

HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

MARCH 2024



What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Where are we located?
- Visiting Outreach Services
- HCRC Village Hub Collective
- Tai Chi Classes
- Vegetarian Cooking Workshop
- Circle of Security Parenting Program
- Hearing Loss Strategies
- TAFE- Harvey Campus
- Back to Basics - Work Program
- Economic Empowerment for Women Workshop
- What's Happening in the Southwest?
- Media Release - Southwest NRM
- Water Corporation
- Cancer Council
- Backyard Buddies article
- Human Services Feedback
- Foodbank Mobile Food Van
- Newsletter Business Advertisers
- Warrior Wellbeing Article

... and so much more!



Our Beautiful Spaces

With warmer weather you may be looking for a family-friendly space to:

HCRC Community Garden

Enjoy picnics, family celebrations, or children's birthday parties - with a play area suitable for the littlies, (8 yrs and under). Host small weddings (up to 80), family and/or cultural celebrations, fund raisers, and outdoor meetings and/or workshops.

In-Centre Room Hire

Or you might be looking for a room inside that can be hired for meetings, hot office, studying, webinars, and videoconferencing sessions.

Ask our friendly team about hiring one of our beautiful spaces for your next community event, or personal and/or professional booking.





Would you like to advertise in this newsletter?

Black & White or Colour

6cm x 6cm - \$15.00

12cm x 6cm - \$17.00

1/4 Page - \$20.00

1/2 Page - \$40.00

Full Page - \$60.00

"For Sale" ads (2 lines) - FREE

Ring 9729 1669 or email admin@harveycrc.com.au for more information.

**APRIL advertising notices
and articles due by
Thursday,
14th March 2024**

Centre Trading Hours

**Monday to Friday
8.30am to 2.30pm**

(With exception to Public Holidays)

**Ring us on 9729 1669 or email
events@harveycrc.com.au between:
8.30am and 2.30pm Monday to Friday**

REGULAR EVENTS

**SERVICES AUSTRALIA
AGENT**

for Centrelink, Medicare,
Child Support and My Aged
Care Services

**FITNESS IN THE GARDEN
TAI CHI - Tuesdays
9.30am**

**BACK TO BASICS PROGRAM
- Let's Talk Work
9.00am to 12.30pm
Quarterly Rotations**

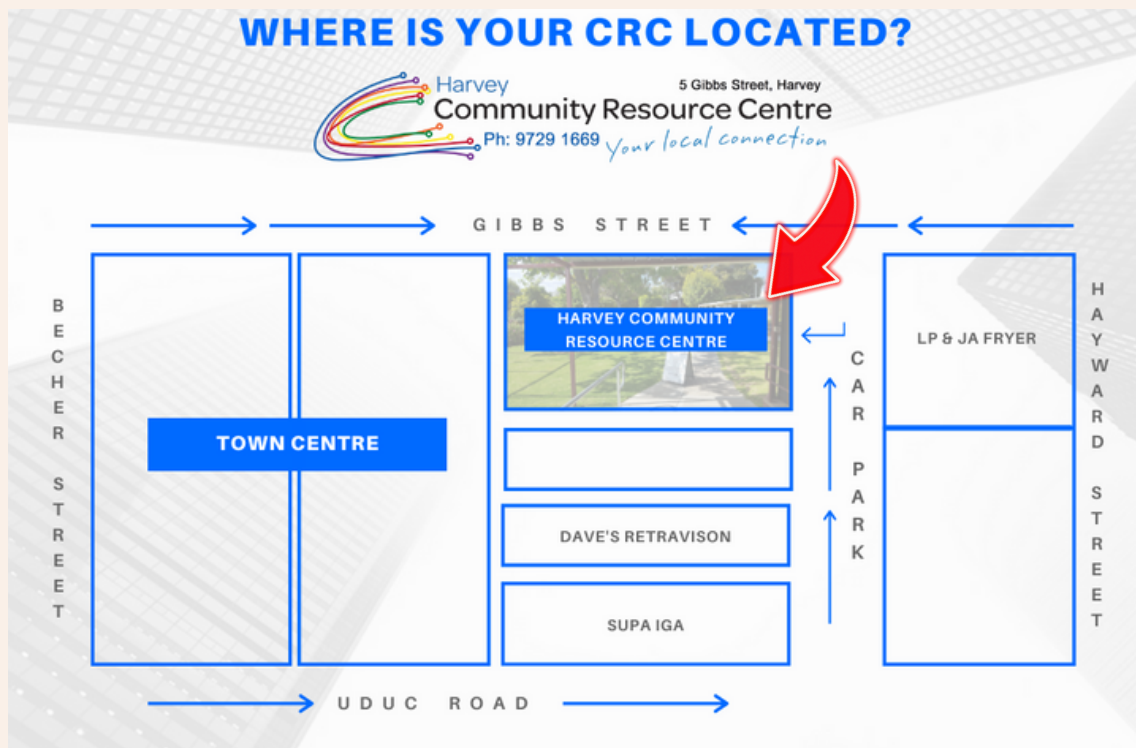
MULTICULTURAL SERVICES
How can we support your
community? We'd love to
hear your suggestions!

