

Neck stretches



Arm stretches

Back and Glutes stretch



WALKING

Walking is a low impact exercise, requires no equipment, can be done wherever and whenever and be done at each individuals own pace. Walking is a good type of exercise for all levels. Benefits of walking:

- Reduced risk of heart disease and stroke
 - Improvement of management of disease
 - Stronger bones
 - Increase in muscle strength
 - Increase in fitness levels
 - Normalise breathing
-
- IDEAS: walk the dog, walk the shopping centre, walk around the block



SWIMMING

Recreational swimming is a low-impact activity and is a good tool to use for relaxation. It benefits physical and mental health.

Benefits of swimming:

- Relaxing for some
- Alleviates stress
- Provides good low-impact therapy for other injuries or conditions
- Improves flexibility, coordination, balance and posture
- Improves breathing

CYCYLING

Riding a bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle. Cycling low-impact exercise that can be enjoyed by people of all ages. Benefits of cycling:

- Decreases stress levels
- Reduces anxiety and depression
- Increase cardiovascular fitness
- Increase muscle strength and flexibility



Changing your routine

- Firstly consult your GP and/or Specialist's before changing your usual routine
- Discuss with other individuals and research experiences.

In conclusion

- Fitness, in some way, should be a part of your normal routine, and is important for many reasons.
- Low impact sports and activities are ideal.
- Listen to and know your own body.
- Consult your Specialists.
- Pace yourself.

Let's talk
about
nutrition



Basics

- Choose a balanced and varied diet
- Reduce fats, salts and sugar
- Read the labels on foods
- Drink plenty of water
- Snack wisely!

5 Food groups

- A well balanced diet includes all the nutrients our bodies need to function properly. It will include foods from each of the five major food groups:
 - **Cereals** such as bread, cereals, rice, pasta and noodles, preferably wholegrain
 - **Vegetables and legumes**
 - **Fruit**
 - **Dairy products** such as milk, yoghurt and cheese
 - **Lean meat, fish, poultry, eggs, nuts**

Tips for healthy eating

Your tips??

- # Your tips??

Let's talk about Stress

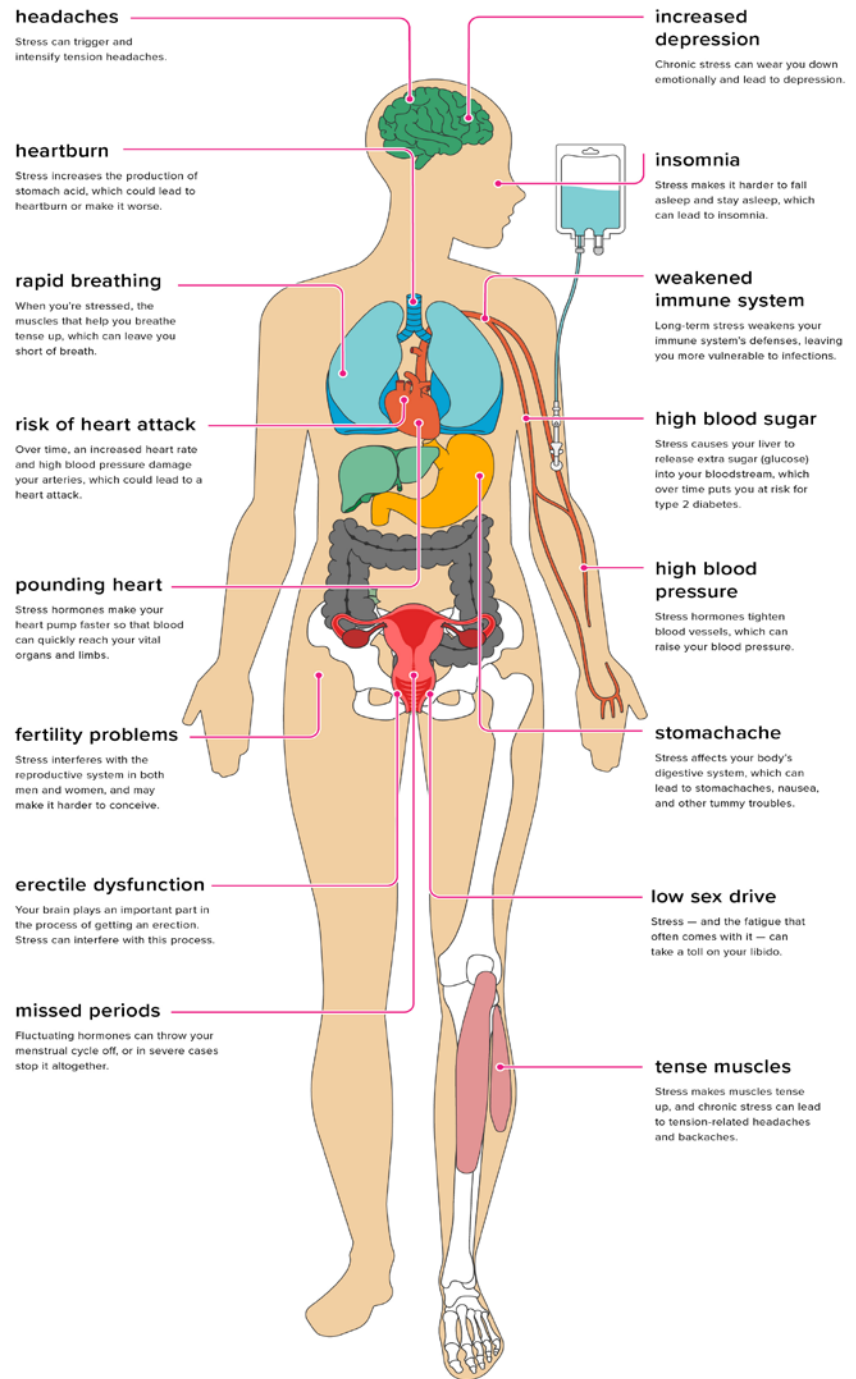
- Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action.



