

The background features a series of overlapping, translucent waves in shades of blue and green, creating a sense of movement and depth. The waves flow from the left side towards the right, with some areas appearing more saturated than others. The overall effect is a dynamic and organic visual texture.

# *Health & Wellbeing*

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### Neurosequential Network -COVID-19 Stress, Distress & Trauma Series

The videos in this series with Dr. Bruce Perry explores patterns of stress determine risk and resilience, Understanding state dependent functioning, Emotional contagion, regulation, self care and more.

### Australian Institute for Teaching and School Leadership Limited

Spotlight: What Works in Online/Distance Teaching and Learning?

### The Mehrit Centre

The Shanker Self-Reg® Knowledge Series is an ever-growing collection of printable, shareable information sheets based on blogs and other materials developed by Dr. Shanker and The MEHRIT Centre Team – this collection is focussed on Self-Regulation.

### Karen Young – Hey Sigmund

People can do phenomenal things with the right information, and that's what this channel is all about - practical, research-driven information bundled into videos for kids, tweens, teens, and the important adults around them. The channel has been developed by me, Karen Young, and draws on my years of experience as a psychologist working with kids, teens, and families, and my work now as a speaker and consultant to parent groups, schools, and government organisations.

### Nathan Wallis

Nathan Wallis, a renowned neuroscience educator, has developed a profound reputation as a lively and engaging speaker who uses humour and plain language to make this complex topic burst into life using his unique 'tell you how it is' style and his videos provide a few "ah-ha" moments for us during this tricky time.

### Students: How to look after your mental health

Are you feeling anxious or stressed about what you're seeing online or on TV – or hearing from other people? Here are some easy mindfulness techniques to help you stay chill.

### Smiling Mind

Thrive Inside is a special initiative to help you stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind.

### Young people experiencing Domestic Violence

Resources for young people experiencing family or domestic violence during COVID-19 lockdown

### Allison Davies - Brain Care, not Behaviour Management

Registered Music Therapist using music to regulate brain function, support behaviours and manage anxiety.

### DIY ways to meet a child's sensory needs at home

Occupational therapists and trauma-informed teachers weigh in on how to create sensory tools and spaces with what you have at home.