TECHNOLOGY ASSISTANCE
Available by appointment.

Formerly known as *Harvey Telecentre*, the Harvey Community Resource Centre (HCRC) is a non-government, not-for-profit organisation that has been serving the community since 2001.

Community Resource Centres (CRCs) are friendly, locally owned and operated service and information centres. There are 147 centres across the state that create the Western Australian Community Resource Centre Network (WACRN), which is supported by the Department of Primary Industries and Regional Development (DPIRD) Royalties for Regions initiative.

Additional to many other services, HCRC is also the community's hub for **SUPPORT SERVICES** that provide assistance in areas such as legal aid, finance management, mental health and grief counselling, employment, disability, and multicultural services.



Would you like to subscribe to this newsletter?

You can do that by going to the website, www.harveycrc.com.au and completing the details on the home page

OR

Just ring us on 9729 1669 and one of our friendly staff would be happy to subscribe for you.

VISITING OUTREACH SERVICES

Harvey Aboriginal Corporation

Harvey Aboriginal Corporation now outreach at the Centre. Their services will be available by appointment only. If you have an issue that you would like assistance with, please contact Lesley Ugle on **0497 672 513** or email her at **harveyabcorp21@gmail.com**. If you're unable to reach Lesley, please call us on **9729 1669** and a message will be relayed for you.

GP Downsouth

GP Downsouth is a not-for-profit community organisation providing health and well-being services in the South West and Peel regions of WA.

In the Peel region, they operate Nidjalla Waangan Mia Aboriginal Health and Wellbeing Centre, the Peel Youth Medical Service (including the 3 Tier Youth Mental Health Program) and the Peel Mobile Health Service. In the South West, they provide Mental Health Services, Community Child Health Service and Aboriginal Health Services.

Consultations: Monday fortnightly and Wednesday weekly

Call 9754 3662 for appointments

South West Community Legal Centre

The South West Community Legal Centre is a not-for-profit, independent community organisation committed to delivering legal advice and information to low-income and disadvantaged people in the South West region of Western Australia.

Call 9791 3206 for appointments

Advocare

Advocare is an independent, community-based, not-for-profit organisation supporting and protecting the rights of older people in Western Australia through information, advocacy and education.

**Available monthly
Appointments Essential**

Call 9479 7566 for appointments

atWork Australia

Building Better Working Lives

atWork Australia is a leading employment services provider working with Australians across the nation. We empower job seekers, supporting them to build better working lives.

