAR JUMPS, WATCHING A FUNNY VIDEO OR ANYTHING THAT PUTS A SMILE ON YOUR FACE.

AS YOU GO INTO THE TASK, REALLY CLARIFY WHAT IT IS YOU HOPE TO GET OUT OF THE TASK IN TERMS OF LEARNING OR SENSE OF ACHIEVEMENT. DON'T JUST AIM TO COMPLETE THE TASK. AIM TO GAIN SOMETHING TANGIBLE FROM THE TASK.

WRITE DOWN  
YOUR ZONE  
FORMULA

$$\nabla \times \text{Be}^s = \frac{G_0}{0.0}$$

$$G = \frac{0.020}{v'bes}$$





## Facing your fears

*PERSONAL GROWTH AND DEVELOPMENT OFTEN OCCURS  
AT THE EDGE OF OUR ABILITIES AND COMFORT ZONE.*

We tend to grow or improve most when we push ourselves just outside of our comfort zone. For example, tennis players get better when they regularly play people who are a bit better than them.

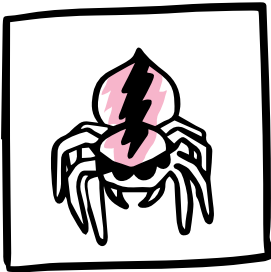
This idea is also captured in psychotherapy in 'exposure' exercises where people are invited to confront increasingly more uncomfortable situations in order to address their fears.

Most of us know the strange mix of fear, doubt and exhilaration when doing something new that we don't really know how to do.

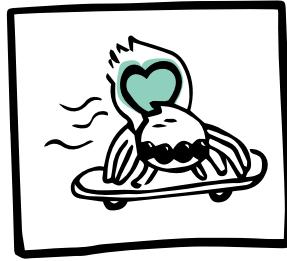
Check out the before/after fear pictures. How would you draw your biggest fear? How would it look after you've taken steps to confront it?

☆ **Did you know?** \*  
MAKE A TASK TOO HARD, PEOPLE  
BAULK. MAKE IT TOO EASY, THEY  
LOSE INTEREST. WHEN YOU FACE  
YOUR FEARS, YOU HAVE TO PUSH  
YOURSELF **JUST BEYOND** YOUR  
LIMITS.

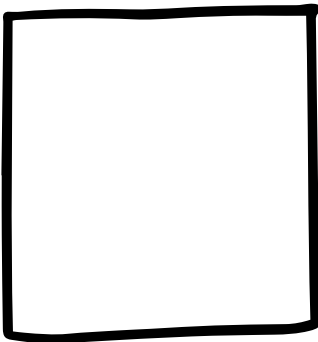
SCARY!



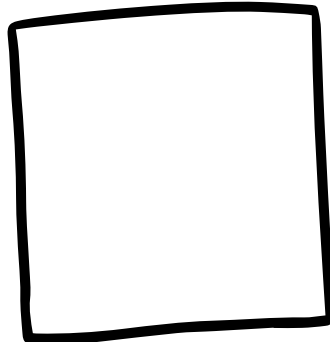
NOT SO SCARY...



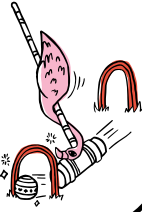
IT'S YOUR TURN!  
DRAW SOMETHING HERE  
THAT YOU FEAR...



AND HOW IT MIGHT  
LOOK IF YOU NO LONGER  
FEARED IT







## Turn fine art into fun art

*WE AREN'T SAYING THE ORIGINALS AREN'T BEAUTIFUL  
BUT THERE'S ALWAYS ROOM FOR IMPROVEMENTS.*

The discussion of 'fun' in the context of mental health is sometimes received negatively.

"I can't have fun because I am sad/anxious/stressed" might be a common response.

But we think a more helpful way to think about fun in the context of mental health is:

"I could try to have more fun, because I am sad/anxious/stressed"

Fun isn't something you earn. Fun is something that everyone deserves.