Effect of
stress on
the body

What
physically
happens to
you when
you feel
stressed?

Effect of stress on the body



Let's talk
about Mental
Health
Strategies



What is mental health?

- Mental Health = *“a state of well-being in which an individual realizes his or her own potential, can cope with the normal stressors of life, can work productively and fruitfully, and is able to make a contribution to the community”* (WHO,2017)
- Mental Health Issues are referred to as:
 - Mental Health Conditions
 - Mental Illness
 - Mental Disorders



Can you name some
mental health
disorders?

Mental health disorders

- Anxiety disorder
- Depression
- Bipolar disorder
- Borderline personality disorder
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Psychosis
- Schizophrenia
- Traumatic events
- Eating disorders

What are the signs of mental health issues?

Signs

Signs of Mental Health Issues

- Less involved/interested in things they normally enjoy
- Trouble sleeping and oversleeping
- Easily irritated, quick to anger
- Aches, pains, cramps, digestive issues without clear physical cause
- Loss in motivation
- Loss of libido
- Difficulties in memory, concentrating and making decisions
- Weight or appetite changes
- Alcohol and drug abuse
- Inability to cope with daily problems or stress
- Low energy and fatigue
- Excessive fears, worries, or extreme feelings of guilt
- Feeling empty and worthless
- Thoughts of death and suicide, self harm

