

Name: \_\_\_\_\_

# STAGE 5 PDHPE

Term 1 – Weeks 9-11 Work

Miss Wrightson

# Mobile Applications that promote Physical Activity

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Read the following article - [10 Best Fitness Apps For Android \(2019\) – Track Your Workouts](#)

Research three different mobile or online apps that aim to promote fitness or participation in physical activity.

## One

Name	
Image of App Logo	
Features	
What does it do?	
How useful is it?	
How can you access the app? (iPhone, Android, Desktop)	

## Two

Name	
Image of App Logo	
Features	
What does it do?	
How useful is it?	
How can you access the app? (iPhone, Android, Desktop)	

## Three

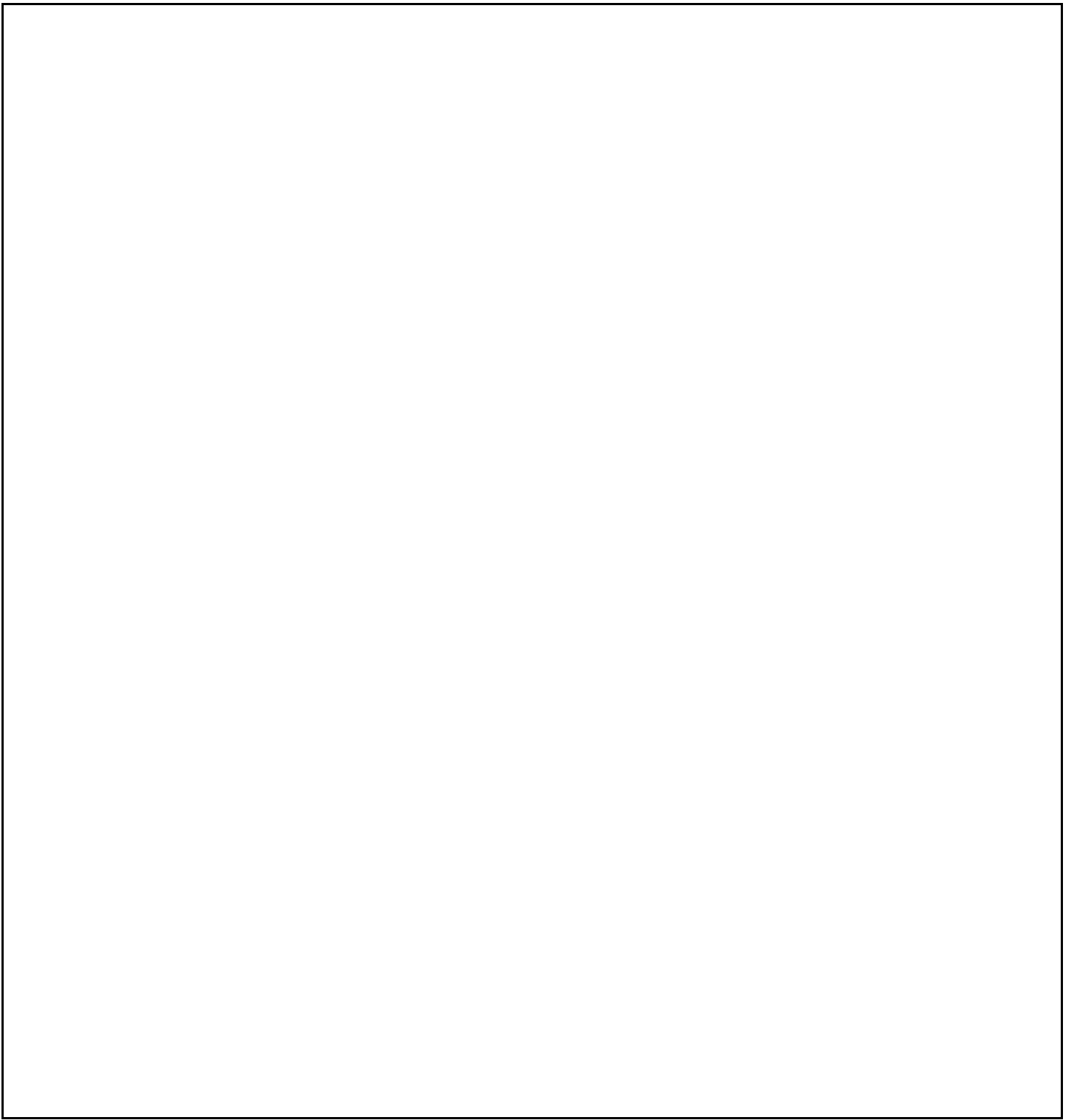
Name	
Image of App Logo	
Features	
What does it do?	
How useful is it?	
How can you access the app? (iPhone, Android, Desktop)	

Discuss which apps may be useful to you and why? Rank the apps in order of what you would most likely use.

1	
2	
3	
4	
5	
6	

Justify why you ranked the apps the way you did.

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# Understanding Your Personal Motivation for Physical Activity

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Self-regulation (or self-control) is an important concept for understanding why individuals are motivated to exercise or to be physically active. Factors that influence self-control can be organised into two categories: intrinsic motivators and extrinsic motivators. Intrinsic motivation represents our internal drive toward behaviour, while extrinsic motivation includes factors such as rewards or punishment. Understanding what best motivates individuals requires awareness of both the intrinsic and extrinsic factors that regulate behaviour. Both intrinsic and extrinsic regulators of motivation are important to consider when attempting to achieve or maintain an active, healthy lifestyle.

