

PHaMs Lookout

**Shinning the light on
mental health & well being**

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Partner Agencies Schedule: By appointment only

PTSD support group	_____	Monday (fortnightly) 4:00pm – 5:00pm
Department of Human Service	_____	Tuesdays 1:15pm – 2:45pm
Alcohol & Drug Foundation Qld	_____	Thursdays 10:00am – 3:00 pm
Centacare Counsellor	_____	Fridays 10:30 – 3:30pm

Australian Red Cross
PHaMs
14b Cambridge St
Rockhampton QLD 4700
Tel: 07 4922 0020

Important

Walali Neighbourhood Centre will be closed on the following dates for training purpose.

3rd and 4th February.



On behalf of the PHaMs staff and the Walali Centre Volunteers we welcome all community visitors back to the Walali Neighbourhood Centre when it re-opens on 27 January 2015.

Most session times and groups will continue as usual. We have added a new weekly computer group. "Basic Computer Stuff". This activity will be held each Thursday, commencing the 5 February and will be facilitated by Terry. The 1st one hour session to be held on the 29 January will be a group brainstorm to identify areas for learning. This group will run for 6 weeks and bookings are essential.

Gym group will be run this month from 9am to 10am at Mt Archer. Next month's group held in the park on Elphinstone Street for more information please contact John Clayton by phone 49 220020.

Recovery Fellowship has moved days and will now be meeting on Tuesday afternoons 1:30pm – 2:30pm. This group will explore personal wellbeing and recovery- orientated tips and strategies. We will be taking a closer look at the various types of recovery and wellbeing practices and educational resources that are currently available. This group is open to anyone who is interested in developing a stronger understanding of personal recovery and empowerment from mental health issues.

All other usual groups and session times will remain unchanged. For further information please contact the Centre on

ph **Walali
Neighbourhood
Centre
garden**



Things are blooming!



This Cost of Living Report highlights

differences in the cost of living in six regional centres across Queensland – Brisbane, Gold Coast, Cairns, Mount Isa, Rockhampton and Kingaroy. The report highlights how difficult it can be for some low-income households to meet a basic standard of living, simply because of where they live.

This report highlights a number of key findings with regards to the capacity of low-income households to meet a basic standard of living:

Housing costs are the single biggest contributor to changes in the cost of living across the six regional centres.

A single unemployed person does not have enough income to meet a basic standard of living in each of the six regional centres, despite facing lower living costs in areas such as Kingaroy, Cairns and Rockhampton.

Of the six regional centres, Mount Isa was the most expensive place to live with extremely high housing costs compounded by extra costs imposed by a lack of public transport infrastructure. While regional centres such as Kingaroy, Cairns and Rockhampton were found to be the cheapest of the six regional centres to live, higher unemployment in these areas means that households in these areas would be more likely to rely on government allowances and payments.

Single-parent households who are unemployed or forced onto New Start Allowance due to eligibility changes would not have enough income to meet a basic standard of living in any of the six regional centres – putting at risk the future prospects of

www.qcoss.org.au/release-first-regional-cost-living-report

www.redcross.org.au



Mental Health News

Latest Media



For more information log onto
www.mhaustralia.org/submission/blueprint-action-mental-health

Useful websites/resources

Start the conversation. End the stigma.

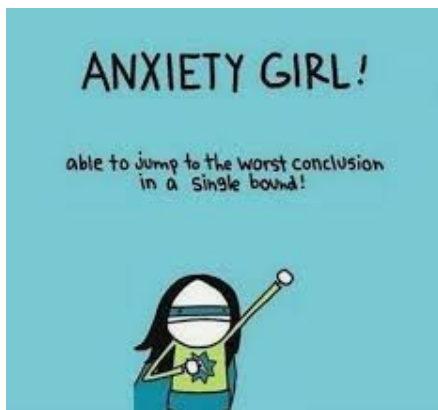
<http://bringchange2mind.org/>



The Student Wellbeing Action Network (SWAN)

<http://www.aracy.org.au/networks/student-wellbeing-action-network>

CRISIS CARE COMMITMENT



What Is Generalised Anxiety Disorder (GAD)?

As an individual that has been diagnosed with Generalised Anxiety Disorder (GAD), I found it a relief to have a name instead of that overwhelming sense of feeling like I was going crazy and not understanding why. It was helpful to know what exactly I was dealing with.

The single most important piece of information I can offer to anyone is **“know what your dealing with”**.

Don't be afraid to get to know “IT”. Find out the signs and symptoms. This information will arm you with tools to fight your way back when things get tough. I also found that it was important for me to accept that this is a part of me. It doesn't define who I am as a human being, Mother, Daughter, Sister or Colleague. It's just a little part of me.

(Shelly Green, Peer Support Worker PHaMs)

So let me introduce you to

Generalised Anxiety Disorder is one of the 'anxiety disorders'. A person with GAD is in a state of constant anxiety over many aspects of their life - relationships, work, health, family and/or finances. Just about anything that a person can think about - they worry about. The concerns are ongoing, extreme and unrealistic. The person feels worried and anxious most of the time.

What Is anxiety exactly you ask?

Anxiety is a normal response in a scary or dangerous situation. Anxiety involves the physical and psychological reaction that is necessary to prepare the body for either running away or fighting if necessary. This is known as the 'fight or flight response'. This was certainly how we were able to equip ourselves to deal with danger in our distant past.

What goes on in our bodies ? (The physiological side of thing)

The autonomic nervous system prepares the body to cope with danger by releasing adrenaline which in turn increases blood pressure and puts the body and senses into a state of heightened awareness, increased sensitivity and hyper alertness. You would have felt this when you had an exam coming up or had to give a talk or found yourself having to cross a very busy road. The nervous system puts your body in an alert state so that you can be at your best to deal with what it interprets as a dangerous or life threatening situation.

