

Weathering the Weather

In Northern NSW we get some wild weather - from floods and storms, to droughts and fire - and recently a cyclone!

Quick tips to wellbeing

Weather events, and other changes that affect our day-to-day life, can be very stressful. Even after the danger is over, it can be hard to feel okay again.

Here are some ways to help your body and mind stay calm, so you can tackle the changes. If you'd like help finding some things that work for you, or you want to chat about anything, we're here.

- Move your body – dance, walk and play
- Sleep – let your body recharge like a phone
- Connect with friends or family – chat through what is happening in your world
- Being kind to yourself
- Learn ways to handle tough moments (like the activities below)
- Give your body fuel with healthy foods and lots of water!

5 ACTIVITIES YOU CAN DO YOURSELF

1. Five senses exercise

Try and connect with your senses one at a time.

2. Box breathing

Relax by breathing slowly. It helps calm your nerves, reduce stress, and helps you focus better—great for when you're feeling anxious or just need a moment to chill!



3. Circle of control

This activity is like a superpower for your mind! It helps you focus on the stuff you can control, instead of getting stuck trying to change things you can't.

Draw a circle

Inside the circle, write or draw things you can control

- the weather
- who wins The Voice
- your thoughts
- how you talk to others
- what you do in your free time

Outside the circle, write or draw things you can't control

- what other people do

Draw your circle of control...

4. Internal weather

Take a moment to check in with yourself—how are you feeling today?

Physically **Mentally** **Emotionally**

If you could describe how you are feeling as the weather, what might it look like?

5. Finding your centre

Find a safe space to stand.

1. Learn forward until you feel yourself tipping forward.
2. Lean backward until you feel yourself tipping backward.
3. Do the same left and right.
4. See if you can find the middle point.

Notice what it feels like to be centred and balanced.

Kids Helpline: 1800 55 1800
13Yarn: 13 92 76
Qlife: 1800 184527
1800RESPECT: 1800 73 77 32
13Help: 13 43 57

Web pages:
[Headspace \(Ages 12 -25\)](#)
[Kids Helpline \(Ages 5 - 25\)](#)
[Wellmob](#)