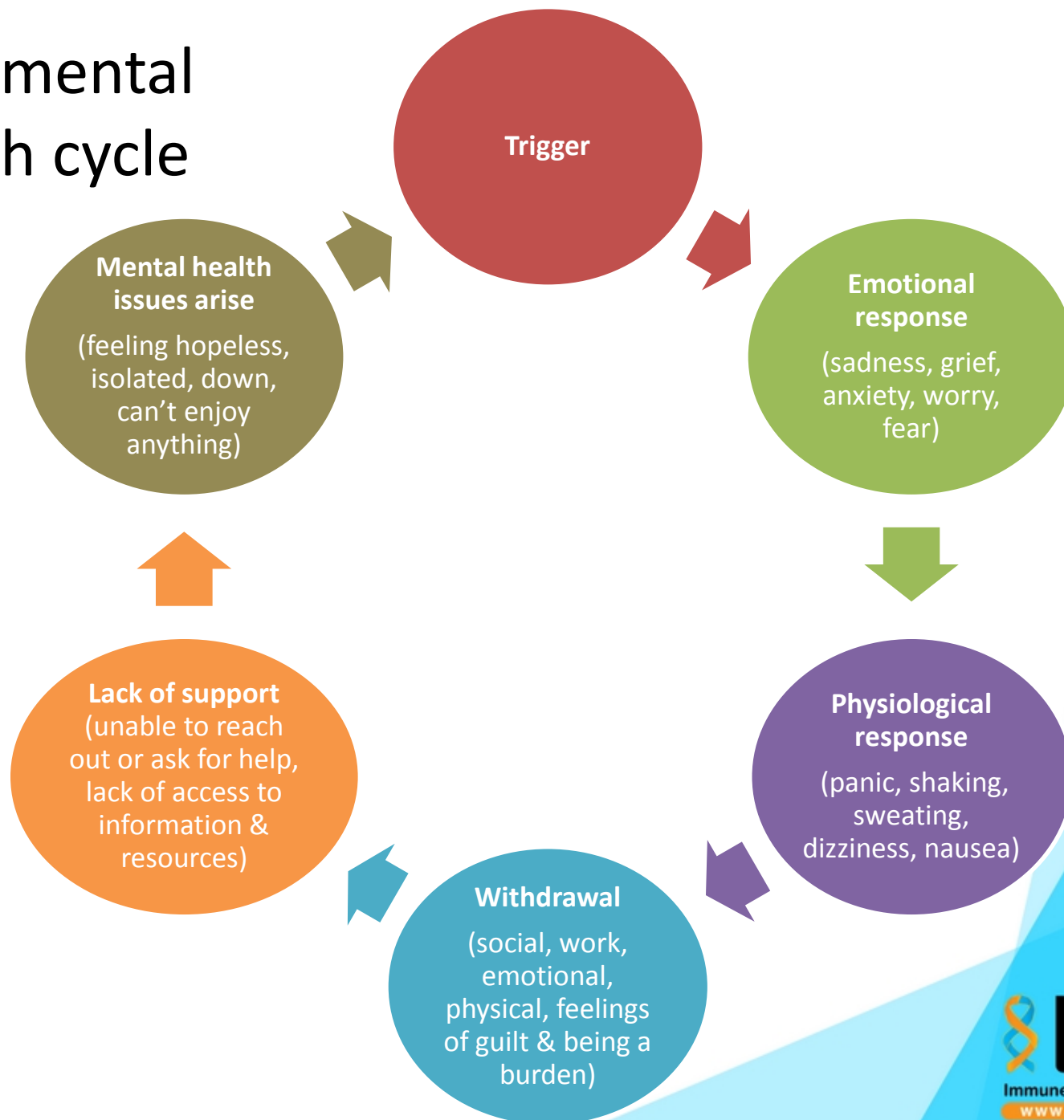
Mental Health and Chronic Physical Illness

Carers, elderly, rural, ethnic minority groups, financially disadvantaged, adolescents and young people have a higher risk of depression and anxiety^{5,6,7}

