

# HEALTHY FOR LIFE

*Spotlight on men's health*



**7 WAYS  
TO FEEL  
AND LIVE  
BETTER**

**The Healthy Workers - Healthy Futures Initiative  
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The Healthy for Life magazine has been written by Healthy Workers Advisers representing:



**Civil Construction Federation**  
(South Australia)

Sharonna Mossenson



The Largest Employer Network of Apprentices & Trainees

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**For more information visit:**

[www.sahealth.sa.gov.au/healthyworkers](http://www.sahealth.sa.gov.au/healthyworkers)

[www.ccfsa.com.au](http://www.ccfsa.com.au)

[www.gtasa.com.au/healthy-workers-healthy-futures](http://www.gtasa.com.au/healthy-workers-healthy-futures)

**DISCLAIMER**

The information in the booklet is intended as a guide only. The information should not be used as an alternative to professional care. If you have a particular problem, see a doctor or other health professional. We encourage all men to have an annual check up with their GP.





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## Welcome

Welcome to the Healthy For Life magazine: putting a spotlight on men's health.

This magazine has been designed for the working men of South Australia. It is full of easy to understand information, top tips, making a call to action for small changes to have you feeling and living better.

Your health is determined twenty five percent by your genes which you can't change, but also in large part by what we choose to do on a day to day basis, known as your lifestyle (75%). The topics in this magazine are all about those things that you can do to make a difference.

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We hope you find this booklet a useful source of information and reference point of where to go to get that extra support to make change in your life so you live a long healthy life.





# NAIL YOUR *nutrition*

You are forgiven if you are confused when it comes to nutrition. How do you make sense of what to pop in your gob when you have Paleo Pete, Sugarfree Sarah, a Flexitarian, Alkaline Al or 80:20 Trudy knocking at your door? Let alone the Cake Cleanser or the Werewolf\*.

You are not alone though - about 3 in 10 people are confused when it comes to determining what's healthy.

So what's the secret to nailing your nutrition?



## Nail it

The real secret is that there's nothing extreme going on here. No liquid cleanses or oat-bran-only-days.

It's all about those five basic food groups and eating across and within these groups every day.

- » Fruits
- » Vegetables (the more, the merrier) and legumes (think lentils, baked beans, or the 'pea' in pea and ham soup)
- » Breads, cereals, rice, pasta and noodles (go wholegrain, of course)
- » Meat, fish, poultry (that's chicken and the Christmas turkey), eggs and nuts (opt for unsalted)
- » Milk, yoghurt and cheese

Admittedly, it's nowhere near as sexy as other eating plans. But it works, and it's based on the Australian Dietary Guidelines, which are the result of a painstaking process to summarise the best scientific evidence on what really makes up a healthy diet.

Ham and salad sandwich

**1213 KJ**

Total fat **4g**

**"Health is like money, we never have a true idea of its value until we lose it."**

*~ Josh Billings*

### Meat ≠ Meat pie

Thought you had a get-out-of-jail free card?  
And could keep slugging down a pie at smoko?

Despite what the name suggests, there is only 25% meat 'flesh' in a pie, and that can include the skeletal muscle of any slaughtered animal, any attached animal rind, fat, connective tissue, nerve, blood and blood vessels. Still hungry?

Meat pie

**1600KJ**

Total Fat **21g**





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In fact, meat pies, along with sausage rolls, hot chips, crisps, cakes, biscuits and soft drink do not even constitute a food group. These guys are known as 'extras' as they have little or almost no nutritional value, are highly processed and loaded with fat, sugar and salt. It doesn't mean you can't ever eat/drink them, but extras should definitely not take centre stage.

## Go on, you know what to do...

We all know that we should eat more fruit and vegetables, swap that suspiciously white bread for something more brown and grainy and perhaps just have one helping, rather than two.

A wise man in the US, by the name of Michael Pollen coined the phrase, Eat food. Not too much. Mostly Plants.

Within this simple approach, there are a number of strategies to help you, nail your nutrition:

### Eat food

- » Don't eat anything your great-great grandmother wouldn't recognise as food. (Hint: twisties and twiggy sticks)
- » Avoid products with more than 5 ingredients, or ingredients you cannot pronounce
- » Cruise the perimeter of the supermarket, and avoid the middle aisles of a supermarket; you'll find that 'real' food like fruit, vegetables, bread and dairy, tend to be located on the perimeter.