Available every Wednesday and Thursday 9.00am to 4.00pm

Appointments Essential

Call 1300 192 632 for appointments

Anglicare Financial Counselling

Anglicare WA's Financial Counsellors are qualified to:

- Make assessments
- Provide information and options to address financial problems
- Assist with resolutions if necessary
- Advocate and negotiate with creditors
- Make referrals to other useful services in the community
- Provide information about government assistance
- Support a client in developing their own budget
- Relay relevant information about consumer credit and bankruptcy

Services include solving immediate problems and also teaching clients how to maintain their own financial stability.

**Available every second Wednesday
9.30am to 2.30pm**

Appointments Essential

Call 9720 9200 for appointments

Accordwest

"Here for you in your time of need"

Emergency Relief is available to individuals and families throughout the South West Region. The following will be required: 2 forms of ID, recent income statement or payslip and further documents may be requested.

**Available fortnightly Friday
Appointments Essential**

Call 1800 115 799 for appointments



HCRC Village Hub Collective

Community Supporting Community -

Collaborating to rebuild the village

Harvey CRC (HCRC) commenced a new initiative in 2022 to address the rise in hardship within the community.

Key stakeholders in the Collective are

St Vincent de Paul and Family Support Service, organisations that have supported the community for many years and were keen to collaborate, pool resources, and collectively approach the multiple challenges presented by our mutual clients.

Our local churches, Anglican, Catholic, Church of Christ, and Seventh Day Adventist, have also been a huge support to the Collective over the past two years.

A Partnership Agreement with the Shire of Harvey supports us to operate an advocacy/support service which initiated the development of the **HCRC Village Hub Collective** - and has evolved to collaboration with nearly 30 agencies, mostly local, to help and support Harvey and surrounding towns.



*Together
We Can!*



Tai Chi Class

Mind and Body



TUESDAYS from 9:30 - 10:30 AM

CRC Undercover Area, 5 Gibbs St, Harvey

REGISTER NOW

events@harveycrc.com.au
(08) 9729 1669



*Please bring your own water bottle and gold coin donation.



VEGETARIAN COOKING WORKSHOP

*light lunch included

Program Plan

10.30am - Welcome & Introduction - by Dianne
10.35am - Health Talk - by Alex Hodgkinson
11.05am - Vegetarian Cooking Workshop - Hands-on - by Moriah Godfrey
11.35am - Vegetarian Cooking Demonstration - by Moriah Godfrey
12pm - Light Lunch - Tasting
12.30pm - FINISH

Tuesday 12 March 2024

🕒 10.30am to 12.30pm
💰 \$10 participation fee
📍 Harvey CRC, 5 Gibbs St.

Register today!

Contact us:

📞 9729 1669
✉ events@harveycrc.com.au



The Circle of Security Parenting group program is an **8 session** course facilitated by qualified Professionals. This program is offered free to parents/carers of children 6 months to 6 years, who want to:

- Understand their child's emotional world by learning to read the emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honour your inner wisdom and desire for your child to be secure

Where: Harvey Hospital, 45 Hayward Street, Harvey

Dates: Tuesdays x 7 weeks, from 16/4/2024 to 28/5/2024

Times: 10am to 12pm, last 2 sessions on 28/5/24 will be from 9:30 to 12:30am

Facilitators: Ruth Caruana and Nikki Johnston, Community Health Nurses/WACHS-SW

Expressions of Interest: Please Email: WACHS-SWparenting@health.wa.gov.au
Or contact Ruth on 0472 606 272

No Creche available: We apologise a creche facility is not available, however babies up to 6 months are welcome to attend with their parent

Bookings essential

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.



Circle of Security Parenting

Parenthood is an incredible journey, but we all know it comes with its unique set of challenges! If you're seeking a transformative experience to strengthen the bond with your child and gain valuable insights into your parenting journey, you're in the right place.

Circle of Security Parenting® (COSP®) is an innovative, widely recognised and evidence-based parenting program that supports the development of children by strengthening the parent-child attachment.