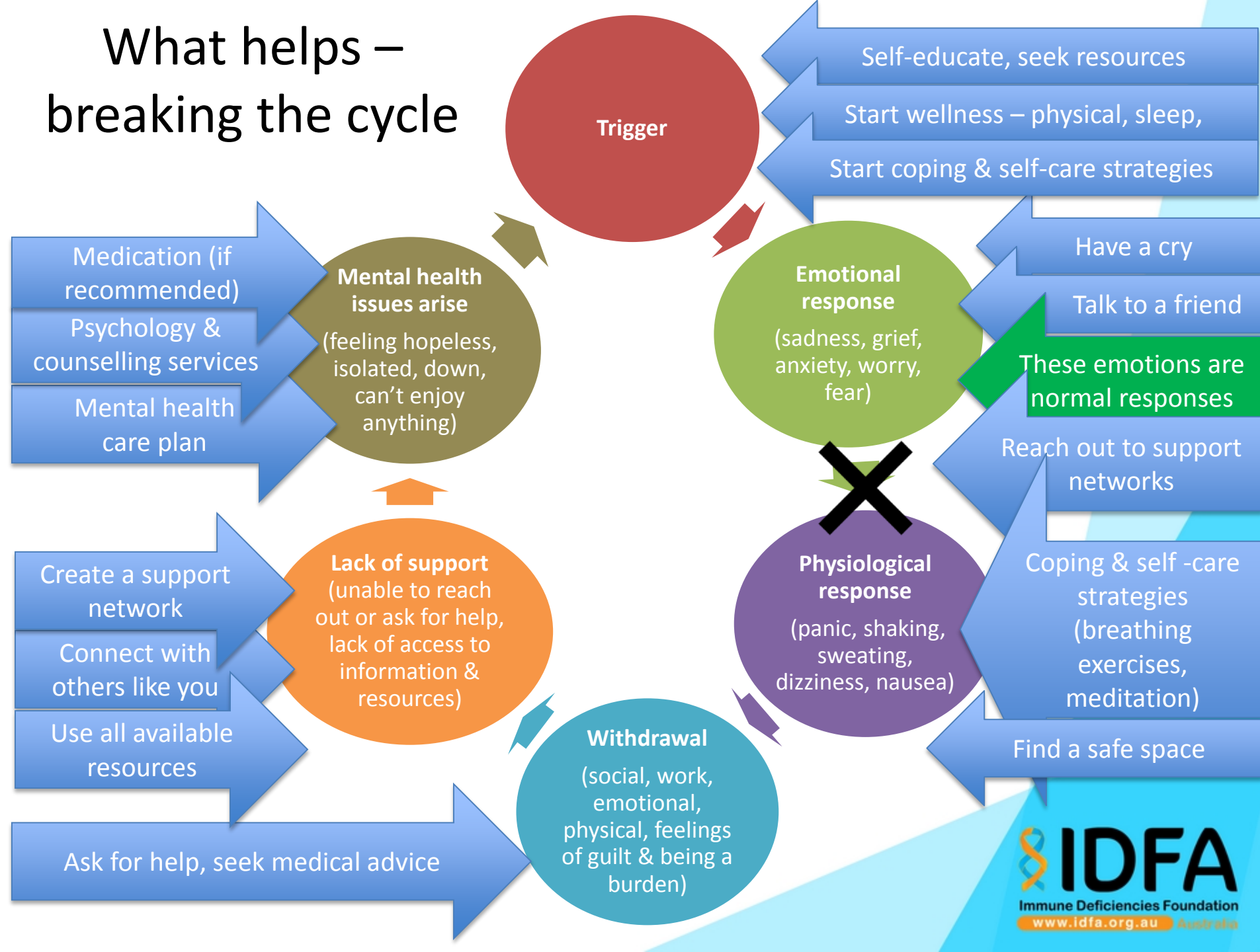
People with a chronic medical condition have a higher risk of depression and anxiety^{1,2,3,4}

- Anxiety, fear and grief (normal)
- Ongoing anxiety, fear and grief that is impacting on your wellbeing and participation in life (mental health issues)

Poor mental health cycle



What helps – breaking the cycle



Others not helping -Unhelpful advice

- ***“Pray about it.”*** Although I’m Christian and love my God, people don’t seem to realize it’s a real thing. I need medicine to keep my head from spinning.” — Skylar L.
- “being told to ***think of the positive and be thankful for everything you have***. Most of the time that only makes me feel more guilty for feeling this way because I do have a lot of wonderful things in my life.” — Ashley S.
- ***“Just use your logic. What you’re feeling is ridiculous, you should know that. If you tell yourself that, the anxiety will go away.”*** As if I don’t already understand that what I’m feeling is illogical, it doesn’t stop me from feeling anxious, it just makes me feel worse about myself and my situation. — Liss W.
- ***“Yeah, I’ve been stressed out too. Just remember there are others who have it worse than you. Be happy for what you have.”*** — Adriana R.
- ***“Get over it”***
- ***“Take a chill pill”***

YOU not helping YOU!

- Exertion (pushing yourself too hard)
- Avoidance
- Making too many commitments
- Comparison to others
- Self-criticism and self-blame
- Alcohol and drug abuse
- Withdrawing
- Inappropriate medication and treatments
- Not engaging in any self-care or coping strategies
- Poor diet, poor sleep hygiene
- Exercising too much, or too little

Things that can help!

Coping Strategies

(May need some outside help)

- Coping strategies are methods you use to deal with stressful situations or a crisis
- Recognise what types of situations are difficult to manage (write them down)
- List strategies on what you can do to manage the situation better, then evaluate what works and what doesn't (everyone's strategies will be different)
- Take ownership and be proactive
- Examples?