## Intrinsic Motivation

Internal motivators produce a long-lasting commitment to exercise. Making exercise or physical activity more internally motivating might be a practical way of enhancing persistence to exercise. There are many intrinsic motivators to exercise, such as improved health, enhanced personal skill and ability, increased energy, and decreased stress. People who successfully maintain a physical activity plan learn to shift their focus from long-term external outcomes, such as losing weight, to more positive internal experiences that occur in the short term, such as feeling good or performing better. Intrinsically motivated exercisers, by being physically active, have discovered things that hold true value for them. While some individuals may be exercising because they enjoy the actual movement, others may find that each exercise session holds a personal challenge for them. Whatever the reasoning behind the motivation to exercise, it must come from within a person for true meaning to be attached to it. People who are intrinsically motivated do physical activity for its own sake and because they want to. They like the positive feelings of success and enjoyment that come from doing it well.

## Extrinsic Motivation

Many people begin an exercise or physical activity plan because they are motivated by extrinsic factors, such as a desire to lose weight or to get in better shape. Unfortunately, body-related motives are not usually sufficient to sustain regular exercise programs, and, therefore, should not be made the most important reasons for engaging in exercise. Examples of extrinsically motivated exercisers could be those who are inspired to begin an exercise program by the promise that it will help them lose weight. Those focusing on the goal of losing weight will likely be excited and motivated by the early results. They may experience significant weight loss early in the exercise program, largely due to water loss. With continued exercise, however, they will not continue to see the same degree of weight loss as their bodies become accustomed to the new activity. Individuals will often become unmotivated and drop out of an exercise program because they are no longer seeing the reward (weight loss) for their effort.

### Mini Biographies

Read the following fictitious mini-biographies. Each mini-biography illustrates a different form of motivation (i.e., intrinsic or extrinsic) for behaviour in an exercise context. Identify the motivation shown by each individual and give reasons for your choice.

#### Beth

Beth is a high school student. She has not taken any regular exercise since Grade 10 and has unhappy memories of cold, wet, and windy days on the school playing field. She feels that exercising would have little effect on her fitness and health, and so sees no point in taking it up now. Beth says: "I think I am pretty fit for my age, anyway. And I've never had any serious health problems. I don't smoke or drink and I eat well. I think those things are far more important than exercise as far as health is concerned. In any case, you hear all the time about these fitness fanatics who are always in the gym or jogging or something and then they drop down dead in their thirties from a heart attack. I think exercising is likely to do you more harm than good."

**Motivation:**

#### Paul

Paul is a recent high school graduate who has just reluctantly signed up for a workout program at his local gym. He passed his basic paramedic training, but two weeks ago had to take a fitness test before he could proceed to the next stage. Unfortunately, he failed the test. He does not see himself as a sporty type and has never done much exercise except when he had to in his school days. After the fitness test, the station commander called him into his office and told him in no uncertain terms that if he fails to pass the test within three months he will be out. Paul is not too happy about it: "I really don't see why you have to be all that fit to be a paramedic. Alright, the job can be physically demanding at times, lugging patients up and down stairs and things, but I think I am well capable of handling it as I am. I mean, it's not as if I'm training for the Olympics, is it? Still, I have no choice really but to do as I am told."

**Motivation:**

#### Hans

Hans is a civil engineer in his forties. He works out at a local gym a couple of times a week and is trying, fairly successfully, to go jogging regularly. He has two young children. Hans has a family history of heart disease and this has been weighing heavily on his mind in recent years.

Although he was quite physically active in his youth, as an adult he did little exercise for many years until the children came along. He gave up smoking at around the same time. Hans says: "My father, uncle, and grandfather all died of heart disease in their early sixties. I can't afford to let it happen to me, what with a wife and two young kids to worry about. So I exercise as much as I reasonably can. I can't say I particularly enjoy it, and I usually have to push myself to go. But if I feel like skipping a session, I just think about the kids and what would happen if I had a heart attack. That makes me feel really bad if I don't go, like I'm guilty of letting them down."

**Motivation:**

## David

David had a hard time socially as a child and as an adolescent. He was timid, small, and skinny and was frequently bullied. Although he liked sports in school, he never got the chance to participate outside of compulsory physical education lessons because the school coaches didn't consider him to be capable enough. He always looked up to his older brother, who was a competitive weightlifter and wrestler. On graduating from high school a few years ago, David was taken to a gym a few times by his brother, and he also became interested in bodybuilding. He now trains hard and regularly and his social life has been transformed from his high school days. He has lots of friends, both male and female, and seems to others to be a very confident and self-assured young man. David says: "I hated it as a youngster, being smaller than everyone and never being taken seriously. Now I'm strong and, well, I think I look good and I'm proud of that. It's important to me to look fit and strong and have a good physique. People give me respect and sort of look up to me now like they never did before. When I was a kid it was like I wanted to be someone else all the time. You know, to be like one of the bigger boys who was good at sports and popular and all that. Now it's other people who look at me and say to themselves, 'Hey, look at him, I wish I could look like that.' I would never have come to feel so good about myself if it weren't for the bodybuilding."

### Motivation:

### What motivates me to be physically active?

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**Give yourself a score of 1-10 for each question.**

#### **I try, or would like to try, to be physically active regularly**

1. because I would feel bad about myself if I did not
2. because others would be angry at me if I did not
3. because I enjoy physical activities
4. because I would feel like a failure if I did not
5. because I feel as if it's the best way to help myself
6. because people would think I'm a weak person if I did not
7. because I feel as if I have no choice about being active; others make me do it
8. because it is a challenge to accomplish my goal
9. because I believe physical activity helps me feel better
10. because it's fun
11. because I worry that I would get into trouble with others if I did not
12. because it feels important to me personally to accomplish this goal
13. because I feel guilty if I am not regularly active
14. because I want others to acknowledge that I am doing what I have been told I should do
15. because it is interesting to see my own improvement
16. because feeling healthier is an important value for me

Compare your answers with the person next to you.

Using the information you have learnt today, would you consider yourself intrinsically or extrinsically motivated or both. Discuss why?