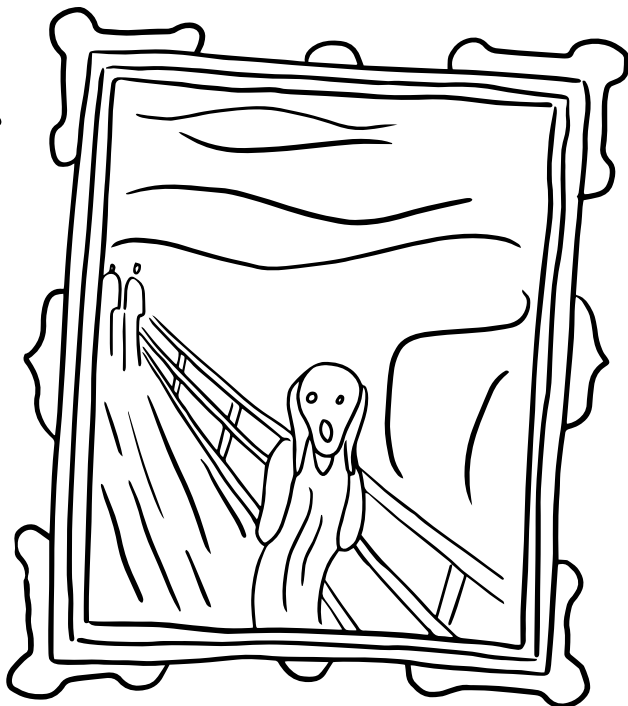
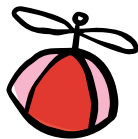
Throw in a dash of cheekiness and rebelliousness and you have our exercise to ~~deface~~ improve fine works of art.

☆ ✨ **Did you know?** ✨ ☆  
JUST 15 MINUTES OF PLAYING WITH  
A THERAPY DOG HELPED REDUCE  
PSYCHOLOGICAL AND PHYSIOLOGICAL  
STRESS IN NURSING STUDENTS  
UNDERTAKING EXAMS. [34]



THE MONA LISA, LEONARDO DA VINCI

HOW MIGHT YOU 'IMPROVE'  
THESE ARTWORKS?  
HAVE FUN WITH IT, THE SKY'S  
THE LIMIT!



THE SCREAM, EDVARD MUNCH



## Better in pairs

### THE BENEFITS OF A STUDY BUDDY.

There are many ways that having a study buddy can enhance your learning experience.

You can compare and share notes. You can test each other. You can discuss difficult concepts until you both grasp them. You can simply work in the presence of another person and use interaction as study breaks.

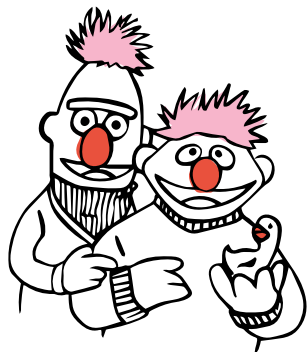
Having a study buddy is also good for accountability – someone who will check on you to see that you've done the work you've said you will.

Oh yeah, some people just find it good fun, and fun helps increase engagement with a topic. Great for when you are studying material that is a bit dry.

So, check for study groups in your topic. Start one if you can't find one.

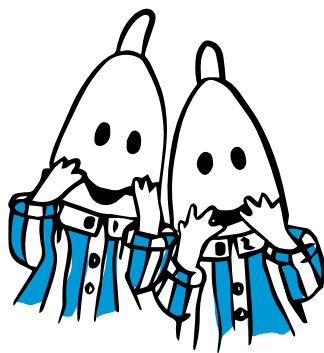
### Did you know?

*IN A SOUTH AUSTRALIAN STUDY, A 'STUDY BUDDY' SUPPORT SCHEME LED TO AN INCREASE IN 1ST YEAR PASS RATES IN A BIOSCIENCE COURSE [35]*



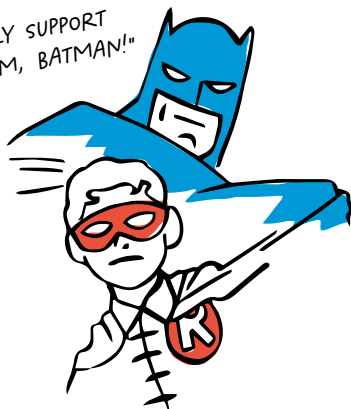
"HOW ARE YOU FEELING  
TODAY, BERT?"

WE LOVE AN ICONIC DUO!  
USE THIS PAGE TO WRITE DOWN  
WHO MIGHT BE A GOOD STUDY  
BUDDY, AND THE WAYS YOU CAN  
HELP EACH OTHER OUT



"I KNOW WHAT YOU'RE  
THINKING, B1"

"HOLY SUPPORT  
SYSTEM, BATMAN!"