The Circle of Security program provides parents with a framework to understand and respond to their children's emotional needs. It focuses on helping parents become more attuned to their child's emotions and behaviours, fostering a secure base from which the child can explore the world.

Encourage your child to explore the world while providing a safe and secure base for them to return to
Be available and responsive when they seek comfort and support.

Support their natural curiosity and exploration while maintaining a connection with their parent or caregiver.

Helping children understand and regulate their emotions by modeling appropriate responses.

COSP® is a reflective program that helps caregivers focus on the quality of the relationship they have with their child, not just their behaviours.

HEARING LOSS STRATEGIES

Information Session

Are you experiencing hearing loss? Discussion with **Graham Weir** about strategies on how to deal with the symptoms.


- ✓ Learn about Graham's hearing loss journey
- ✓ Share your journey and experience!

Free Event!

TUESDAY, 19 MARCH 2024
10.30AM - 11.30AM
HARVEY CRC
5 GIBBS ST STREET


CONTACT US

☎ 08 9729 1669
 ✉ events@harveycrc.com.au





Semester 1 2024


HARVEY CAMPUS



southregionaltafe.wa.edu.au



FINANCIAL COUNSELLORS' ASSOCIATION OF WESTERN AUSTRALIA



FREE ECONOMIC EMPOWERMENT FOR WOMEN WORKSHOP

Me, Myself and Money
 Offered by Anglicare & Harvey Community Resource Centre

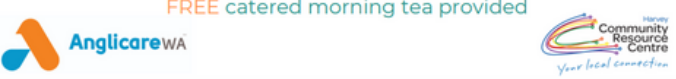
TOPICS COVERED

- Understanding healthy financial relationships
- Understanding debt and ways to manage it
- Knowing your rights and how to protect yourself financially
- Building more financial resilience
- How to access professional financial counselling support



DETAILS

Date: 19th March at 10am-12pm
 Venue: 5 Gibbs Street, Harvey 6220

FREE catered morning tea provided



Supported by the Department of Communities
 Government of Western Australia
 Department of Communities

BACK TO BASICS

Let's talk work!

- ✓ Job Searches
- ✓ Resume Writing
- ✓ Cover Letters & Selection Criteria
- ✓ What to wear to your job interview
- ✓ Practicing interview technique

In collaboration with Sandra Della The Wright Way Ahead
<https://thewrightwayahead.com.au>

SCHEDULE FOR THE FIRST QUARTER OF 2024

13th, 20th, 27th February
 Tuesdays, 9am to 12 pm

5th, 12th March
 Tuesdays, 9am to 12 pm

LOOKOUT FOR THE NEXT QUARTER'S SCHEDULE!

CONTACT US:
events@harveycrc.com.au
 9729 1669

REGISTER NOW

Harvey Community Resource Centre
 5 Gibbs St, Harvey WA 6233

FREE

NOW SATURDAY 16th MARCH 2024 - 10AM TO 2PM

SOUTHWEST AUTISM & SPECIAL NEEDS SUPPORT GROUP Present

SW Disability Expo

Expression of Interest for providers

10am – 2pm at Eaton Family Centre, 10 Charterhouse Street Eaton

- Local Therapy Businesses and Independent Providers
- Plan Managers
- Support Coordinators
- SW Support groups/Early Intervention Providers
- Not for profit organisations
- Support Worker Services – independents also welcome



Contact - Heidi_green84@yahoo.com.au to register your interest



Sorry, no creche available.



Online MEN OF HOPE Online

Get in - Get Healthy & Strong - Get Going

Free Online Connect Groups - Every Wednesday

Join free online chat groups and chat with friends, meet new people, learn new skills and support each other.



menofhope.com.au
08 6559 1482
Sign up now!

WHAT'S HAPPENING IN THE SOUTHWEST?

NIGHT SESSION

Parenting Children with ADHD.

Facilitated by Psychologist, Declan Mountford from Sprout Therapy.

