

How To Use **STUDYQUEST** *Catholic*



StudyQuest Catholic is not just a practical diary, but it is the only secondary Catholic diary that provides students with a **thoughtful space to plan, study and live out their faith every day.**

Plus, it includes prompts to **build character**, encouraging the practice of 47 virtues that help to develop self-mastery and resilience.

Why Use Paper Planners?

- Writing on paper helps to improve memory
- Planning on paper helps to maintain focus
- Writing things down helps us to prioritise tasks
- Diaries are a visual representation and record of our accomplishments
- Student diaries significantly increase our chances at academic and personal success

Use each Monthly Task Planner to see your entire month at a glance.



Jot down homework tasks, upcoming assignments, study sessions, and prepare for after school activities, all in one place



Weekly reflective character building prompts!

Formative Catholic information and articles to inspire you every day

Saint Mary of the Cross
WHAT IS BUILDING CHARACTER & RESILIENCE?

The Miracle of the EUCHARIST

Did you know that the bread and wine that is consecrated in Holy Mass by the priest is really Jesus' real body and blood, and not just a symbol? The real presence of Jesus in the Eucharist is an important teaching in the Catholic faith. This is called transubstantiation, and it is the miraculous change of bread and wine into the Body, Blood, Soul and Divinity of Jesus. Transubstantiation cannot be experienced by the senses (sight, touch, taste) it must be believed.

Jesus is every bit as real in the Eucharist as when he walked with his disciples 2000 years ago.

Eucharistic Miracles over the Ages

Throughout history, Jesus has shown us that he is really present in the Eucharist. In fact many documented Eucharistic miracles have taken place as a result of someone doubting the Real Presence of Jesus in the Eucharist. Jesus uses Eucharistic Miracles to show that His Body and Blood are truly present in the Eucharist. He uses these Miracles to help our faith grow stronger, and to remind those who doubt He is really present in the Eucharist. Most Eucharistic Miracles involve incidences in which the Host has "turned into human flesh and blood". But the greatest miracle is the one that happens at every Mass, when ordinary bread and wine are transformed into the Body, Blood, Soul, and Divinity of Jesus!

Did you KNOW?

Did you know that there are over 187 documented Eucharistic Miracles that have occurred in the last 2000 years. These are amazing incidents that give us visible evidence of the reality that Jesus' Body, Blood, Soul, and Divinity is truly present in the Blessed Sacrament.

In fact, it was only 20 years ago, when a young teenager from Italy named Carlo Acutis, started taking an interest in Eucharistic Miracles. We have him to thank for helping to bring Eucharist Miracles to the world's attention. On the next page are descriptions of just a few of these miracles, which have all been approved by the Catholic Church.

Saint Carlo Acutis
 (3 May 1991-12 October 2006)

Carlo Acutis was a teenager known as a 'computer geek', who loved playing PlayStation and watching films. He died from leukemia at the age of 15. He loved Jesus, truly present in the Eucharist, and wanted others to know and love Jesus too. He thought one great way to do that would be to tell the world about Eucharistic Miracles. Before he died, he created a website documenting 187 Eucharistic miracles around the world. Carlo loved his faith very much and made the effort to go to Mass to receive Jesus in the Eucharist every day.

Carlo was canonized as a saint in April, 2025.
 You can visit his website at: <http://www.miracolieucharistic.org>

The Four Core Qualities of Character

In this diary, we'll introduce you to 47 good habits or virtues that can help you develop your character. Each of these good habits fall under four core qualities of character. You'll be able to identify them by the four logos below:

- Respect and Responsibility
- Sound Judgement
- Self-Mastery
- Courage and Strength

Articles for guidance and support through common events and concerns you may face throughout the year

Managing stress

Stress is physical, mental or emotional strain or tension. It's a normal biological function that occurs in reaction to emotional or physical threats, or 'stressors'.

Positive versus negative stress

A small level of stress can be positive as it gives you that extra burst of energy to complete assessment tasks, general homework, and can even help you perform well in sporting activities! Once you actually complete what you set out to do, you tend to relax and continue with your day-to-day routine.