# National Dietary Guidelines

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Revise the [Australian Dietary Guidelines](#) and complete the passage below using the word bank.

energy	nutritious	breastfeeding	prepare
alcohol	weight	saturated	store

## Australian Dietary Guidelines

1. To achieve and maintain a healthy ....., be physically active and choose amounts of nutritious food and drinks to meet your ..... needs.
2. Enjoy a wide variety of ..... foods from the Five Food Groups every day and drink plenty of water
3. Limit intake of foods containing ..... fat, added salt, added sugars and .....
4. Encourage, support and promote .....
5. Care for your food; ..... and ..... it safely

Compare to your own diet to the Australian Dietary Guidelines. Rate your diet, giving positives and negatives based on the guide.

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## Food Groups

View the Five Food Groups poster and identify examples for each group.

Food Group	Examples

## Nutrients

A wide variety of foods should be eaten to ensure our bodies receive all the essential nutrients.

The essential nutrients are:


Research the function of the nutrients, vitamins and minerals and complete the table below.

	Function	Examples
Protein	<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>• Cereals, milk, yoghurt, cheese, meat, poultry, fish, eggs, legumes</li></ul>
Carbohydrate	<ul style="list-style-type: none"><li>• Important for providing energy to all body cells.</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>
Fat	<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>• Butter, oil, margarine, avocado, nuts, seafood</li></ul>
Iron	<ul style="list-style-type: none"><li>• It helps metabolize proteins and plays a role in the production of hemoglobin and red blood cells.</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>
Calcium	<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>• Milk, cheese, legumes, yoghurt, fish</li></ul>
Folate	<ul style="list-style-type: none"><li>• The process of tissue growth and cell function.</li><li>• Maintaining good heart health</li><li>• Prevents neural tube defects in newborns.</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>
Zinc	<ul style="list-style-type: none"><li>•</li></ul>	<ul style="list-style-type: none"><li>• Meats, fish, poultry, cereals, dairy foods</li></ul>
Water		

## Energy Needs

Go to “[Eat for Health Calculator](#)”, then calculate your:

- daily energy needs

- nutrient requirements

- the number of serves **YOU** need from each of the five food groups (according to the Recommended Daily Servings (RDS) guidelines)

Food Group	Number of Serves
Vegetables and legume/beans	
Fruit	
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties	
Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans	
Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	
Approx. number of additional serves from the five food groups or fats/oils/spreads or discretionary choices**	

- According to the [Recommended Daily Servings](#) (RDS) guidelines, identify the recommended serves of the five food groups for adults (19-50 years).

Food Group	Number of Serves Adult Male	Number of Serves Adult Female
Vegetables and legume/beans		
Fruit		
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties		
Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans		
Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)		
Approx. number of additional serves from the five food groups or fats/oils/spreads or discretionary choices**		

Using the information above including the 5 food groups and recommended daily servings, create a meal plan for a single day that meets the criteria. Include links to recipes where necessary.

	Meal Menu
Breakfast	
Morning Tea	
Lunch	
Afternoon Tea	
Dinner	
Other Snacks	

# Reading Food Labels

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Watch the following clip. [How to Read a Food Label](#) (4 minutes)

- 1. Using the [interactive food label](#), summarise the information that must be included on packaged foods.

#	Information	Brief Summary
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

# Comparing Food Labels

Select one of the three categories below, Beef Burgers, Milk or Tuna. Answer the questions in relation to the nutritional labels in that category.

## Beef Burgers

Nutrition Facts			
Serving Size 1 patty yield from 1/4 lb raw m			
Servings Per Container 4			
Amount Per Serving			
Calories 178		Calories from Fat 87	
% Daily Value*			
Total Fat	10g		15%
Saturated Fat	4g		19%
Trans Fat	1g		
Cholesterol	70mg		23%
Sodium	56mg		2%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	21g		
Vitamin A	0%	• Vitamin C	0%
Calcium	1%	• Iron	12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	• Carbohydrate	4
		• Protein	4
NutritionData.com			

**Ground beef hamburger, 90% lean, broiled**

Nutrition Facts			
Serving Size 1 order 171g (171g)			
Servings Per Container 1			
Amount Per Serving			
Calories 420		Calories from Fat 190	
		% Daily Value*	
Total Fat	21g		32%
Saturated Fat	8g		40%
Trans Fat			
Cholesterol	70mg		23%
Sodium	780mg		32%
Total Carbohydrate	36g		12%
Dietary Fiber	2g		8%
Sugars	8g		
Protein	23g		
Vitamin A	0%	Vitamin C	4%
Calcium	20%	Iron	25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
NutritionData.com			

**McDonald's Quarter Pounder, no cheese**

1. Which burger contains the most energy?
2. Which burger contains the least amount of fat?
3. How many times more sodium does the quarter pounder have than the ground beef burger?
4. Which burger contains the most sugar?
5. Which burger would you say is 'healthier'? Why?

## Tuna

Nutrition Facts			
Serving Size 1 can 178g (178g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	331	Calories from Fat	129
% Daily Value*			
<b>Total Fat</b>	14g		22%
Saturated Fat	3g		15%
Trans Fat			
<b>Cholesterol</b>	55mg		18%
<b>Sodium</b>	89mg		4%
<b>Total Carbohydrate</b>	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
<b>Protein</b>	47g		
Vitamin A	3%	Vitamin C	0%
Calcium	1%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
NutritionData.com			

**Tuna fish A (canned in oil)**

Nutrition Facts			
Serving Size 1 can 172g (172g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	220	Calories from Fat	46
% Daily Value*			
<b>Total Fat</b>	5g		8%
Saturated Fat	1g		7%
Trans Fat			
<b>Cholesterol</b>	72mg		24%
<b>Sodium</b>	648mg		27%
<b>Total Carbohydrate</b>	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
<b>Protein</b>	41g		
Vitamin A	1%	Vitamin C	0%
Calcium	2%	Iron	9%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
NutritionData.com			

**Tuna fish B (canned in water)**

- You want to lose weight. Which tuna fish would you choose?
- Does tuna fish have a lot of fibre?
- Which tuna fish has more fat?
- Tuna fish A contains what percentage of your DI of cholesterol if you ate 2 tins?
- Which tuna has the least calories from fat?



