

school-based youth health nurse



2021- A new school year, a new beginning, new opportunities.

Are you off to a good start??

I would like to talk about cars and car parts- what do they mean and how do they work.



Does a car work without petrol?

No- cars need petrol to work. No fuel no driving.

Does a car work without oil, brake fluid, a battery etc.? Do cars benefit from a regular tune up and service?

Cars need its engine operating well and part of this is all the components. Broken Battery- car won't start; no brake fluid- brakes won't work= accidents

Radiator. What does it do?

It helps the engine cool down and stops it from overheating.

Seat Belt- We know these keep us safe in a car when we use them.

Can a Seat Belt keep us safe if we are not wearing it? NO
No seat belt and we are more injured in an accident.

What about a windscreen- it allows us to view the road ahead and navigate obstacles

Can we do this if the windscreen is dirty- NO- but we can use the wipers to clear our vision of the road ahead

Rear Vision Mirror- Can a driver drive a car whilst always looking in the mirror?

NO- if the driver is looking backwards they will run into things.
Can they drive and check the mirror? Yes. It helps the driver to be aware of all their surroundings.

Now if we treat our bodies like cars.....



FUEL- can our body work without good nutrition? NO. Our bodies need good nutrition to provide us fuel to have energy, to grow and help us heal when sick or injured. We need Energy to focus and concentrate on tasks and in classes.



TUNE UPS and SERVICES- our bodies, like a car needs regular adjustments. If you don't sleep you will be tired. If you don't drink water you will become dehydrated, constipated and uncomfortable. If you work too hard without taking a break you will stress. We too need to check up on ourselves to make sure we are taking care of ourselves.

RADIATOR- just as this helps keep a car cool- what can we do to keep our cool. How can we destress, how do we relax. More importantly what happens if we don't?

A radiator will blow and damage a car. What damage can we do when we are angry??

What might you say that you later regret?
Who might you hurt with your anger words?



SEAT BELT- Are we wearing our seat belt? Are we staying safe, what choices are we making. DO these choices put us in risky situations where we may harm to ourselves?

How you make sure you make a safe choice? How can you give yourself time to use problems solving skills?

WINDSCREEN- Do you look ahead where you are going? Do you have goals? Do you plan ahead? Do you have a study timetable; do you stay on track of all our assessments?

IS there anything interfering with our vision? Do you need to reduce work hours/ social times during exam times to ensure you are focused?

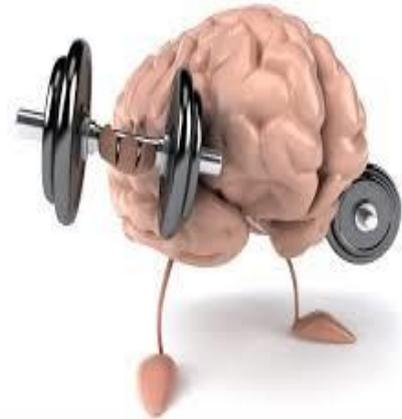
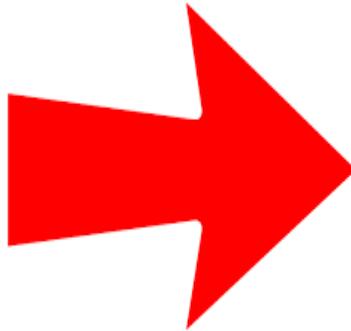


***FAILING TO PLAN
=
PLANNING TO FAIL***

REAR VISION MIRROR- Do you remind yourselves of your faults and failures, or do you look back and use the information to help you grow and try other options in the future?

DO you keep cramming the night before an exam like usual, or do you start a regular revision of the work and be prepared for exams.

Instead of car Maintenance- we use terms like self-care to ensure our bodies keep running smoothly...



SO what is self-care?

It is different for each one of us. It may be many strategies, it may be a few. It is a combination of many things that we choose to do so we can be happy and healthy.

It's caring for our bodies- It's making sure we have a good diet, look after our body- hygiene & brushing our teeth, regular exercise: these are all needed for our bodies to grow, develop and heal.

It's making sure we get a good night's sleep so we awake with energy for the following day.

It's making sure we balance work and play. It's having goals and making the steps to achieve them and prioritise our needs so we know what we want and where we want to go so we can stay focused on our bigger picture.

It's making sure we make choices that will keep us safe, having skills and people to go to for help when we have difficulties or obstacles.

It's making sure we stay connected with our family and friends.

It's being honest to say I'm struggling, or I'm always upset, I'm angry and get help.

Liz - School Based Youth Health Nurse

References: Cars R us; Headspace; Beyond Blue & Kids Health