These days, however, events that trigger the flight or fight response are not usually life threatening or dangerous. Our stresses are more likely to involve meeting a deadline at work, being stuck in traffic or finding our bills are piling up. The flight or fight response doesn't help us with these modern day

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always feeling nervous, then they are constantly getting the internal message that something is "wrong". They have difficulty relaxing enough to get on with day-to- day responsibilities and commitments. If anxiety is constant it also has a detrimental effect on a person's physical health



It is physically stressful for a body to feel anxious all the time. The flight or fight response decreases the effectiveness of the immune system in the short term making someone more vulnerable to becoming sick.

I am now familiar with what I am dealing with so this has enabled me to piece together a plan to deal with it when times get rough. This has given me the sense of being in control!

<http://www.mentalhealth.asn.au/>

Further Reading

Anxiety Cure: An Eight-Step Program for Getting Well, by Robert L DuPont, Elizabeth DuPont Spencer and Caroline M DuPont, John Wiley& Sons, 2003 ISBN: 0471464872

Anxiety Cure for Kids: A Guide for Parents, by Robert L DuPont, Elizabeth DuPont Spencer and Caroline M DuPont, John Wiley& Sons, 2003 , ISBN: 0471263613

Anxiety, Phobias, and Panic: A Step-by-Step Guide for Regaining Control of Your Life, by Reneau Z Peurifoy, Warner Books, 2005, ISBN: 0446692778

References Anxiety Disorders Association of America <http://www.adaa.org>

Anxiety Disorders Support and Information www.mentalhealth.asn.au



Please Join us for our next series of free workshops. These workshops are for people to explore recovery and whole of life wellbeing in a fun and safe peer group setting. The next workshops will be;

- | | | |
|-------------------------------|-----------------------------|------------|
| • Minding our Lifestyle | - February 17 th | 10am – 1pm |
| • Enhancing our Relationships | - March 10 th | 10am – 1pm |
| • Maximising our Income | - April 21 st | 10am - 1pm |
| • Coping with Stress | - May 12 th | 10am – 1pm |

To be held at – Department of Community Health
Cnr of Bolsover and Cambridge Street
Rockhampton

In these workshops we identify for ourselves the things about ourselves that are good and nourishing, the things that are not, and the things we want to change. Participants identify what they may want to change. We then consider the strategies for change that have been identified in the workshops and how we can use these change strategies in our own lives.

For further information contact Shelly Green (facilitator) on phone 4922 0020.

February 2015



Monday	Tuesday	Wednesday	Thursday	Friday
2nd <ul style="list-style-type: none"> Fun & fitness 10am – 12pm Choir 1pm – 3pm <ul style="list-style-type: none"> Fun & fitness 10am – 12pm 	3rd Centre closed <ul style="list-style-type: none"> Gym with John 9am – 10am Crafty Yarners 10am – 12pm Wellbeing & recovery fellowship 11am – 12:30pm Healthy lifestyle & wellbeing 1pm – 3pm Gym with John 9am – 10am 	4th	5th <ul style="list-style-type: none"> Gym with John 9am – 10pm Sew N Tell 10am – 12pm Basic Computer Stuff 10:30am – 11:30am Barista club 1pm – 3pm <ul style="list-style-type: none"> Gym with John 9am – 10pm Sew N Tell 10am – 12pm Basic Computer Stuff 10:30am – 11:30am Barista club 1pm – 3pm Gym with John 9am – 10pm 	6th <ul style="list-style-type: none"> Ozcare Homestay garden project 10:00am – 12:00pm Almost anything goes 1:00pm – 3:00pm <ul style="list-style-type: none"> Ozcare Homestay garden project 10:00am – 12:00pm Almost anything goes 1:00pm – 3:00pm
9th Choir 1pm – 3pm	10th <ul style="list-style-type: none"> Wellbeing & recovery fellowship 11am – 12:30pm Healthy lifestyle & wellbeing 1pm – 3pm Gym with John 9am – 10am 	11th	12th <ul style="list-style-type: none"> Basic Computer Stuff 10:30am – 11:30am Barista club 1pm – 3pm Gym with John 9am – 10pm 	13th <ul style="list-style-type: none"> Ozcare Homestay garden project 10:00am – 12:00pm Almost anything goes 1:00pm – 3:00pm
16th <ul style="list-style-type: none"> Fun & fitness 10am – 12pm Choir 1pm – 3pm 	17th <ul style="list-style-type: none"> Crafty Yarners 10am – 12pm Wellbeing & recovery fellowship 11am – 12:30pm Healthy lifestyle & wellbeing 1pm – 3pm 	18th	19th <ul style="list-style-type: none"> Sew N Tell 10am – 12pm Basic Computer Stuff 10:30am – 11:30am Barista club 1pm – 3pm 	20th <ul style="list-style-type: none"> Ozcare Homestay garden project 10:00am – 12:00pm Almost anything goes 1:00pm – 3:00pm
23rd <ul style="list-style-type: none"> Fun & fitness 10am – 12pm Choir 1pm – 3pm 	24th <ul style="list-style-type: none"> Gym with John 9am – 10am Crafty Yarners 10am – 12pm Wellbeing & recovery fellowship 11am – 12:30pm Healthy lifestyle & wellbeing 1pm – 3pm 	25th	26th <ul style="list-style-type: none"> Gym with John 9am – 10pm Sew N Tell 10am – 12pm Basic Computer Stuff 10:30am – 11:30am Barista club 1pm – 3pm 	27th <ul style="list-style-type: none"> Ozcare Homestay garden project 10:00am – 12:00pm Almost anything goes 1:00pm – 3:00pm