### Not too much

- » Think about how much you eat. We often eat until we are chock-a-block. But try as the Japanese do and go "hara hachi bu", which means only eating until you are 80% full
- » Avoid being a plate cleaner and feeling compelled to finish what's on your plate (especially that giant snitty)
- » A 'good' day of eating does not deserve a freakshake or pig out at the local takeaway joint. You'll just undo all of that hard work.

### Mainly plants

- » Aim to fill half your plate with vegetables - these are full of vitamins, minerals, fibre. They help keep you fuller for longer and work to keep you regular
- » Unsurprisingly, eating a plant-based diet has shown to be associated with lower rates of chronic conditions - cardiovascular disease, type II diabetes and high blood pressure; all of which are worth doing your best to avoid.

See, you already knew the secret to nailing your nutrition. No need to invite Paleo Pete, Sugarfree Sarah, a Flexitarian, Alkaline AI or 80:20 Trudy into the fold.

\* Yes, it's true, the Cake Cleanse and Werewolf Diets exist. But timing your meals according to the moon just doesn't sound like much fun.

## Where to get help:

Visit:  
[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)



**Get Healthy - free health coaching**  
**1300 806 258**  
Monday - Friday 8am - 8pm



# GETTING HEAVY *with hydration*

## *Oh wondrous water*

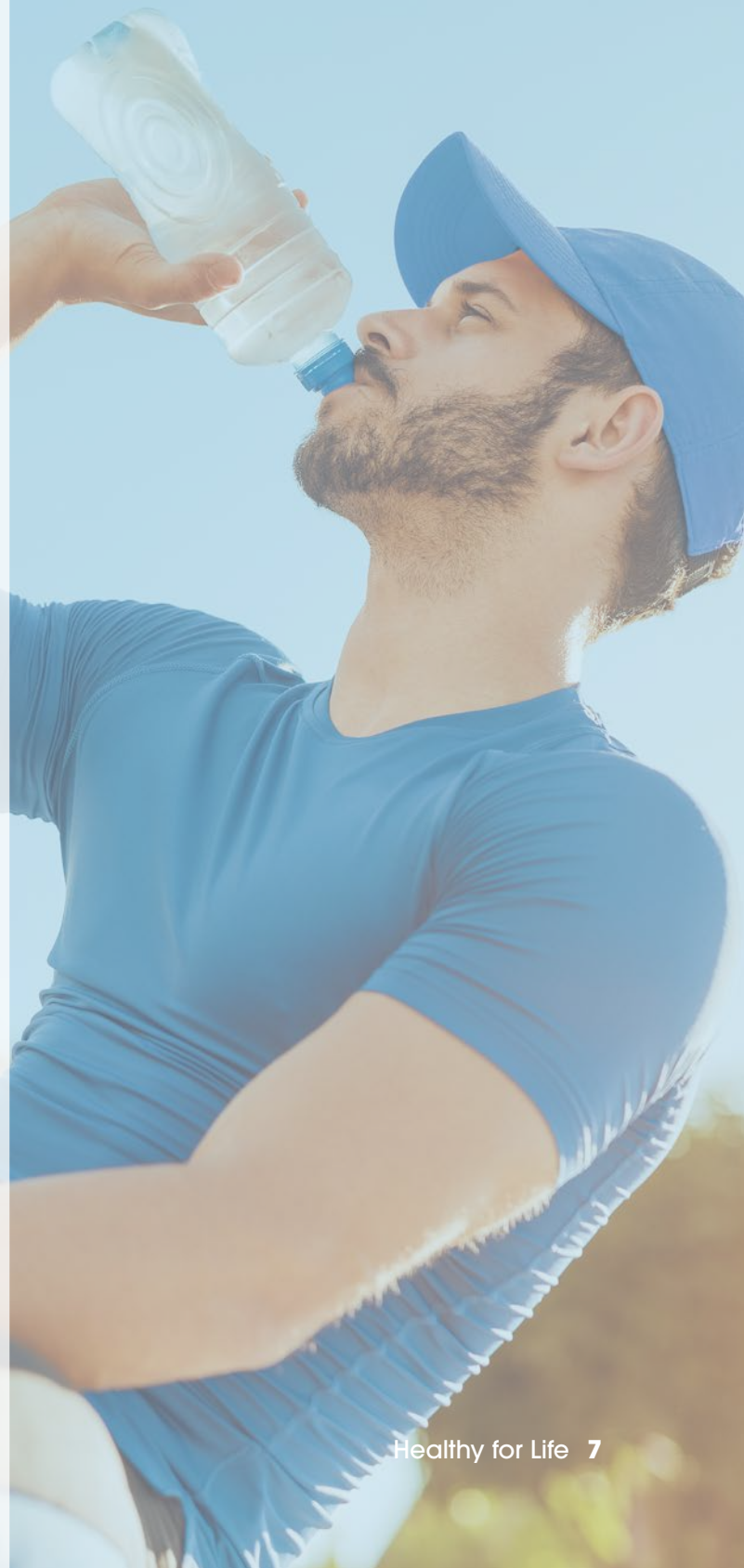
It is no surprise that being hydrated enough can affect how we feel and perform at work. Even a reduction in hydration levels of as little as 2% of body weight can:

- » Increase fatigue
- » Reduce your alertness
- » Cause cramping
- » Heat stroke

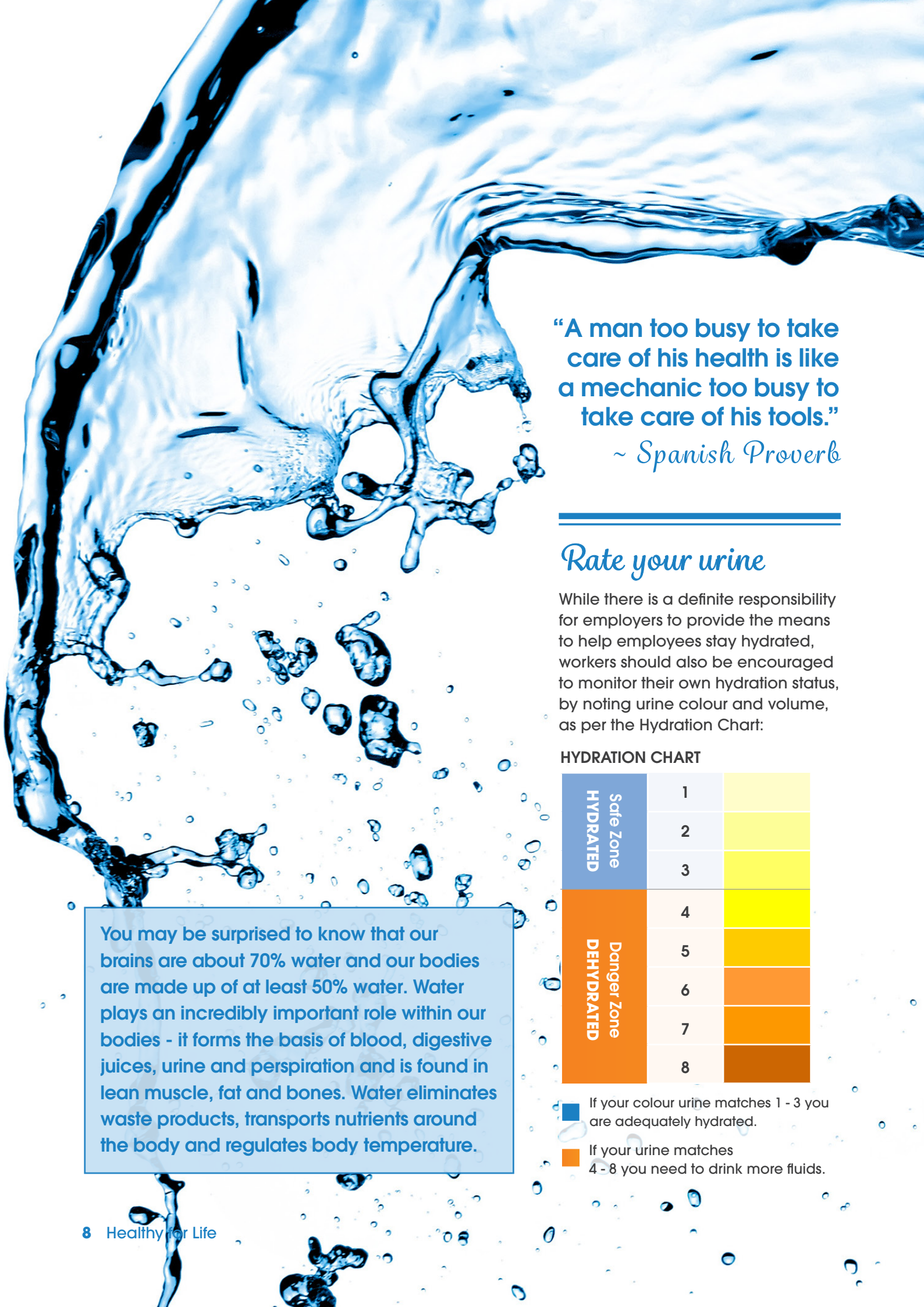
Staying hydrated therefore will help to improve our work productivity, helping us to perform better mentally and physically, and offset potential safety risks.

