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Ways to Wellbeing for Townsville Tertiary and High School Students

This resource has been developed in a collaborative process with members of the Townsville Tertiary and High School Students communities. Thank you to everyone involved.



1. Appreciating the learning environment

We spend much of our day in the learning space and the way we feel about the environment impacts wellbeing.

- find strategies that suit individual learning needs and respect the learning environment.
- contribute to a safe, stimulating, and engaging learning environment.
- be welcoming, inclusive, and respectful of others.



2. Enhancing connectedness

Human beings need to belong, and we benefit from a sense of connectedness with those around us. Understanding what motivates our behaviour builds satisfying relationships.

- stay connected outside of school, socially, academically and through sporting/cultural connections.
- contribute positively to the culture of the learning community.
- support each other by promoting, valuing, and respecting diversity.



3. Building capability

Building capability may be considered in the context of skills and knowledge, it is also about building self-agency and freedom.

- set SMART goals and review regularly.
- create a diverse support group to access the strengths of others.
- be a curious and enthusiastic learner – step out of your comfort zone.



4. Continuous improvement

Focusing on wellbeing in the learning space is not a set and forget approach. It is a journey assessing what is working and acting on what is not working.

- choose courage over comfort.
- seek feedback to support learning from a range of sources.
- use daily check ins and self-reflection to improve learning progress.



5. Encouraging brain health

Good brain health is about realising your abilities and optimising your cognitive, emotional, psychological, and behavioural functioning to cope with life situations.

- make time for self-care to recharge your brain, to enhance motivation and positive attitude.
- maintain good sleep patterns, healthy diet, regular balanced exercise including outdoor activities.
- engage in healthy and safe social activities.



6. Coaching for success

Coaching for success is about self-efficacy as well as coming together to share and collaborate with others.

- celebrate your successes and those of your peers.
- encourage each other to take informed risks in the learning process.
- acknowledge and welcome mistakes as new learning opportunities.



7. Supporting someone in distress

A conversation can make a difference in helping someone feel less alone and more supported when they are in distress.

- be observant of behavioural changes.
- be an active supportive non-judgemental listener, respect boundaries and confidentiality.
- know when to help and when to seek further help.