It is when you are unable to relax and start to experience physical, emotional and mental responses such as headaches, sadness and anxiety that stress becomes negative. An overload of stress can seriously affect your health (physical and emotional), productivity and relationships. This is certainly not beneficial to your academic success, which is why it is vital that you learn how to manage stress.

HOW TO MANAGE STRESS

Managing stress starts with being able to identify its sources. The real sources of stress are not always obvious because it's sometimes easy to overlook your own thoughts, feelings and behaviours that can induce stress. For example, if you are becoming stressed about school deadlines, it could be your procrastination that creates this stress.

Exercise
 Physical activity can help burn away feelings of frustration or tension. It also releases endorphins, which boost your mood and will make you feel better while also being a distraction to whatever it is that is bothering you. Start small with ten minutes of exercises a day to see how it feels to you!

Be social
 Communicating with others is a sure-fire way to feel better! Sitting down and letting people know what is bothering you will make you feel safe and understood. Try talking to someone you trust so that you grow accustomed to talking to others instead of bottling up your problems.

Accept things you cannot change
 There are some things that cannot be altered, no matter how much we try. Serious stress inducers will happen whether we want them to or not - so learning to cope with what is happening is your best option. Try to look for the upside in every situation as well as learning to forgive others for their mistakes.

Keep a list
 Every time you run into something that makes you feel better and takes your stress away, write it down and keep it. Even when you're feeling relaxed, make sure to do at least one thing on your list every day so you get into the habit of staying in relaxing situations.

Healthy eating
 Eating healthily increases your physical, emotional and mental energy. Do not rely on caffeine and sugar to boost your energy levels as they will actually have the reverse effect. You will sleep poorly and experience responses associated with negative stress.

Mental Health Resources:
 Beyond Blue beyondblue.org.au
 Headspace headspace.com
 Kids Helpline kidshelpline.com.au
 Embrace Multicultural Mental Health embracementalhealth.org.au
 1800RESPECT 1800respect.org.au
 National Aboriginal Community Controlled Health Organisation (NACCHO) naccho.org.au
 QLife qlife.org.au

Healthy Mind

In Australia, 1 in 5 people will experience depression, while 1 in 4 people will experience anxiety. If you feel like you are experiencing either of these, remember that you are not alone and there are many people ready to help you. Depression and anxiety can go hand-in-hand on occasions, but you don't need to have one to have the other.

DEPRESSION

While we all feel sad or down from time to time, people suffering from depression will feel miserable most of the time without being able to link the sensation to one specific moment or memory. Some people will feel completely empty or feel as if they're watching everything through a thick window that keeps them apart from everyone else.

Symptoms of depression may include:

- Withdrawing from friends and family
- Inability to concentrate
- No longer enjoying hobbies
- Fatigue
- Constant frustration/guilt/misery
- Weight loss or weight gain
- Headaches

ANXIETY

Everybody will experience stress and become anxious over something in their life. This could be in relation to school work, oral presentations or the workplace. These feelings usually fade once you have moved past the cause. Anxiety is when these feelings do not disappear. Instead, they linger, causing you to feel stressed without any obvious reason.

Symptoms of anxiety may include:

- Feeling suddenly hot or cold
- Your chest feeling tight or constricted
- Difficulty making eye contact with others
- Stomach pain
- Having difficulty sleeping even though you feel tired

Looking after YOURSELF!

Depression and anxiety can come with certain identifiers that you might be able to pick up in yourself or other people. Learning these can help aid you to better recognise any mental health issues you might have and be aware and in control of these factors.

Moving on from things that cause you to be stressed or unhappy can be one of the first steps in helping yourself in choosing good motivators.

Triggers are a major identifier in both issues, but especially anxiety. A trigger is something that causes your depression and/or anxiety to become worse for a period of time. Once you understand specific moments that might cause your anxiety to fluctuate, you can better prepare yourself and avoid the situation.

Warning signs in others can help you aid your friends and family in identifying depression and/or anxiety within themselves. If you notice a change in mood and daily patterns from the people around you such as skipping meals or spending a lot of time sleeping, sitting down and talking to them about it might be the first step in helping them recognise what's going on or helping you understand what is going on with them.