## Time Travel Short Story

*IF YOU COULD TRAVEL BACK IN TIME, WHAT ADVICE  
WOULD YOU GIVE YOUR YOUNGER SELF?*

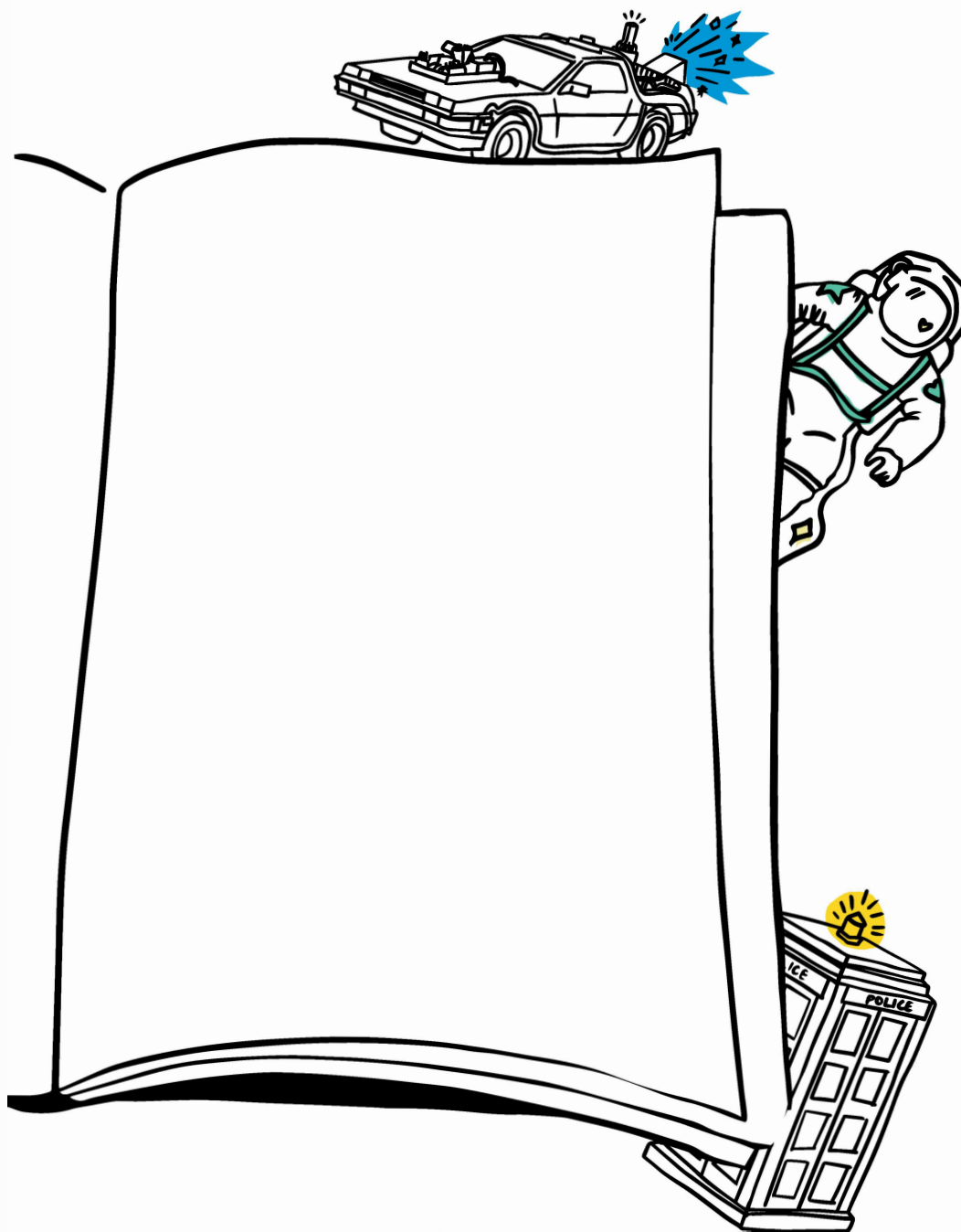
It is time to channel your inner science fiction writer as we challenge you to write a short story about travelling back in time to impart wisdom to your younger self.

Sure, time travel isn't the most original topic ever, but because it is about YOU it will be completely original.

