

THRIVING THROUGH COVID-19

support, self-care and coping strategies



LYQ is shaped by the love, sacrifice and the example of Jesus Christ. Our team values *Service, Passion, Engagement, Compassion, Integrity and Innovation.*

IT'S TIME TO THRIVE.

**WELCOME TO THE PROGRAM WHICH WILL SUPPORT YOUR SCHOOL
COMMUNITY AND YOUNG PEOPLE DURING THIS CHALLENGING TIME.
WE CAN'T WAIT TO THRIVE ALONGSIDE OF YOU.**

A statement from our team:

We've created this program with your young people in mind. We aspire to build an intentional and relational connection with young people to best equip, engage, and challenge them to be the best that they can be as leaders and to thrive as young people.

Kim Davies-Graham

In-School Training Manager
Lutheran Youth of Queensland

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FIND MORE NOW AT

[HTTPS://WWW.LYQ.ORG.AU/THRIVING_THROUGH_COVID](https://www.lyq.org.au/thriving_through_covid)

THRIVING THROUGH COVID-19 | ONLINE SUPPORT PROGRAM

This digital support program has been developed by Lutheran Youth of Queensland, with the input and advice of mental health professionals to support young people and school community.

Throughout this 3-part series, young people will engage with accredited advice and tools to thrive from Australia Mental Health and Youth professionals. Each episode is hosted by the LYQ In-School Training Blue Crew and relationally connects with young people through light-hearted and relevant conversation.

Over this series, we hope to best support the needs of your school community through practical coping strategies and reflective resources that allow your students to overcome the challenges of COVID-19.

| Program Goal |

To equip students with knowledge and skills in order to thrive and survive the impacts of COVID-19.

Topics Discussed:

- Mental Health Management
- Emotional Awareness and Response Strategies
- Identifying and responding to anxiety, depression, loneliness, disconnect, isolation and change of environment
- Maintaining Positive Relationships
- Tips for Surviving Social Media

Program Resources:

- 3 x 25 – 30 Min. HD Episodes
- Devotional Content
- Blue Room Website Blog & Coming-Soon Discussion Forum
- Student & Staff Wellbeing Resources
- LYQ Support
- Online Social Media Content (weekly graphic design: tips & tricks for surviving COVID-19 to share with your online community)

MENTAL HEALTH & YOUTH WORK PROFESSIONALS



Stuart Gates
Counsellor



Dr Nathan Mueller
Child Adolescent
Psychiatrist



Jim Schirmer
Associate Lecturer of
Counselling
University of Queensland



Lachlan McLean
Beyond Church Connect
Group Director & LYQ
Blue Crew Coach



Lauren Deagon
Child and Family Safety
Practitioner & BA/Hon.
Psychological Science



Thomas Schmidt Lutheran
Youth of Queensland Young
Adult ministry Coordinator

PROGRAM LAUNCH

Our programs are now available for purchase prior to Term 2, please contact us to secure your online access.

Term 2 Program is available for download Week 2 | 27th April 2020.

We want to ensure that you receive quality content for your students and school community. However, we understand that finances are currently tight for most.

Please contact our In-School Training Manager on 0430 212 747 to discuss our payment plan or our compassionate circumstances payment options – we want to ensure that your school receives the support you deserve.

Let's thrive together through COVID-19.

Released to you digitally upon purchase, you'll have access to a professionally developed series to support your whole school community.



SESSION 1 | HOW TO SURVIVE BEING LONELY PRACTICAL WAYS TO THRIVE DURING ISOLATION: coping strategies & motivational advice

Overview

Through Part 1 of *Thriving Through COVID-19*, Mental Health professionals Nathan Mueller (Child Adolescent Psychiatrist) and Stuart Gates (Counsellor) unpack the mental health impacts of isolation and identify ways that we can acknowledge our emotional, physical, spiritual and mental changes during this time. This episode prepares young people to be able to thrive during 2020.

Session Goal

To equip young people with tips and advice to be able to: thrive during isolation, overcome loneliness and understand/implement useful coping strategies.

SESSION QUESTIONS

What kind of impact does isolation like this have on us as humans?

If I am feeling sad or anxious a lot more than normal, does that mean I now have depression or anxiety or another mental illness?

What ways are there to overcome or process feelings of sadness or anxiousness in a helpful way?

What if one day I'm sad, then the next I'm happy and am doing great, and then the next I am really sad again, is that normal?

Why do we struggle with boredom so much, and what do we do with it?

What are some ways we can bring joy and optimism into our day to day?

What are some strategies we can use to create good mental health habits during this time?

SESSION 2 | KEEPING CONNECTION & NAVIGATING ONLINE COMMUNITY:

managing mental health, social media and positive relationships

Overview

Throughout Part 2, students will identify the inevitable impact that media plays in society during COVID-19. Session experts, Lauren Deagon (Child & Family Safety Practitioner) and Lachlan McLean (Beyond Church Connect Group Director & LYQ Blue Crew Coach) explore the realities of social media influence, in the life of young people. Lauren and Lachie offer insight into ways that young people can positively use and limit their social media use, to thrive during this time.

Session Goal

1. To create awareness of the impacts that social media inflicts upon mental health and ability to feel positive.
2. To equip young people with the tools to maintain positive mindfulness and manage online relationships & community.

SESSION QUESTIONS

Why does media and social media, which can bring so much good, bring so many negative side effects?

There's so much going on in the media and news at the moment, what impact is that having on our mental and emotional health?

How can we become more aware whether social media or the news is impacting us in a negative or positive way?

Once we know if a particular social media platform or app is impacting us in a negative way, what can we do about it?

How can we foster good relationships during a time like this of social distancing?

Why is it important to keep those connections going during this time?

SESSION 3 | THE NEW NORMAL & CONFRONTING FEAR:

responding to COVID-19 and preparing for a new-way of life

Through this Part 3, the third and final episode of the series, students will engage in reflection of their current circumstances. Session experts, Jim Schirmer (Associate Lecturer of Counselling at University of Queensland) and Thomas Schmidt (Lutheran Youth of Queensland Young adult ministry Coordinator) offer insight into the reality of a “new normal” and offer practical approaches to confronting fear with this new-social-distancing-society.

Session Goal

To identify the impact of COVID-19 in order to process the current and future effects on the lives of young people. Providing young people with tools to respond and prepare for a future post-isolation.

SESSION QUESTIONS:

We are grieving what our old normal life was and embracing this new normal, why is it important that we take time to do that?

What simple things can we do when we feel anxiety or fear is overwhelming us?

When it feels like we are just living day to day and can't really plan far into the future, how can we make plans and add structure to our lives in a way that will help us get through?

How can we respond in ways that are helpful and healthy to the fear that is going on at the moment?

What does it mean to be courageous during this time?

When we are stuck at home, what things can we do to help us feel accomplished?

How can we move forward in a positive way with what we can control?

THRIVE WITH US – BOOK A PROGRAM

We would love to ensure the best growth and student wellbeing support for your school during this time. Contact us today to discuss pricing and secure the Thriving Through COVID-19 program for your community.

Check out more at:

<https://youtu.be/Qz8ZF-tWLBI> - Chapel Online

<https://youtu.be/WXkjptSmkFI> - Meet the Blue Crew

<https://youtu.be/JzFd6DZVDi0> - Online Experience



**the best present
is your presence.**

be more than just “online”