It is for this reason that a Code of Practice exists under the Work Health and Safety Act on managing the work environment and facilities. Under this code, employers must:

- » Supply adequate clean drinking water, provided free of charge for workers at all times, and
- » The supply of drinking water should be:
  - » Positioned where it can be easily accessed by workers close to where hot or strenuous work is being undertaken to reduce the likelihood of dehydration or heat stress
  - » At a temperature at or below 24°C, achieved through refrigeration, providing ice or shading water pipes and storage containers from the sun.







**“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”**

*~ Spanish Proverb*

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## Rate your urine


While there is a definite responsibility for employers to provide the means to help employees stay hydrated, workers should also be encouraged to monitor their own hydration status, by noting urine colour and volume, as per the Hydration Chart:

**HYDRATION CHART**

Safe Zone HYDRATED	1	
	2	
	3	
Danger Zone DEHYDRATED	4	
	5	
	6	
	7	
	8	

You may be surprised to know that our brains are about 70% water and our bodies are made up of at least 50% water. Water plays an incredibly important role within our bodies - it forms the basis of blood, digestive juices, urine and perspiration and is found in lean muscle, fat and bones. Water eliminates waste products, transports nutrients around the body and regulates body temperature.

 If your colour urine matches 1 - 3 you are adequately hydrated.

 If your urine matches 4 - 8 you need to drink more fluids.

## So how much is enough?

For the general population; two litres or 8 cups.

For those working in particularly hot conditions, in your PPE, undertaking strenuous work for prolonged periods, your hydration needs to increase. The recommendations are as follows:

- » **Manual workers:** 1 L/hr of either plain water, supplemented by frequent meal breaks or industrial electrolyte replacement products (e.g. powders, tablets, hydralyte, berocca or ready to drink),
- » **Machinery operators:** 600 mL/hr of water, in addition to food and any other beverages consumed,
- » Food must also be consumed at meal breaks in order to replace electrolytes and maintain energy.

If you rely solely on your thirst levels, you're likely to be playing catch up, as usually by the time you feel thirsty you're already dehydrated. Instead of waiting until you feel thirsty, where practical, you should drink 200mL – 330mL of fluids every 20 minutes to replenish the necessary fluids in the body.

Swap these  
kinds of  
drinks for  
**WATER**

## What's the best choice when it comes to hydration?

It's easy to get bamboozled when it comes to beverages – how do you navigate between sports drinks, vitamin waters, fruit juices, flavoured milks, water and soft drinks?

But ignore the bells, whistles and fancy labels:

- » Water is the ideal choice because it is readily available and contains no energy (kilojoules)
- » Plain milk is also an excellent choice - it's actually 90% water but has the added benefits of calcium, protein and other essential nutrients
- » Fruit juice and soft drinks are high in sugar and can contribute excess sugar and energy to the diet. But if you are opting for one of these, go for 97-100% fruit juice or a diet soft drink. Better yet, opt for an actual piece of fruit which will give you a hit of water, vitamins and a spot of fibre
- » Energy drinks are very high in sugar, caffeine and other stimulants. These are not designed to hydrate the body and can have negative health effects, including increased heart rate and blood pressure

## A special word on sports drinks

Sports drinks aren't recommended in large quantities because these drinks are not adequate to replace large electrolyte losses. Instead, industrial electrolyte replacement products (e.g. powders, tablets or ready to drink) allow targeted replacement of the electrolytes (sodium and potassium) lost through sweat, and the restoration of fluid balance.