(Asking a friend or family member for support, writing down how you're feeling, positive self talk, reducing your load, considering the big picture "how important is this? Will it matter in the long run?", learning to forgive and let go of anger and negative feelings, practicing gratitude, seeking out support services, having an "action plan" for when you're in a crisis.)

Things that can help!

Self Care

(things you can do yourself)

- Self care is anything you do that helps maintain your physical, mental and emotional health. Things like exercise, relaxation, hanging out with pets, doing the things you love
- Make time for it, learn how to 'switch off', have a prepared Self Care list ready to go for when you are feeling frazzled
- Examples?

(cooking, RELAXATION, reading, music, gardening, meditation, hanging out with pets, journaling, art therapy, gaming, breathing exercises, walking, organizing your medications, participating in sport, yoga, 5 minutes of YOU time)

Asking for help

Why people don't ask for help

- Fe
- I

Why don't
people ask for
help?

time

get

Asking for help

Overcoming these issues

- **Its OK to ask for help**
- Getting help is a sign of strength, not weakness, you are taking control
- Talk to a friend or family member that you trust
- Talk to a healthcare professional
- Talking helps problem-solving
- Talking it out helps let go of guilt and anger
- Remembering that people like to help (when someone asks you for help, what is your default response?)
- If you see someone struggling, listen, empathize, discuss goals together, check in regularly
- Access a mental health care plan, online resources, eligibility for financial support, or any support that is available to you already
- Make the time for your mental health as it will benefit you and those around you in the long run
- Take ownership and be proactive

Could health be a more positive concept?

Can we go beyond **facts** and admit **values** into our concept of health and wellbeing?

- Dietrich Bonhoeffer defined health as **the strength to be.**
- Bonhoeffer says that **health is the ability to pursue our life story without insurmountable obstruction from our circumstances.**
- Thus **health can be seen as the ability to flourish without being unduly impeded by our circumstances AND overcoming our circumstances**
- *Dietrich Bonhoeffer, (1906–45) German **theologian**. A Lutheran pastor, he opposed the rise of fascism in Germany. Arrested by the Nazis in 1943, he was executed for treason after documents linked him with a failed conspiracy to assassinate **Adolf Hitler** in 1944.*

Re-writing your life-script

- What are your **core values**?
- **Core values** are your **fundamental beliefs**. They are **guiding principles** that dictate your behaviour and usually help you understand the difference between right and wrong.
- Dietrich Bonhoeffer believed **it is our highest values that create and become relative** to how we **interpret our reality**.

What are
your core
values?

- Core values - examples:

- Honesty
- Integrity
- Perseverance
- Honour
- Respect
- Accountability
- Discipline
- Diligence
- Dependability
- Reliability
- Loyalty
- Commitment
- Open-mindedness
- Consistency
- Efficiency
- Inclusion
- Responsibility