## Milk

Nutrition Facts			
Serving Size 1 cup 244g (244g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b>	146	Calories from Fat	70
% Daily Value*			
<b>Total Fat</b>	8g		12%
Saturated Fat	5g		23%
Trans Fat			
<b>Cholesterol</b>	24mg		8%
<b>Sodium</b>	98mg		4%
<b>Total Carbohydrate</b>	11g		4%
Dietary Fiber	0g		0%
Sugars	13g		
<b>Protein</b>	8g		
Vitamin A	5%	Vitamin C	0%
Calcium	28%	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
NutritionData.com			

Whole Milk

Nutrition Facts			
Serving Size 1 cup 245g (245g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b>	86	Calories from Fat	4
% Daily Value*			
<b>Total Fat</b>	0g		1%
Saturated Fat	0g		1%
Trans Fat			
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	127mg		5%
<b>Total Carbohydrate</b>	12g		4%
Dietary Fiber	0g		0%
Sugars	12g		
<b>Protein</b>	8g		
Vitamin A	0%	Vitamin C	4%
Calcium	30%	Iron	1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
NutritionData.com			

Nonfat Milk (skim milk)

11. You want to lose weight. Which milk should you drink?
12. Non-fat milk and whole milk have the same amounts of...?
13. Which milk has more saturated fat?
14. Which milk has the least amount of energy?
15. Which milk has more cholesterol?

# Health Star Rating

HEALTH STAR RATINGS range from 1/2 a star to 5 stars. Compare similar packaged foods - the more stars, the healthier the choice.



RISK NUTRIENTS - saturated fat, sodium (salt) and sugars. These are linked to increased rates of obesity and chronic disease if consumed in excess of recommended guidelines.

ENERGY	SAT FAT	SUGARS	SODIUM	FIBRE
1020kJ	1.0g	2.1g	645mg	8.0g
	LOW	LOW		HIGH

PER 100g

POSITIVE NUTRIENTS - such as dietary fibre, protein, calcium, or certain vitamins and minerals.

Create a poster to explain how the Health Star Rating works.

Useful web pages from the Health Star Rating website:

- [What is a Health Star Rating?](#)
- [How to use Health Star Rating?](#)

# PDHPE @ Home

## Physical Activity

Top Youtube workout vidoes - [https://www.muscleandfitness.com/athletes-celebrities/news/best-home-youtube-workouts?fbclid=IwAR3dhox2E4geu65T9-3yWRi4YaATo2jJ7aoQjFM1bsMH1rwjv\\_zZtsqY2mA](https://www.muscleandfitness.com/athletes-celebrities/news/best-home-youtube-workouts?fbclid=IwAR3dhox2E4geu65T9-3yWRi4YaATo2jJ7aoQjFM1bsMH1rwjv_zZtsqY2mA)

PE with Joe - Starting Monday 23rd March I'm going to be hosting a free workout aimed at kids LIVE on my YouTube channel. <https://www.thebodycoach.com/blog/pe-with-joe-1254.html?fbclid=IwAR2WTtly1DX3Wvi5MYIu-qM3D83GaCH39TSkB8BdXJmqX9zVRdBuw2yIzHQ>

Chris Hemsworth Offers His fitness Centr App For Free [https://centr.com/join-us?fbclid=IwAR00d5eweNykytvrW38tnibKYJbYigFJZizhYEGcmIB0UU\\_OpvkUH20clCU](https://centr.com/join-us?fbclid=IwAR00d5eweNykytvrW38tnibKYJbYigFJZizhYEGcmIB0UU_OpvkUH20clCU)

## Wellbeing

**Self-care** takes many forms. It could mean booking therapy sessions with a trusted professional, meeting new people and making friends, or perhaps a more internalised approach such as taking time to meditate, getting enough sleep, or keeping a journal. However you decide to care for yourself, these apps will help you create habits with your health in mind.

[https://apps.apple.com/au/story/id1436879925?fbclid=IwAR2ECs2BqvH2Fauw-GMu-8U5YfhvacxeNdSyVULnfzZ\\_aYJCzhZHQOxj1c](https://apps.apple.com/au/story/id1436879925?fbclid=IwAR2ECs2BqvH2Fauw-GMu-8U5YfhvacxeNdSyVULnfzZ_aYJCzhZHQOxj1c)

How teenagers can protect their mental health during coronavirus (COVID-19)

[https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19?utm\\_source=facebook&utm\\_medium=organic&utm\\_campaign=coronavirus&fbclid=IwAR32MV4UOr0KkevhLcYCEu\\_z9yl7ZQXrQiqqdukmgCAu1XXgCg55TGdc-l](https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19?utm_source=facebook&utm_medium=organic&utm_campaign=coronavirus&fbclid=IwAR32MV4UOr0KkevhLcYCEu_z9yl7ZQXrQiqqdukmgCAu1XXgCg55TGdc-l)

1. Recognize that your anxiety is completely normal
2. Create distractions
3. Find new ways to connect with your friends
4. Focus on you
5. Feel your feelings
6. Be kind to yourself and others

Blackdog Institute - <https://www.blackdoginstitute.org.au/COVID-19?fbclid=IwAR2eLT2bOyZjbFHhiqUT5o6ymdFJZnVgyYA6toEBo9WN8V-abdixNcWI4w>

# Managing your mental health at home

## Information about working from home during COVID-19



### What this fact sheet covers:

- Tips to protect your mental health
- Considerations about the situation
- Useful online resources & tools

### Introduction

It may start as a bit of a novelty, but working from home for long periods of time can start to affect your mental health.

Just as it is important to look after your physical health during the changing circumstances around COVID-19, it's important to keep on top of how you are feeling.