Parents and carers, please join us along with Psychologist Declan Mountford to share strategies to support those parenting children with ADHD. Over the course of two sessions there will be opportunities to share strategies, strengths and struggles in the journey of supporting children with ADHD, along with an open question time.

Attendance at both sessions is required:

Session 1: Tuesday 27 February 6.00pm to 8.00pm

Session 2: Tuesday 5 March 6.00pm to 8.00pm

Child and Parent Centre Collie-Valley, 6 Cable Street, Collie.

Bookings essential, light dinner provided.

(please let staff know when booking your spot if you have any dietary requirements)

Please call 9734 3364 to book your spot or inbox us on Facebook.



MENTAL HEALTH FIRST AID[®] Australia



STANDARD MENTAL HEALTH FIRST AID

12-HOUR ACCREDITED COURSE FOR WOMEN OPEN FOR REGISTRATION

VENUE: CHILD AND PARENT EDUCATION CENTRE, FRANKEL ST, CAREY PARK

Course Dates: Saturday & Sunday, 23rd and 24th March
9.00 am - 4.00 pm on both days

To register, go to <http://bunburyzonta.weebly.com>

Contact: zontabunbury@yahoo.com.au

Equips adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker, or another adult experiencing a mental health problem or a mental health crisis.

Supported by:





Media release

January 2024

Drought is coming, time to prepare communities

Drought months in the South West are expected to increase by up to 80 per cent in the next 50 years, according to the South West Drought Resilience Adoption and Innovation Hub.

Research demonstrating the heavy socio-economic impact of drought on communities will be presented to community leaders by UWA human science expert Dr Leanne Lester at an online workshop hosted by South West NRM.

The workshop is the first in a series designed to create a Community Resilience Network and connect communities ahead of the predicted increase in drought events.

In her 2022 research report: Understanding the social impacts of drought, Dr Lester said drought was not just about a lack of precipitation, but a socio-economic phenomenon.

"The impact of longterm drought can be measured not only in loss of stock and depletion of resources, but also in deterioration of family relationships, loss of community networks, feelings of uncertainty for the future and feelings of being abandoned by the rest of Australia," the report said.

"Indirect economic factors which impact on social outcomes include hardship and stress over lost productivity, a declining population, disruption of social connections, loss of services to the local community and trauma associated with witnessing damage to livestock, crops, soil and native vegetation."

Among seven recommendations made in the report was: "Strengthening community social networks and social capital". South West NRM Manager Sustainable Agriculture Peter Clifton said the aim of the Community Resilience Network will be to improve capability and collaboration between organisations and groups to reduce harm.

To establish the network, community leaders and volunteers from a broad range of sectors are being sought in six South West shires to participate in local working groups that will champion resilience building and support services.

The aim of the groups will be to:

- Increase community access to suitable support services, especially early intervention tools that help to build individual and community resilience;
- Share resources and learnings to develop partnerships across the region;
- Develop plans to further build community resilience.

"We have partnered with CRCs throughout the region to assist with holding a series of six meetings between February and September, 2024 for anyone interested in helping their community," Peter said.

"The meetings will be held online and at CRCs in Boyup Brook, Bridgetown, Donnybrook, Harvey, Brunswick and Manjimup."

Workshop 1, with presentation by Dr Lester, is on 23 February, 2024 at 12pm for one hour.

To find out more or register your interest in the Community Resilience Network and/or leadership training, get in touch with one of the CRCs listed above or contact Peter Clifton on 0409 680 900 or pclifton@southwestnrm.org.au

This project is supported by FRRR, through funding from the Australian Government's Future Drought Fund.

Media contact:

Kristy Hitchens

Ph: 08 9724 2400

M: 0436 328 454

E: khitchens@southwestnrm.org.au

southwestnrm.org.au

**Next Workshop Schedule:
22 March 2024 (online)**

Public Notice

Mains water supply cannot be guaranteed during a bushfire

Water Corporation is prepared for bushfire season. However, we cannot guarantee that water pressure or water supply will be maintained in the event of a bushfire. Extreme demand, fire damage and power cuts can all result in a total loss of water.