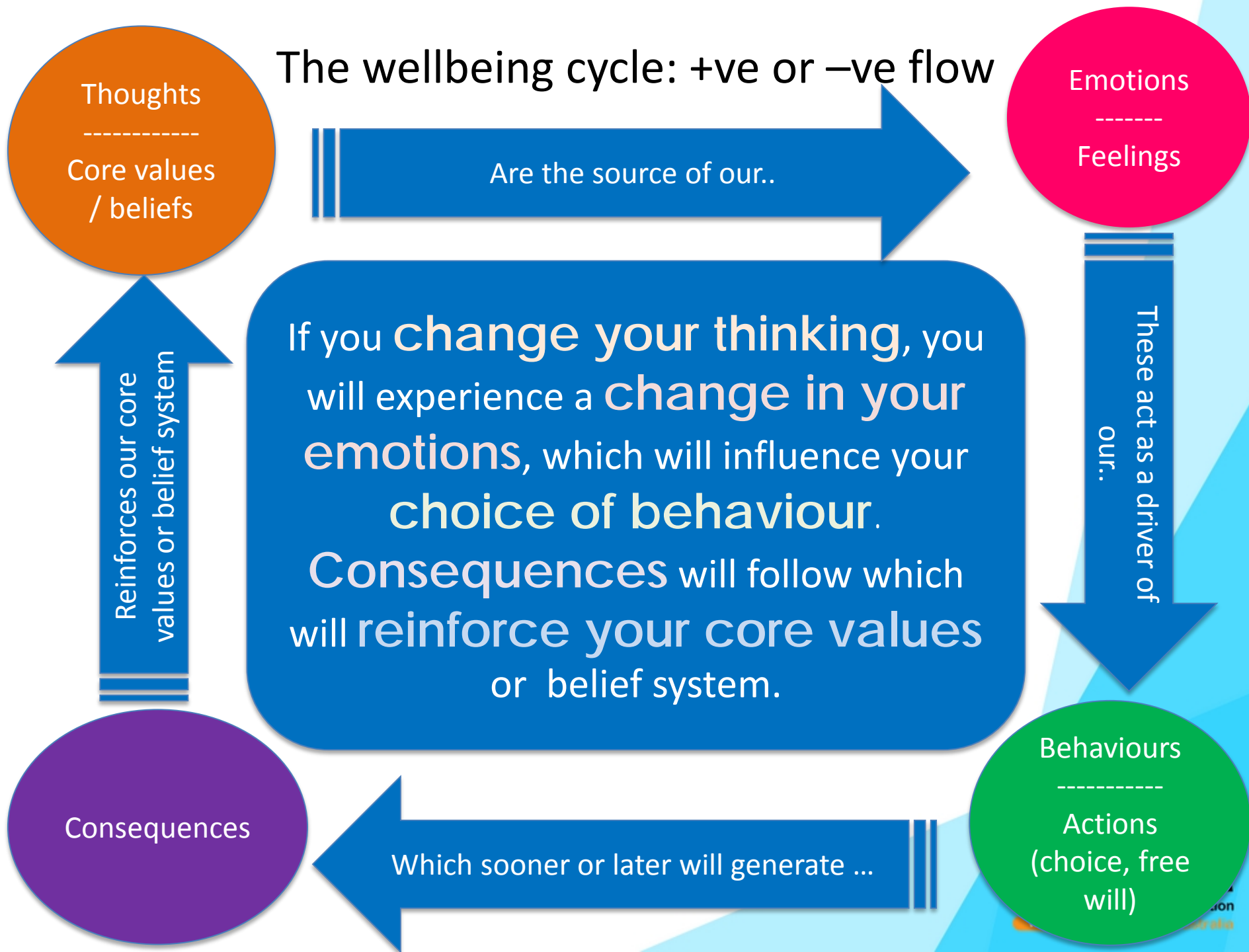
Beliefs

- A belief, or lack thereof, in **God** or an affiliation with a religious/spiritual institution
- A belief that **family** is of fundamental importance
- A belief that **honesty** is always the best policy and that **trust** has to be earned
- A belief in being a **good steward** of resources and in exercising frugality
- A belief in maintaining a healthy **work/life balance**

Core Values

- Can your core values be a tool to help you with your overall health and wellbeing?
(thoughts, physical and mental health)
- Can we change our thoughts to help with our overall health and wellbeing?

The wellbeing cycle: +ve or -ve flow



Exercise – opinion or fact?

	OPINION	FACT
I'm a bad person	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sam told me she didn't like what I said	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I failed the test	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I'm ugly	<input checked="" type="checkbox"/>	<input type="checkbox"/>
He shouted at me	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nothing ever goes right	<input checked="" type="checkbox"/>	<input type="checkbox"/>
No-one loves me	<input checked="" type="checkbox"/>	<input type="checkbox"/>

How do we change our thoughts and behaviours?

Cognitive distortions are inaccurate thoughts that reinforce negative thought patterns or emotions.

They are faulty ways of thinking that convince us of a reality that is simply not true.

Cognitive distortions

Many of the most popular and effective Cognitive Behavioural Therapy (CBT) techniques are applied to what psychologists call “cognitive distortions” (Grohol, 2016). Cognitive distortions are faulty ways of thinking that convince us of a reality that is simply not true.



This is all my fault

Everybody hates me

I'm sure he thinks I'm
ugly

Cognitive distortions (faulty thinking)

- **Filtering**
- Focusing solely on the negative and ignoring all the positive.
- **Polarized thinking**
- Black and white thinking, not seeing the grey.
- **Overgeneralization**
- Assuming all experiences and people are the same, based on one negative experience.

- **Catastrophizing**
 - Assuming the worst case scenario, magnifying the negative and minimizing the positive.
- **Control fallacies**
 - Thinking everything that happens to you is either all your fault or not at all your fault.
- **Blaming**
 - Pointing to others when looking for a cause of any negative event, instead of looking at yourself.
- **Jumping to conclusions**
 - Being convinced of something with little to no evidence to support it.