#### Some common feelings are:

- Feeling isolated, lonely, or disconnected from other people – socially and professionally.
- Being unable to 'switch off from work'.
- Having difficulty staying motivated.
- Having difficulty prioritising your workload.
- Feeling uncertain about your progress, and whether you're performing ok.
- Insomnia and sleep problems.

Here are some tips to protect your mental health when working from home:

#### **Set up routine and structure for your workday, and create boundaries between 'work time' and 'home time'.**

Set a routine as if you are going into the office, with a regular start time, and finish time, and a structure for your day, with breaks and exercise scheduled in.

This will help you maintain a strong boundary between work and home life, minimise the possibility of work intruding into your family time, and help you switch off from work at the end of the day.

Creating cues, such as getting changed into your work clothes at the start of the day, and out at the end, can help with this.

#### **Create a specific place in your home where you work - avoid your bedroom.**

Studies show that working from home can interfere with sleep, especially for people who



find it difficult to switch off from work. Avoid working in your bedroom if possible. It will then become associated with being alert, awake and switched on.

### **Stay connected with co-workers and your manager by scheduling regular virtual or phone meetings.**

Because everyday encounters with colleagues don't spontaneously happen when we're working from home, we need to be proactive in organising meetings and social connection to maintain positive relationships.

Staying connected with others will help to reduce stress levels, help you feel less isolated, and stay productive.

It also helps you communicate with your manager or employees to keep them informed of what you're working on.

### **Try a digital detox in the evenings.**

Technology makes it easier to stay connected 24-7, but the downside is that it can make it difficult to switch off, and separate work and home life.

A digital detox can help you switch off from work, so you can spend quality time with your family, or doing the things you want to do.

### **Get outside at least once a day.**

If you're not stuck in self-isolation, try to get outside at least once a day. Go for a walk, get some fresh air, and sunshine.

If you are in isolation, go out to your garden or walk up and down your driveway or go out onto your balcony and enjoy fresh air.

### **Focus on the silver linings.**

Working from home can have many benefits: it can improve productivity, reduce distractions, reduce stress, improve work satisfaction, lower the time (and cost) you spend commuting, give you greater sense of control over your workday, and can even help to avoid challenging situations.

### **Don't forget the other helpful actions for maintaining positive mental health.**

Exercising, getting a good night's sleep, eating well, doing activities you enjoy, staying connected with social supports, and managing stress through problem solving, relaxation or meditation, and thinking in helpful ways.

### **It's important to try to think of the positives of your situation as well as the negatives.**

- Working from home is incredibly flexible, giving you a greater sense of control over how you work and when you work.
- It allows many to avoid long commutes (and potential exposure to COVID-19).
- It has been linked to improved job satisfaction, lower stress levels, lower conflict between work and home life, improved focus, and greater productivity, and work performance.



If you need more tips, skills and strategies, consider asking for help from your Employee Assistance Provider (EAP) if you have one, do an online program, or seek help from a professional.

There are also range of free or low-cost digital mental health tools that are available in Australia that can help for mental health. The Australian government is also supporting psychologist sessions over the phone or video, allowing some members of the public to access bulk-billed sessions.

## Helpful online tools and resources

### Black Dog Institute's Online Clinic

[onlineclinic.blackdoginstitute.org.au](https://onlineclinic.blackdoginstitute.org.au)

### This Way Up

[thiswayup.org.au](https://thiswayup.org.au)

### MindSpot

[mindspot.org.au](https://mindspot.org.au)

### Smiling Mind

[smilingmind.com.au](https://smilingmind.com.au)

### Centre for Clinical Interventions

[cci.health.wa.gov.au/resources/looking-after-yourself](https://cci.health.wa.gov.au/resources/looking-after-yourself)

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For information: [blackdoginstitute.org.au](https://blackdoginstitute.org.au)



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**Creating a mentally healthier world**



**Black Dog  
Institute**

# Mindfulness in Everyday Life

"If you let cloudy water settle, it will become clear. If you let your upset mind settle, your course will also become clear."

- Buddha's Little Instruction Book (Kornfield: Bantum Books, 1994)

Mindfulness is a of self-awareness training adapted from Buddhist mindfulness meditation. It has been adapted for use in treatment of depression, especially preventing relapse and for assisting with mood regulation (references available on a separate page).

It has been described as a state of being in the present, accepting things for what they are, i.e. nonjudgementally. It was originally developed to assist with mood regulation and relapse prevention in depression and has been found to have considerable health benefits.

These exercises are designed to introduce the principles\*.

## Some Mindfulness Techniques to Practice

### One Minute Exercise

Sit in front of a clock or watch that you can use to time the passing of one minute. Your task is to focus your entire attention on your breathing, and nothing else, for the minute. Have a go - do it now.

### De-stressing Exercise

- Bring yourself into the present by deliberately adopting an erect and dignified posture.
- Then ask yourself: "What is going on with me at the moment?"
- You simply allow yourself to observe whatever happens. Label any thoughts that you have and then leave them alone....just be prepared to let them float away. Attend to your breathing or simply take in your surroundings instead.
- Besides thoughts, there may be sounds you hear, bodily sensations that you are aware of. If you find yourself constantly elaborating on thoughts, rather than labelling them and returning to the neutral, remember to observe your breathing.
- When emotions or memories of painful events occur, don't allow yourself to become caught up by them.
- Give them short labels such as "that's a sad feeling", "that's an angry feeling" and then just allow them to drift or float away. These memories and feelings will gradually decrease in intensity and frequency.
- More importantly, you will begin to identify yourself as an objective observer or witness rather than a person who is disturbed by these thoughts and feelings. This requires practise but can then be used when ever you are stressed.

\*Adapted from those in Elliston, P. Mindfulness in medicine and everyday life.  
British Medical Journal, Career Focus, 17th November 2001.





