

HEALTH & WELLBEING PACK

A collection of resources, readings and suggestions to help us stay mentally, physically and emotionally healthy.



"Health is a state of complete physical, mental and social well-being. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being ."
- World Health Organization, 2021

Aurora recognizes that it is important to adopt a holistic approach to health and wellbeing,

This collection of health and wellbeing resources include readings, apps, music, and podcasts which help promote strong mental health and wellbeing. There are resources provided for caregivers and for children so we can take care of ourselves and each other.

MINDFULNESS & MEDITATION

Aurora is guided by the platform of mindfulness which calls upon us to bring our attention to the present moment.

Click the app heading to visit their websites.



READINGS

Here is a round up of helpful readings to aid in achieving productive wellbeing check-ins for parents.



Headspace

The **Headspace** app has made learning the skills of mindfulness and meditation simple. Spend a few minutes a day using the app and experience less stress, a boost in concentration and better sleep.

I am me

The **I am me** app focuses on prevention and equipping people with the tools to cope with various challenges.

HelloMind

The **HelloMind** app targets the issues people may have with self-esteem, fear, and sleep for instance and works to get them back on track.

Allevi8

The Allevi8 app supports people affected by different physical and mental illnesses and promotes wellbeing by managing symptoms.

Raising Children has an excellent article on how parents can best look after themselves and manage stress.

[Read it here.](#)

An article by **The Guardian** tells parents to panic less and focus on mental wellbeing more.

[Read it here.](#)

For new parents, a helpful read by **COPE** explores common struggles and how to look after yourself when looking after your baby. [Read it here.](#)

Beyond Blue has put together a few tips on how build your child's resilience. [Read it here.](#)

LISTEN

Music and sound has a wonderful way of uplifting the mind and soul.



We explore playlists along with soundtracks that can help bring you in the present moment.

Health and Wellbeing Instrumental Playlist - [listen to it on Spotify now.](#)

Sound Bath - Sound bowls are instruments that can help reduce anxiety and stress and promote calm. Try [listening to this calming track.](#)

Sound Walk - When outdoors, try to tune in to all the sounds you can hear as you walk. These may be man-made sounds such as cars or construction, along with natural sounds like birds singing. Tuning in to sounds will help center you in the present.

PODCASTS

These podcasts discuss mindfulness, mental health and wellbeing in an in-depth manner and provide useful insight to feelings and emotions.



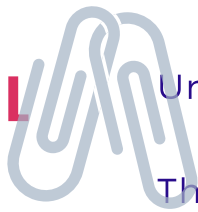
Mindfulness Works - introduces mindfulness and meditation courses to train mindfulness and improve mental health and wellbeing.

[Listen to it now.](#)

Let's Talk About Mental Health by Jeremy Godwin - provides practical ideas to better mental health backed with research and personal experience.

[Listen to it now.](#)

MORE HELPFUL RESOURCES



Unicef's COVID19 guide for parents

This guide gives parents the support to navigate through today's times with reliable information.

[Read it here.](#)

Participate in Family Activities

Partnership for Children has created a range of activities and resources for parents and children to participate in. These activities provide tips and tricks to successfully implement mental health practices for social and emotional wellbeing at home and other environments.

[Find out more here.](#)

Spend Quality Time

RaisingChildren.net.au emphasizes the need to make the most of family time during the lockdown and social distancing and to creatively stay connected with extended family members and friends while apart.

[Find out more here.](#)

Acknowledge Emotions

The ABC reports that self-compassion, physical activities, eating healthy, talking to family, friends, and professional experts are key to treating the impacts of the pandemic. Lifeline has recorded its highest number of calls which shows significant improvement in the nation's ability to seek help. Therefore, acknowledging feelings is the best thing to do during difficult times as it helps you get to the next step of dealing with those emotions.

[Find out more here.](#)

HEALTH & WELLBEING PACK FOR CHILDREN



There are several ways we can support our children's mental health and wellbeing. When children are able to understand and manage their emotions, they feel a strong sense of control over their own wellbeing. It is important for us to equip children with strategies and resources to navigate challenging situations.

This pack includes some interesting children's resources to help guide, comprehend, and treat feelings of anxiety or restlessness that often come about in such situations.

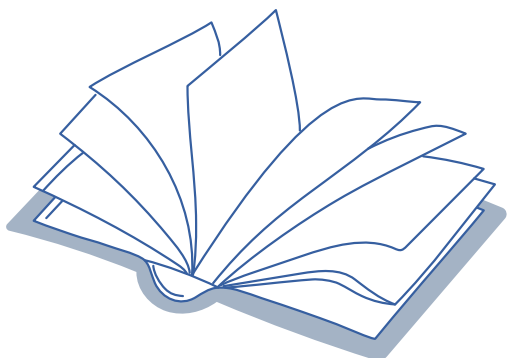
ONLINE GAMES & APPS

Here are a few games to help children express their feelings and keep their minds working and learning as they have fun.



STORIES

Here are a few helpful children's stories to aid in understanding emotions and thoughts.



Let's talk feelings - a board game for children and caregivers to help cope with pandemic-related stress and feelings.

[Find out more.](#)

Colours & Shapes by Learn Color - a series of short educational games to help children with their cognitive skills in an engaging way.

[Find out more.](#)

Play School Art Maker - a game to boost creativity and imagination giving the children a platform to express their feelings and emotions.

[Find out more.](#)

Bugs and Numbers - build up on math skills to keep the brain stimulated in an exciting and educational game.

[Find out more.](#)

Catch a Falling Star - delves into feelings of anxiety and confusion through a touching story.

[Get it here.](#)

Lucky Horseshoes - a story about dealing with Attention Deficit Hyperactivity Disorder (ADHD), and learning productive ways to manage feelings.

[Get it here.](#)

Hole In One - this story talks about identifying sources of nervousness and anxiety and learning techniques to relax and manage these feelings.

[Get it here.](#)

There are plenty [more children's books](#) to help children understand and express their emotions, here's a list of 50 books to help children understand and manage emotions and anxieties.

MUSIC

In this section, we've included some upbeat music playlists to keep our little ones encouraged and cheerful as they go through varying emotions. These will always be there for them to turn to whenever they feel low.

Music always helps soothe the soul. Listening to uplifting and energising tunes will aid in unwinding and increasing positive energy.

Children's Mental Health Week - Uplifting Tunes
[Listen to it here.](#)

The Ultimate Playlist - Songs Children Will Love
[Listen to it here.](#)



PODCASTS

These are some podcasts that open children's minds to broader concepts and help them think creatively so they feel constructive and perceptive.

But Why: A Podcast For Curious Kids

Something fun and encouraging for children to listen to in their free time. This podcast delves into the big questions children often ask and open their minds to how the world works in an entertaining way.

[Find out more.](#)

Arty Farty: A Podcast for Kids

A podcast for the children who love to get creative and explore new things whilst learning insights, tips and tricks on new topics.

[Find out more.](#)