- **Personalization**
- Believing that you are at least partially responsible for everything bad that happens around you.
- **Fallacy of fairness**
- Being too concerned over whether everything is fair.
- **Shoulds**
- Holding tight to your personal rules on how people ought to behave.
- **Emotional reasoning**
- Believing “If I feel it, it must be true!”

- **Fallacy of change**
- Expecting others to change to suit your needs or desires.
- **Global labeling / mislabeling**
- Generalizing one or two instances into an overall judgment, using exaggerated and emotionally loaded language.
- **Heavens' reward fallacy**
- Believing that any good act on your part will be repaid or rewarded.
- **Always being right**
- Believing that it is absolutely unacceptable to be wrong.

Cognitive behavioural therapy (CBT)

- CBT aims to change our thought patterns, the values and beliefs we may or may not know we hold, our attitudes, and ultimately our behaviour, in order to help us face our difficulties and more effectively strive towards our goals.

CBT Techniques and tools

- Here are nine techniques and tools that are some of the most common and effective CBT practices.

CBT Techniques and tools

- **Journaling**

- Gathering data about your moods and thoughts – their source, intensity and your responses to them

SUGGESTION: Write it down – do an alternative action formula

- **Unravelling Cognitive Distortions**

- Become aware of the distortions you are likely to be vulnerable of

- **Cognitive Restructuring**

- Challenge your harmful or destructive beliefs and restructure them

CBT Techniques and tools

- **Exposure and Response Prevention**
- Expose yourself to whatever it is that normally provokes a compulsive behaviour
- **Interoceptive Exposure**
- Expose yourself to sensations you are afraid of and recognise they are not dangerous
- **Nightmare Exposure and Rescripting**
- Identify the emotion caused by a nightmare and cultivate a new emotion to replace it
- **Play the Script Until the End**
- Finish a worst case scenario in your head to see that everything will likely turn out OK

QUESTION: What's the worst that could happen?
What's the best that could happen?

CBT Techniques and tools

- **Progressive Muscle Relaxation (PMR)**
- Relax one muscle group at a time until your whole body is in a state of relaxation
- **Relaxed Breathing**
- Bring regularity and calm to your breath and create a sense of balance

Alternative action formula

Problems & difficulties

List your problem

Vulnerabilities

What makes you more likely to experience this problem than someone else?

Triggers

What made the problem so bad?

Coping strategies

What do you do to cope with this problem? What makes you feel better, at least temporarily?

Effects of coping strategies

How do these strategies make you feel in the short-term, and in the long-term? What are the advantages and disadvantages?

Alternative actions

If your current solution is not completely effective, what else could you try?

Think back to your 3 aspects of wellbeing you considered unhealthy at the beginning of the session. Do you feel you have some strategies/tools/techniques to address these?