What age would you go back to? What would you say? How would your younger self react to meeting their future self? What hijinks might make the whole process difficult?

Come up with a story you think is pretty good?

☆ **Did you know?** ☆  
THE WAY WE USE PRONOUNS  
(E.G. I, ME, MY, YOU, YOUR,  
YOURS, THEY, THEM, THEIRS)  
IN OUR WRITING CAN GIVE  
INSIGHTS INTO OUR EMOTIONAL  
STATE, STATUS, HONESTY  
AND DEGREE OF SOCIAL  
CONNECTION. [36]





## Positive Filter

*LOOKING AT SITUATIONS FROM DIFFERENT PERSPECTIVES CAN  
SOMETIMES HELP EXTRACT POSITIVES OUT OF NEGATIVES.*

Even when lousy things happen to us, there are often positives to be gained.

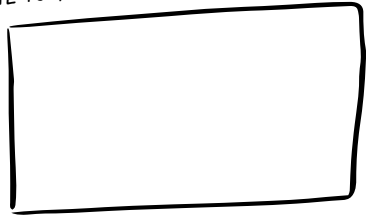
Take a difficult event from your past and write it in the first box. Don't pick something too traumatic. Pick something that was unpleasant but doesn't continue to cause you much distress nowadays.

Then, use our different filters to look at that event in different ways. What realisations did you make later about that event? What might an outsider say about what happened? What opportunities emerged from this event? How are you stronger now?

Practice this with past events and work your way up to using it with something difficult that you are going through now.

**Did you know?**  
OUR MOOD ACTUALLY CHANGES  
HOW OUR VISUAL SYSTEM  
FILTERS OUR EXPERIENCE,  
LENDING SUPPORT FOR THE  
SAYING 'LOOKING AT LIFE  
THROUGH ROSE-COLOURED  
GLASSES' [37]

WRITE YOUR DIFFICULT EVENT HERE:



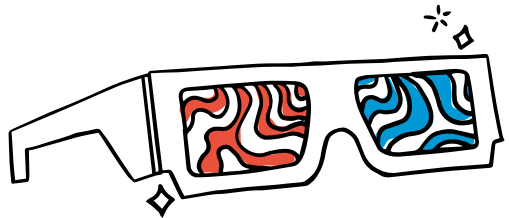
THE "YEARS DOWN THE TRACK,  
I REALISED THAT...." FILTER



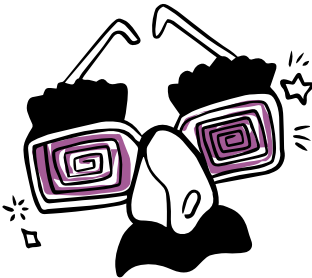
THE "FROM AN OUTSIDER'S PERSPECTIVE  
THEY MIGHT SAY...." FILTER



THE "A BEST FRIEND WOULD PROBABLY  
SAY TO ME....." FILTER



THE "IT HURT AT THE TIME BUT I THINK  
I AM NOW STRONGER IN THE FOLLOWING  
WAYS....." FILTER



THE "ALTHOUGH IT WENT BADLY AT THE TIME,  
IT OPENED UP THE OPPORTUNITY....." FILTER



# Getting further support

*WHILST THE ACTIVITIES IN THIS BOOK CAN GET YOU STARTED ON INVESTING IN YOUR MENTAL HEALTH, WE AREN'T PRETENDING THESE ARE ALL YOU ARE GOING TO NEED.*

Perhaps you've tried a few things in this book, but your feelings are a bit too big and overwhelming and you need help of a different sort.

Perhaps you are facing some challenges that are impacting your mental health, but actually relate to something else such as housing, food insecurity or debt.

In this context, it is important that you be aware of the services and supports available to you.

## Sometimes people are reluctant to seek help

There are many reasons for this: embarrassment, expectation of a negative response, unsure if symptoms warrant help, preference for self-reliance.

People worry about what asking for help means about them as a person. In dark times, some people don't think they are worth caring for.

Those of us in the GVE team know full well that people go through dark times, but with the right supports and investments, people can bounce back from tough times - even really tough times. Because of that, we encourage you, at any point where you don't think you are coping on your own, to reach out for help.

Reaching out for help isn't a sign of weakness or failure. Reaching out for help is the activation of a core drive in humans. That is, to heal with the help of others.