If you plan to stay and defend your property during a bushfire, you must have your own independent water supply and pumping capability. You cannot rely on mains water.

Details and resources about how to prepare for bushfire season can be found at mybushfireplan.wa.gov.au. For warnings and advice visit emergency.wa.gov.au.

watercorporation.com.au



Water supply in a bushfire

This information could save your life

While leaving high-risk bushfires is the safest option, if you plan to stay and defend your home, you must have an INDEPENDENT water supply and pumping capability. This typically requires water tanks of at least 20,000 litres, pump and generator.

This is required as mains water supply and pressure cannot be guaranteed during a bushfire due to the risk of power cuts, fire damage and extreme demand.

Use the Department of Fire and Emergency Services resources to develop your personal bushfire plan: mybushfireplan.wa.gov.au. You can also download the My Bushfire Plan app via the App Store or Google Play to access your bushfire plan anytime - even without an internet connection.

To support bushfire plans, if you have groundwater bore access to surface water, you can take and store emergency water without it counting against your annual entitlement. For more information on this, and for the location of emergency bushfire water supplies in dryland agricultural areas, visit the Department of Water and Environmental Regulation website.

Drinking water

We recommend you keep a supply of drinking water on hand throughout summer in case your water supply is interrupted.

Assistance for customers affected by bushfire

After a bushfire, we can assist you with issues such as damaged water meters and payment difficulties. If you have been affected by bushfire please call us on **13 13 85**.

The Emergency WA website emergency.wa.gov.au provides emergency information and community safety warnings. Call **000** in a life-threatening emergency or the SES **132 500** for emergency assistance.

MAKE YOUR BUSHFIRE PLAN

A bushfire plan can help keep you and your family safe. Create one now in under 15 minutes. mybushfireplan.wa.gov.au



Julie Rose
South West Regional Education Officer
Cancer Council Western Australia
Julie.Rose@cancerwa.asn.au
cancerwa.asn.au

Are you up to date with your bowel cancer screening?

Cancer Council WA is calling for more West Australians to complete the free lifesaving bowel cancer screening test, with figures showing only four in 10 eligible Australians are participating in Australia's National Bowel Cancer Screening Program.

Bowel cancer is Australia's second biggest cancer killer. Many people don't realise it kills more Australians each year than breast, prostate, or skin cancer.

When you receive the Home Test Kit, don't put it in the cupboard and forget about it - delaying can so easily become ignoring, forgetting, and ultimately not doing the test.

The test is quick, simple and can be completed in the comfort of your own home. Over 90 per cent of bowel cancer cases can be successfully treated if caught in the early stages.

To find out more about the National Bowel Cancer Screening Program or to order a free replacement kit, go to bowelcancer.org.au or call **1800 627 701** for more information.



When UV is 3 or above be SunSmart.

But how do you know when?

Use the free SunSmart Global UV App!

The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV cannot be seen or felt and can damage your skin on cool or cloudy days. The sun protection times tell you when UV is forecast to reach 3 and above, that's the time to be SunSmart.



Scan to download the SunSmart app



Download the app or go to myUV.com.au

Find Skin Cancer Early

Common skin cancer symptoms:

- A new spot or mole on your skin that is red, pale or pearly in colour
- A spot that is different from other spots on your skin
- Any crusty or non-healing sores
- Any spots, freckles or any moles changing in size (width), thickness (height), colour, or shape

Get to know your skin and what's normal for you, particularly if you're over 40 years of age. If you notice any of these symptoms or any other unusual changes, tell your doctor without delay.

If it's skin cancer, the earlier it's found, the greater the chance of successful treatment.

Visit <https://www.findcancerearly.com.au/cancer-symptoms/skin-cancer/> for more information.



Call us on **13 11 20**
findcancerearly.com.au



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

March 2024

That's so weird!