01

02

03

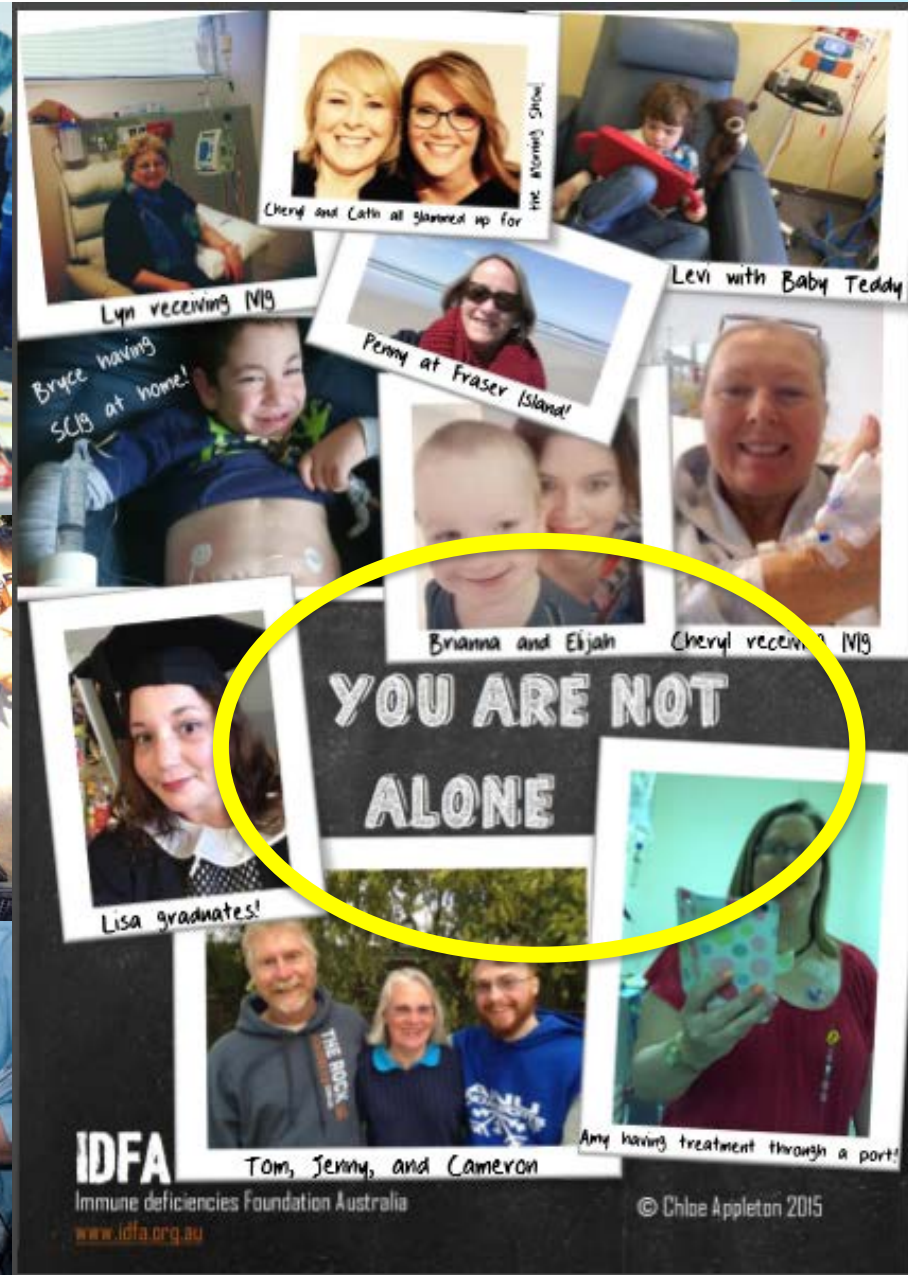
The image shows three numbered sticky notes (01, 02, 03) arranged vertically. Each note is placed on a light gray rectangular background that has a torn, deckle edge on its right side. The sticky notes are blue (01), red (02), and green (03). The numbers are white and bold. The entire graphic is set against a background of light blue and white geometric shapes.

If so, you are on the path to **re-writing your life script! You are beginning to flourish!**

Summary

- We have discussed:
 - Definition of health
 - Fatigue and ideas to manage it
 - Physical wellness – exercise and ideas to get started
 - A little about nutrition
 - Signs of mental health issues
 - Poor mental health cycle and strategies to cope
 - The idea of health as a more positive concept
 - Cognitive behavioral distortions and techniques to address them
 - The use of our core values, beliefs and various strategies to address issues in our thoughts, health and general wellbeing can help us become more positive and give us:
 - **The strength to be**
 - **The ability to pursue our life story without insurmountable obstruction**
 - **AND the chance to flourish without being unduly impeded by our circumstances**

Do remember...



Accomplish what you can today
and don't stress over what you
couldn't or didn't do.
Tomorrow is another day..

Useful Groups and Resources

- IDFA
 - Beyond Blue
 - Headspace
 - Reach out
 - Lifeline
 - Carersnsw.org (counselling)
 - Mycompass.org (modules)
 - Mental health line 1800 011 511 (24/7 response team)
 - Sane.org
 - Blackdoginstitute.org
 - Petrea King (a Quest for Life)
 - Mensshed.org
-
- If you are in immediate crisis call Lifeline on 131114

APPS

- Habu Music (music to match your mood)
- Headspace (meditation app, unrelated to headspace.com)
- Calm (meditation, sleep stories)
- Smiling Mind (meditation and mindfulness)
- Thought Diary (Cognitive Behaviour Therapy App)

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Thank you!