# Where to start your help-seeking process

The support directory is a list of Swinburne services divided into theme rather than area, so it's easy to navigate. If you are a rural/remote/online student, many of these services (or equivalents) can be provided through alternative channels such as telephone, teleconference, FLO topics and web.

## Services available

To make an appointment to see a doctor or mental health professional (for free):

### **Health and Wellbeing or Counselling Services**

[swi.nu/health](https://swi.nu/health)

To discuss how a physical or mental health condition is affecting your ability to study and find practical solutions and academic adjustments:

### **Disability Service**

[swi.nu/access](https://swi.nu/access)

To get independent assistance for an academic, disciplinary or sensitive personal issues:

### **Independent Advocacy Service**

[swi.nu/adv](https://swi.nu/adv)



To get help with study tips, tricks and assignment help and other academic supports:

### **Learning & Academic Skills Support**

[swi.nu/las](https://swi.nu/las)

To access spiritual wellbeing programs, free yoga and to talk to chaplains:

### **The Multi Faith Centre**

[swi.nu/mfc](https://swi.nu/mfc)

Struggling with something in relation to being an international student?

### **International Student Services**

[swi.nu/isa](https://swi.nu/isa)

To access support services for Aboriginal and Torres Strait Islander students:

### **Moondani Toombadool Centre**

[swi.nu/mtc](https://swi.nu/mtc)

To get assistance for an emotional crisis out-of-hours or on weekends:

### **Out of Hours Crisis Line**

[call 1300 854 144](tel:1300854144) or [text 0488 884 145](tel:0488884145)



## Community services

There are many community services you can access if you'd prefer to go outside our Swinburne services. Some starting points in terms of mental health services include:

**Headspace** centres are 'free and confidential service where young people aged between 12 - 25 can access qualified youth mental health professionals'. The closest one for most Swinburne students is in Hawthorn: [headspace.org.au/headspace-centres/hawthorn/](https://headspace.org.au/headspace-centres/hawthorn/)

but there are also 39 other headspace centres across Victoria: [headspace.org.au/headspace-centres](https://headspace.org.au/headspace-centres)

**Lifeline** provides 24 hour crisis support to all Australians. This support takes on many forms including the telephone, live chat and text support so you can seek help your preferred way: [lifeline.org.au/](https://lifeline.org.au/)

In terms of other community-based services, we recommend familiarising yourself with a couple of the community service directories, that is, catalogues of services for different issues:

One of our favourites is **Ask Izzy** – works well on mobile devices and documents a huge range of services: [askizzy.org.au](https://askizzy.org.au)

Finally, you can try the **Victorian Community Services Directory** which has a huge catalogue of services: [health.vic.gov.au/community-health/community-health-directory](https://health.vic.gov.au/community-health/community-health-directory)



## Online services

*WE'RE LUCKY IN AUSTRALIA THAT WE HAVE LOTS OF EXCELLENT ONLINE MENTAL HEALTH PROGRAMS AND SERVICES.*

These are particularly useful for people who want to learn more about mental health and get some therapeutic support but aren't quite ready to visit a professional face-to-face.

There are two good entry points into discovering the best online mental health focused services and resources.

**Head to Health** is a government created portal for finding mental health resources from trusted service providers: [headtohealth.gov.au](http://headtohealth.gov.au) The site isn't just designed to provide links to services and resources, there are educational materials as well so you can learn more about mental health and wellbeing.

Another excellent site is **eMHprac** who have compiled a list of "Australian online and teleweb programs, all of which have been developed by credible sources, such as the Australian Government, universities, and national non-government organisations. This includes apps, online programs, online forums, and phone services, as well as a range of digital information resources". Check out the directory [emhprac.org.au/directory](http://emhprac.org.au/directory)



## Simple ways to get started

*MANY PEOPLE ARE OVERWHELMED BY THE NUMBER OF SERVICES LISTED ABOVE AND GET PARALYZED AND DON'T KNOW WHERE TO START. IF THIS IS YOU, WE HAVE TWO SIMPLE SUGGESTIONS.*

1. Make an appointment to speak to one of our counsellors. They all have a strong understanding and awareness of the different support services and can provide some guidance on where to start [swi.nu/counselling](http://swi.nu/counselling)
2. Make an appointment to speak to a doctor (GP) – maybe even one of ours ([swi.nu/health](http://swi.nu/health)). They can help you work out what is going wrong and advise on a sensible next step.



