

From the Chaplain

Recently I have been enjoying sifting through some inspirational stories on the internet, you know when you get a little lost down the rabbit hole. I thought I would share one that I really liked.

An old pencil maker took his newest pencil aside, just before he was about to pack him into a box. Imagining the little fellow as a person he recalled a few things about the pencil.

“There are five things you need to know,” he said to his pencil, “before I send you out into the world. Always remember these five things – never forget them – and you will become the best pencil you can be!

“The first thing is to remember that you will be able to do many great things, but only if you put yourself in someone else’s hands.

“From time to time you will experience a painful sharpening, but remember that this will make you a better pencil.

“Also, keep in mind that you will be able to correct any mistakes you might make along the way.

“And the most important part of you is what’s on the inside.

“And remember this, as well, upon every surface that you are used, you must leave your mark. No matter what else happens, you must continue to write.”

This is what we should take from this story:

- Together we can do great things
- Sometimes we experience pain, allow it to shape you into a better person
- Mistakes are proof that we are trying, and we can always try again
- The best parts of us lie on the inside, love, kindness, empathy, courage...
- We all have a purpose.

I hope that you feel like you are leaving your mark upon the world.

I know that we are living in some pretty challenging times, but I want to encourage you to try and find the good. I know how easy it can be to fall into the rhythm of frustration and complaints. Lockdown is hard, the effects are devastating. But there is still good in the world. And we can still better ourselves.

I hope you continue to “write”.

If you are really struggling please do not hesitate to reach out.

My number is 0438319064. Please let me know if there is anything that we can do to help support you and your families. Take care.

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COVID-19 FATIGUE

WHAT DOES IT LOOK LIKE?

- Tired
- Low in energy
- Irritable
- Forgetful
- Worn out
- Lack of motivation



TIPS TO HELP MANAGE IT

1/6

REST

- Listen to a podcast
- Reduce your screentime before bed
- Take a break from social media
- Re-watch your favourite film
- Enjoy a cup of tea



2/6

SET NEWS LIMITS

- Set a limit to how many times you check the news each day
- Avoid checking the news before bed
- Look for good news stories
- Start your day with some movement



3/6

EAT WELL

- Learn a new recipe from Healthier Happier
- Share recipes with friends and family
- Get loads of fruit and veg
- Stay hydrated with 8-10 cups of water a day



4/6

MOVE YOUR BODY

- Get bendy with a yoga mat
- Take a walk outdoors
- Turn on your favourite playlist and dance around the house
- Google 'home workouts' for inspo



5/6

PRACTISE MINDFULNESS

- Do a breathing exercise
- Read a book
- Write down 3 things you're grateful for
- Tidy your space



6/6