Witches' broom on *Jacksonia* causing red deformed growths, fasciation on *Templetonia*, chimera on orange rind, and phyllody on strawberry.

Plant abnormalities have intrigued gardeners and botanists alike for many years. These abnormalities sometime result in strange growths or odd variations. Causes include environmental or genetic factors, pests, and disease. Below are some common examples, and perhaps you've noticed one or two of these before?

Witches' broom

Witches' broom is a symptom of stress in woody plants resulting in a deformed mass of twigs and branches, which looks broom-like in appearance. Causes include insect pests, viruses, fungi, environmental factors and genetic mutations.

Fasciation

Fasciation appears as abnormal flattened, ribbon-like, crested or elaborately contorted stems or leaves. Causes include hormonal, genetic, bacterial, fungal, viral and environmental.

Chimera

Chimera is the result of a genetic mutation. The overall appearance of fruit can be changed and sections of the rind or skin can appear striped and/or green. This is often reported in citrus where the rind colour is perfectly split between yellow and orange. Chimera leaf mutations

produce variegated, misshapen, or completely white leaves. These mutations may be prized and propagated to create new varieties.

Phyllody

Phyllody is the abnormal development of the leaf tissue caused by viral infections or environmental factors resulting in an imbalance of the plant hormones. It makes leaves grow in strange places.

Is control or reporting necessary?

Not much can be done to prevent these oddities. Keep plants as healthy as possible to allow them to fight off pests and diseases as best they can. These weird and sometimes wonderful malformations can be a great talking point, but if you don't want them on your plants, consider removing the affected parts. Remember to disinfect gardening equipment before and after, to avoid spreading pests and diseases.

We would love to see photos of any weird or wonderful plant growths or variations. Take photos, tell us what you've found and on what plant. Photos can be submitted to MyPestGuide or the Pest and Disease Information Service (PaDIS).



Report your observations

MyPestGuide® Reporter via app or online mypestguide.agric.wa.gov.au

Pest and Disease Information Service (08) 9368 3080 | padis@dpird.wa.gov.au

▶ How did we do?

Your feedback helps us improve our service to you.

Scan the QR code and give us your feedback.



Services Australia

servicesaustralia.gov.au



Australian Government
Services Australia

centrelink



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medicare



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Services Australia



NOLA **MARINO** MP

Federal Member for **Forrest**

Focused on Forrest

 Grand Cinema Complex, Units 7 & 8, Cnr Victoria and Clifton Streets, Bunbury WA 6230

 9721 3788  Nola.Marino.MP@aph.gov.au  nolamarino.com.au  [nola.marino.mp](https://www.facebook.com/nola.marino.mp)

Authorised Nola Marino MP, Liberal Party of Australia, Grand Cinema Complex, Victoria Street, Bunbury WA 6230.

Bring along your Foodbank card and take advantage of their mobile service, or we can refer you to Foodbank for a new card.



FOODBANK
Mobile Food Van

Tuesday 5th & 19th March 2024
9.00am to 9.45am
(Referral is needed to access this service)
Eftpos or pre-paid vouchers accepted only. No cash.

Harvey Community Resource Centre
5 Gibbs St, Harvey WA 6233

HCRC can assist with new referrals to FOODBANK. *Your concession card needs to be viewed for validity before the application can be processed.*

Financial Counsellors provide non-judgmental, free, independent and confidential financial information, advice and advocacy.

We help to understand which debts are priorities, develop budgets understand the pros and cons of different options to manage financial issues, negotiate with creditors and provide referrals to other services.