# Mindfulness in Everyday Life

## Mindful Eating

- This involves sitting down at a table and eating a meal without engaging in any other activities - no newspaper, book, TV, radio, music, or talking.
- Now eat your meal paying full attention to which piece of food you select to eat, how it looks, how it smells, how you cut the food, the muscles you use to raise it to your mouth, the texture and taste of the food as you chew it slowly.
- You may be amazed at how different food tastes when eaten in this way and how filling a meal can be. It is also very good for the digestion.

## Mindful Walking

Here the same principle, while walking you concentrate on the feel of the ground under your feet, your breathing while walking. Just observe what is around you as you walk, staying IN THE PRESENT. Let your other thoughts go, just look at the sky, the view, the other walkers; feel the wind, the temperature on your skin; enjoy the moment.

## Associated Breathing Exercise

- Stay with any distressing thoughts for a few moments, then as you let them float away, you gently redirect your full attention to your breathing.
- Pay attention to each breath in and out as they follow rhythmically one after the other. This will ground you in the present and help you to move into a state of awareness and stillness.



# Mindfulness in Everyday Life

## GP Notes: Mindfulness

Mindfulness is a form of self-awareness training adapted from mindfulness meditation. Mindfulness is about being aware of what is happening in the present on a moment by moment basis, while not making judgements about whether we like or don't like what we find.

We all have the capacity to be mindful. It simply involves cultivating our ability to pay attention in the present moment and allows us to disengage from mental "clutter" and to have a clear mind. It makes it possible for us to respond rather than react to situations, thus improving our decision-making and potential for physical and mental relaxation.

It is not simply a relaxation technique or 'power of positive thinking'. The technique is based on Buddhist meditation principles but was described by Teasdale and Beck for use in treatment of depression and then used by Linehan as a core skill in her cognitive behavioural therapy for Borderline Personality Disorder.

Linehan (1993) describes three "what" skills: observing (simply attending to events and emotions), describing (applying labels to behaviours, emotions and situations) and participating (entering into current activities) and three "how" skills: taking a 'no judgemental' stance, focusing on one thing in the moment and being effective (doing what is needed rather than worrying about what is right or second guessing the situation). These are all included in the 'de-stressing' exercise.

It takes practice and daily sessions can be entered on the mood chart (also available at the Black Dog Institute website [www.blackdoginstitute.org.au/factsheets](http://www.blackdoginstitute.org.au/factsheets)). There are many excellent texts for the general public.



# Quick relaxation techniques

Different relaxation techniques appeal to different people. Please try out each technique and rate it out of 10, then choose the one(s) that suit you best.

<b>Whole body tension</b>	Score out of 10
<ul style="list-style-type: none"> <li>• Tense everything in your whole body, stay with that tension.</li> <li>• Hold it as long as you can without feeling pain.</li> <li>• Slowly release the tension and very gradually feel it leave your body.</li> <li>• Repeat three times.</li> </ul>	
<b>Imagine air as a cloud</b>	Score out of 10
<ul style="list-style-type: none"> <li>• Open your imagination and focus on your breathing.</li> <li>• As your breathing becomes calm and regular, imagine that the air comes to you as a cloud.</li> <li>• It fills you and goes out.</li> <li>• You may imagine the cloud to be a particular colour</li> </ul>	
<b>Pick a spot</b>	Score out of 10
<ul style="list-style-type: none"> <li>• With your head level and body relaxed, pick a spot to focus on (eyes open point).</li> <li>• When ready, count five breaths backward. With each breath allow your eyes to close gradually.</li> <li>• Concentrate on each breath</li> <li>• When you get to one, your eyes will be closed. Focus on the feelings of relaxation.</li> </ul>	
<b>Counting ten breaths back</b>	Score out of 10
<ul style="list-style-type: none"> <li>• Allow yourself to feel passive and indifferent, counting each breath slowly from 10 to one.</li> <li>• With each count, allow yourself to feel heavier and more relaxed.</li> <li>• With each exhale, allow the tension to leave your body.</li> </ul>	
<b>Transformations: pick one that works or make up your own</b>	Score out of 10
<div>When you think of images like....</div> <div>Tightly twisted ropes</div> <div>Feel of cold, harsh wind</div> <div>Hard, cold wax</div> <div>Tense, red muscles</div>	<div>Imagine....</div> <div>The twisted ropes untwisting</div> <div>The cold wind becoming warm and soft</div> <div>The wax softens and melts</div> <div>The red muscles soften or lighten to pink</div>
<b>Affirmations: pick one that works or make up your own</b>	Score out of 10
<div>When you think of images like....</div> <div>Let the tension flow away....</div> <div>I am calm and relaxed and ready for anything...</div>	<div>This discomfort will pass, let it go...</div> <div>I have the power to handle this...</div> <div>Relax the jaw, lower the shoulders....</div>



# GP notes quick relaxation

## Background notes for prescribers

Relaxation has been described as 'a state of consciousness characterised by feelings of peace and release from tension, anxiety and fear'. The term is usually taken to mean either lack of muscle tension or lack of inner 'mental tension'.

Early relaxation techniques often involved progressive muscle relaxation with attention to breathing, such as Jacobsen's progressive relaxation, first described in the late 1930s.

It is now recognised that there is a myriad of techniques to suit different personality types and problems. Some people also encounter problems with 'letting go' and can become panicky when they try and relax. This needs to be discussed and a different type of relaxation technique considered.

It is helpful to find out what happens to the individual when they are tense:

- How does he/she know they are tense?
- What happens first? What next?
- What helps? What doesn't?
- Have they had problems with previous attempts at relaxation?

It is also helpful to know the individual's style. Do they like to picture things? Read things? Listen to things? Do something?