# Further reading and learning

*DID YOU FIND VALUE IN THE ACTIVITIES IN THIS BOOK AND WANT TO LEARN MORE?*

A really good place to start is the Greater Good In Action website ([ggia.berkeley.edu](http://ggia.berkeley.edu)), produced by the Greater Good Science Center.

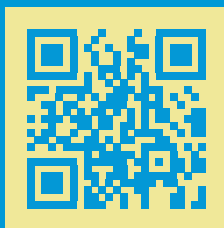
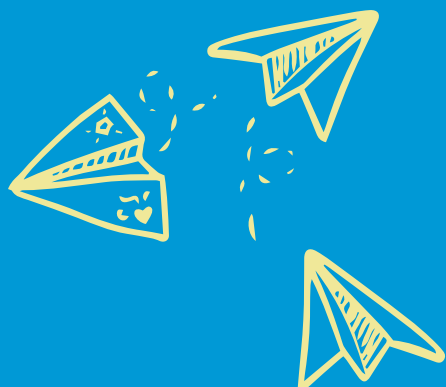
They've been documenting evidence-based wellbeing activities for years now and have a great selection of activities organised by the type of psychological outcome you are seeking – awe, compassion, connection, empathy, forgiveness, gratitude, happiness, kindness, mindfulness, optimism, purpose, resilience and self-compassion.



For up to date information on the Good Vibes Experiment, resources, events and playlists, visit [swi.nu/gve](http://swi.nu/gve) and follow the Good Vibes journey on the [@swinburnelife](https://www.instagram.com/swinburnelife) Instagram account.

**Take care :)**

**Swinburne Student Life, The Swinburne Health Service and Swinburne Residences**



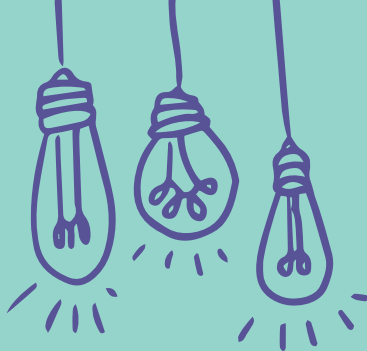
## References

**THROUGHOUT THE ACTIVITY BOOK YOU WILL HAVE SEEN NUMBERS LIKE THIS [22] NEXT TO "DID YOU KNOW?" EXCERPTS.**

All the various references, articles and websites that we used to create this activity book can be found via the QR code.

We don't recommend that you use this referencing system in your next assignment, but it works well to help manage all the useful links to additional material found in this book.

We encourage you to visit our Good Vibes Experiment website via the qr code below

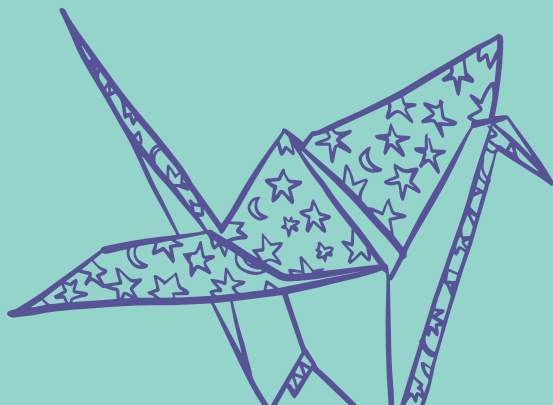


The Good Vibes Experiment (GVE) was developed by Flinders University. They developed this project in conjunction with the Health Counselling and Disability Service, Oasis, Student Experience and the Flinders University Student Association (FUSA) in partnership with the GVE Student Advisory Group.

This Activity Book was written by Dr Gareth Furber with assistance from Jess Nicole, Chris O'Grady and Steph Walker. The Activity Book was developed by Dr Gareth Furber, Jess Nicole, Chris O'Grady and Steph Walker.

Flinders University would like to thank the GVE Student Advisory Group: Surraya Abdul Baseer, Amrullah Amrullah, Nathan Cheetham, Shelley Fiegert, Anushka Ghorpade, Susie Grigson, Natasha Kidd, Hannah Kovacs, Prakash Lal Das, Nicci Milani, Indianna Morrone, Minh Nguyen, Rudra Patil, Rubayat Sarwar, Lana Tikhomirov and Suryawan Rian Yohanesh.

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**GOOD VIBES**  
EXPERIMENT