When: Every second Wednesday of the month
Where: Harvey Community Resource Centre
5 Gibbs Street, Harvey

**To book a spot contact us:
T: 9720 9200**



ADVERTISEMENT



We're in this together

Robyn Clarke

Member for Murray-Wellington

Shop 1, Pinjarra Junction Shopping Centre, Pinjarra

robyn.clarke.mla@mp.wa.gov.au

9531 3155 RobynClarkeMLA

Authorised by R. Clarke, 21 George Street, Pinjarra, P

Ron Kruger
Manager/Director



0402 810 071
ron@rkcabling.com.au
Harvey and surrounding suburbs
www.rkcabling.com.au

- TV Points
- Aerials
- Reticulation
- Network points
- CCTV
- NBN
- Phone points
- Mounting TV's
- Fiber Optic

Reg No: T50600



WARRIOR WELLBEING ARTICLE

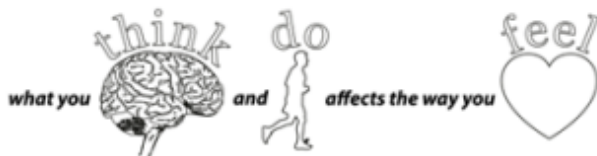


You Are What You Think!

BY THE REGIONAL MEN'S HEALTH INITIATIVE
March 2024

We have all heard the saying 'you are what you eat', implying that food fuels our body and the various types, quality, and quantity of food can impact our body, how we feel and therefore how we perform.

When we talk about our mental health and wellbeing, we refer to it as encompassing all aspects of our emotional, psychological and social wellbeing, so basically our mental health impacts how we think, act and feel.



Just like we have a level of control or choice over the types of food/fuel we put into our bodies there is also the capacity for us to influence our thoughts and behaviors which in turn impacts how we feel about ourselves and the world we live in.

As humans, we can often be very reactive and are driven by our emotions. Of course, how we react is individual and influenced by numerous factors that have conditioned us over our life journey (nature vs nurture) such as genetics, social, cultural, family influences, childhood experiences, and individual personality and behavioral types. However, as humans we also have the propensity for holding onto the negative more often than we do the positive.


In working with blokes in regional, rural and remote WA, and from my own personal life experiences, I have seen the fallout of unhelpful and negative thoughts people develop, carry and manifest during times of situational distress and poor mental health. Cognitive Behavior Therapy (CBT) is one effective approach for managing and treating a range of mental and emotional health issues. While this article is not a comprehensive overview of CBT, I would like to home in on one of its aims which is to identify and challenge unhelpful thoughts.

CBT is more than just being positive, as I recently observed with someone experiencing a range of debilitating physical health issues; it was this exact phrase that one day triggered a negative emotional outburst: "The next person who tells me to stay positive, I'll tell them to get stuffed!", they screamed.

Their experience was firstly needing validation as the obvious pain and distress experienced was warranted, but it was the unhelpful thinking and negative self-talk exacerbating feelings of despair, frustration and isolation that also needed to be addressed. Common lines such as: "I'll never get better", "I feel useless", "no one cares or understands how I feel" and "bad things always happen to me!" are examples of some of the documented unhelpful thinking patterns CBT aims to address, including:

- Overgeneralization: You see a single negative as a never-ending pattern of defeat.
 - Personalization: Seeing yourself as the cause of negative events, no fault of your own.
 - All or Nothing Thinking: You only see things in black and white; if your performance falls short of perfect, you see yourself as failing.
 - Disqualifying the Positive: You reject or don't see positive experiences. You insist they don't count to maintain a negative belief that is often contradicted by your experience.
- If some of this resonates, check out some endorsed self-help apps like Moodgym or HeadGear. Both use CBT concepts to create awareness and challenge negative thinking patterns. Always remember, before it gets too much Talk to a Mate®!! or talk it over.

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



Policy & Disclaimer

POLICY

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Thank you for supporting your local CRC!

We are proud to have received the support of the following organisations over the last twelve months

Proudly supported by:



Department of
Primary Industries and
Regional Development



FRRR
Foundation for Rural
Regional Renewal



Australian Government
Services Australia



Australian Government
Department of Veterans' Affairs



PROUD MEMBER OF



Proud member of