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# HOW TO SET GOALS AND STICK WITH THEM

SEPTEMBER 21, 2015

If you're heading off on a cross-country road trip, you wouldn't leave without directions. However, many of us start off on our journey toward achieving a goal without directions or a plan. Many people are unsuccessful in accomplishing goals because their goals are unclear or vague, they can't or don't measure their progress and they never reevaluate their goals. To avoid running into these problems, set SMARTER goals along with short and long term goals. Once you have a long term goal, it is easy to break down that goal into smaller, shorter goals that you can measure your progress towards.



## How to set SMARTER goals

### S: Be Super Specific

Setting a specific goal helps focus efforts and clearly defines what you hope to accomplish. A specific resolution will usually answer the five “W” questions:

- **Who:** Who is involved?
- **What:** What do I want to accomplish?
- **Where:** Identify a location to work towards the goal (i.e. gym, outside etc.)
- **When:** When should it be performed?
- **Why:** Specific reasons, purpose or benefits of accomplishing your goals.

### M: Must be Measureable

Establish a method of measuring your progress and evaluating your accomplishments. Measuring your progress ensures you stay on track. A measurable goal will usually answer questions such as:

- How much?
- How many?
- How will I know when it is accomplished?

## **A: Attainable & Achievable**

Goals should be attainable and achievable. You need to set a goal that requires energy and discipline to accomplish, but they shouldn't be so difficult that you cannot reach it. An attainable goal usually answers the question:

- How can the goal be accomplished and is it realistic?

## **R: Not Just Realistic but Relevant**

Goals should not only be specific, measurable, and attainable but they should be relevant and they should MATTER. A goal that supports or is in alignment with other goals would be considered a relevant goal. A relevant goal answers yes to these questions:

- Does this seem worthwhile?
- Is this the right time to focus on this goal?
- Does this match my other efforts/needs?

## **T: Be Timely**

Goals have an end point that can be found on a calendar. Timeframes tied to your goals provide a sense of urgency to help motivate you. You should identify how long it will take to complete each step in your action plan and set up a timeline. After all, a goal without a plan is just a wish. A time-specific goal will usually answer the question:

- When will I reach my goal?
- What can I do 6 months from now?
- What can I do 6 weeks from now?
- What can I do today?

## **E: Evaluate Your Goals Regularly**

It is important to continually evaluate your progress. This should be done throughout the entire goal process, as well as after the goal is met. The idea is to create a progress report to evaluate where you are in reaching your goal and to adjust your goals regularly to account for any changes.

## **R: Redo and Don't Forget to Reward Yourself!**

Just to emphasize the point again, goals should be redone after evaluating whether or not you are on the right track to achieving them or if circumstances have changed since you initially made your resolution. Once you have gone through all of the steps of the SMARTER resolutions, it's time to reward yourself in a healthy way! Rewarding yourself for achieving major milestone can help keep you focused on your goals. Reward yourself once you achieve all of your short term goals and again when you reach your long term goal. Every step towards your goal is a step in the right direction and that should be celebrated!

## Isolation Motivation

Place an 'X' in each box for every ten minutes of exercise you do. This can accumulate throughout the day. The aim is for 60mins per day as per the National Guidelines.

													😊
<b>Week 1</b>	10	10	10	10	10	10	10	10	10	10	10	TOTAL	😊
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													
Weekly Average (totals of each day divided by 7)													
													😊
<b>Week 2</b>	10	10	10	10	10	10	10	10	10	10	10	TOTAL	😊
Monday													
Tuesday													
Wednesday													
Thursday													
Friday													
Saturday													
Sunday													
Weekly Average (totals of each day divided by 7)													

### What counts as physical activity?

#### **Planned physical activity**

shooting basketball hoops  
kicking a ball around the backyard

hitting a boxing bag  
going for a jog, walk  
yoga/pilates/tai-chi  
dance

#### **Incidental Physical Activity**

completing work around the house/farm  
vacuuming  
mowing the lawn  
chopping wood  
playing with the dog

*If you come up with any creative ideas share them with us*

**Physical activity is best done with others so get your siblings and parents involved as well**

**To complete the smiley face column you must engage in an activity that makes you happy or contributes to a positive mindset. Place a number in this box for how many of these activities you do in one day. This could**

**include but is not limited to:**

- Calling a friend or family member
- Facetiming a friend or family member
- Reading a book
- Do something nice for someone else
- Play with your younger siblings
- Learn a new skill via youtube tutorial (eg rubix cube)
- Complete a puzzle/crossword/sudoku
- Listen to music
- Do something that makes you laugh

## Unit: Practical PE @ Home

**Driving Question: What actions can I take to support my physical and mental health while isolated or practicing social distancing.**

Movement Opportunities (Complete log + 2 others)	Design opportunities Complete 1 option of choice	Improving health/ Getting active Complete 3 options of choice	Improving wellbeing Do 1 physical task or the written task and complete your sleep log	Sports / Recreation Optional activity to add	Evidence to be collected and submitted either through video, image or document
<input type="checkbox"/> Every day try to accumulate 60 minutes of physical activity and log this in the weekly logbook provided.	<input type="checkbox"/> Design a body weight circuit for you to complete at home. Write or draw it up and share with your teacher.  Bonus: Complete it.	<input type="checkbox"/> Go for a 15 minute slow jog and take your heart rate at the end. Record this. Consider the measures you will need to take to practice social distancing	<input type="checkbox"/> Write a response to the following question.  <b>How can remaining physical active during the coronavirus restrictions support my physical and mental health</b>	<input type="checkbox"/> For a sport of your choice, Write down all the important skills to make an athlete successful. Keep a log of this in a separate workbook	<input type="checkbox"/> Complete the weekly Physical Activity Log for 3 weeks including all the activities from this matrix you have completed  <input type="checkbox"/> Complete one of your design activities and share it with your teacher  <input type="checkbox"/> Complete sleep log  <input type="checkbox"/> Optional written task from 'improving wellbeing'  <input type="checkbox"/> Optional task from 'sport & recreation'
<input type="checkbox"/> Every day try to accumulate 60 minutes of physical activity and log this in the weekly logbook provided	<input type="checkbox"/> Create a game: Come up with a game. Give it a name Explain the rules Draw diagrams Submit on a separate document	<input type="checkbox"/> Complete between 30-100 push ups over the course of your day. Record what you did and try to beat it at another time	<input type="checkbox"/> Watch an online Yoga Pilates video and copy  Or <input type="checkbox"/> Do one of the Les Mills workouts in the resource links	<input type="checkbox"/> Create 3 balls using socks (or you can use tennis balls) and learn to juggle. Record your attempts using your phone	
<input type="checkbox"/> Complete a body weight circuit. Use one of the support resources provided	<input type="checkbox"/> Download a map of your local area and design a running or cycling track that is roughly 5 km long	<input type="checkbox"/> Complete a 15-20-minute stretching session	<input type="checkbox"/> Complete a log of your sleep for a week	<input type="checkbox"/> Watch an online yoga or dance video and copy, recording your final product	
<input type="checkbox"/> Complete a 2 <sup>nd</sup> body weight circuit with different activities.	<input type="checkbox"/> Design an instructional video to complete a skill of your choice or if you are feeling adventurous, a 5 minute Workout	<input type="checkbox"/> Participate in an individual physical activity of choice that gets your heart rate up and makes you sweat Activities could include: Jogging Cycling Interval running	<input type="checkbox"/> Download the Smiling mind app and participate in breathing or meditation activities Or look up meditation activities online and copy	Research an obscure sport and get links to a YouTube video of it	
<input type="checkbox"/> Complete one of the HITT or Tabata work outs		<input type="checkbox"/> Do a plank or wall sit for 2 minutes			



# PDHPE Physical Activity & Sleep Log

Day	Sleep Hours	Activity1 (Duration mins)	Activity2 (Duration mins)	Activity3 (Duration mins)	Total Minutes
Monday	9 hours	15 mins of soccer	15 mins of basketball	20 mins of helping my dad unbox because we moved into a new house.	50 mins
Tuesday	8 hours	20 mins of handball and indoor soccer.	15mins of sit-ups, push-ups and planks.	25 mins of playing outside with my dog and help my dad cut grass. Also playing more soccer	60 mins
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total Sleep					

Week 1:

Goal 30-60 minutes a day

Goal achieved? \_\_\_\_\_

Weekly total? \_\_\_\_\_



# PDHPE Physical Activity & Sleep Log

Day	Sleep Hours	Activity1 (Duration mins)	Activity2 (Duration mins)	Activity3 (Duration mins)	Total Minutes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total Sleep					

Week

Goal 30-60 minutes a day

Goal achieved? \_\_\_\_\_

Weekly total? \_\_\_\_\_



# PDHPE Physical Activity & Sleep Log

Day	Sleep Hours	Activity1 (Duration mins)	Activity2 (Duration mins)	Activity3 (Duration mins)	Total Minutes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total Sleep					

Week 3:

Goal 30-60 minutes a day

Goal achieved? \_\_\_\_\_

Weekly total? \_\_\_\_\_



# Resource Support

Example of body weight circuit

20 min body weight workout

- Female instructor <https://www.youtube.com/watch?v=UBMk30rjy0o>

- male instructor <https://www.youtube.com/watch?v=leGrTqW5lek>

## Do-Anywhere Toning Circuit

**1 MINUTE: Squats**

— rest 12 seconds —

**1 MINUTE: Lunges**

— rest 12 seconds —

**1 MINUTE: Push-ups**

— rest 12 seconds —

**1 MINUTE: Bridge**

— rest 12 seconds —

**1 MINUTE: Plank**

— rest 12 seconds —

Repeat 6-minute circuit 3 times  
for a total of 18 minutes.

7-MINUTE

## HIIT WORKOUT

Do each exercise at **high intensity** for 30 seconds followed by a 10-second rest if needed.  
Repeat entire circuit up to three times.

JUMPING JACKS

WALL SIT

PUSH-UPS

CRUNCHES

CHAIR STEP-UPS

SQUATS

TRICEPS DIPS

PLANK

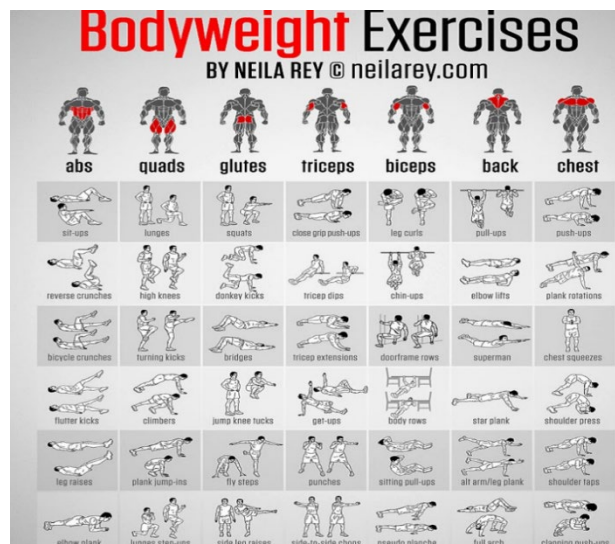
HIGH KNEES/RUNNING IN PLACE

LUNGES

PUSH-UP ROTATIONS

SIDE PLANK

Body Weight exercise examples



Les mills classes, dance and Meditation

Les Mills on demand ( This is practiced in many gyms- do the ones that don't require equipment)

<https://watch.lesmillsondemand.com/at-home-workouts>

Just dance routines - <https://www.youtube.com/watch?v=yQ4fTl4wbko>

10 min yoga workout for beginners- <https://www.youtube.com/watch?v=VaoV1PrYft4>

Smiling mind webpage and app link- <https://www.smilingmind.com.au/smiling-mind-app>

Smiling mind sign up- <https://app.smilingmind.com.au/account/signup/>