Keeping up your hydration is the single most important way to counteract the effects of heat stress. Being hydrated will help you perform better mentally and physically and offset potential safety risk.







# UP YOUR *activity anti*

It's true, you feel positively stuffed once you knock off from the job. The last thing you feel like doing is some sort of fitness activity. Heading the gym? Forget about it. Walking the dog? If you're lucky. But believe it or not, staying in shape is especially important for your physically demanding and strenuous job.

So, it's essential to find time for some extra physical activity in your week.

#### **Why? The benefits of exercise are numerous:**

It helps with the battle of the bulge and keeps your waist measurement in check

It's well known that women are shaped like pears and men are like apples. For women, it's good news – that bottom heavy shape is protective against disease, but bad news for blokes. That extra tyre you're carrying directly corresponds to your chronic disease risk.

#### **Chronic disease risk? Please explain.**

If you measured that extra tyre, you'd get your waist measurement, and this is a very good predictor of the level of internal fat deposits, which coat the heart, kidneys, liver and pancreas. It's these deposits that increase the risk of chronic diseases, such as heart disease and type II diabetes. A waist measurement greater than 94cm or more for men or 80cm or more for women indicates an increased risk. In short, you should be worried about that extra tyre (or two, or three) you're carrying and some regular exercise can help battle the bulge.





**“Those who do not find time for exercise will have to find time for illness.”**

*~ Edward Smith-Stanley  
(1752-1834) - English statesman, three times Prime Minister of the United Kingdom*

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## Boosts your energy levels

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. When your heart and lungs work more efficiently, you'll have more energy day to day.

## Improves mood and helps with depression and anxiety

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. When you are stressed, the body releases the hormone, cortisol, which has been linked to abdominal weight gain.

Therefore, establishing a regular exercise pattern may assist you in managing your stress, by helping to block negative thoughts or distract you from daily worries. Exercising with others provides an opportunity for increased social contact too. It's win-win when it comes to exercise and mental health.

## Sleep more soundly

Believe it or not, you are likely to sleep significantly better and feel more alert during the day if you get 2 ½ to 5 hours of exercise a week. In fact, those involved in a national study reported a 65% improvement in sleep quality and that they felt less sleepy during the day, compared to those with less physical activity.

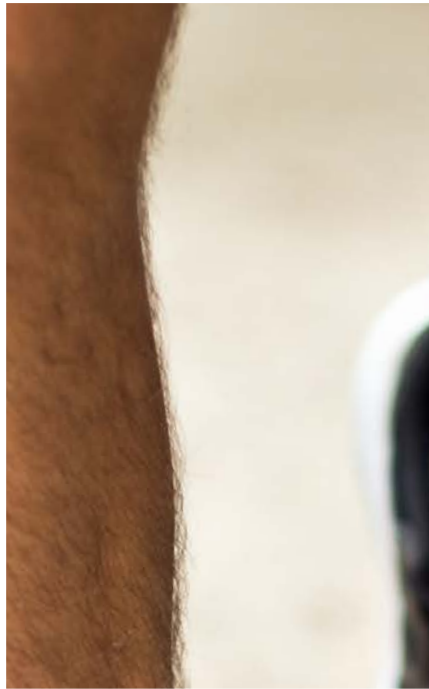
## How much is enough?

You don't need to run marathons. Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

- » Be active on most, preferably all, days every week
- » Actually, walk the dog, don't just watch the dog walk
- » Join a social sports team and get moving with your mates
- » Invest in a fitness activity tracker or use the app on your phone to monitor your progress and give you a goal to work towards every day.
- » You don't need to set aside large chunks of time for exercise to reap weight-loss benefits - aim for 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.



» Examples of moderate activity - brisk walking, a bike ride with a few hills, general gardening or actively playing with your kids. Vigorous activity includes running, swimming, skipping or carrying heavy loads (e.g. carting bricks); anything that gets your heart rate up and requires a high amount of oxygen consumption to complete the activity.





- » In addition to a cardiovascular workout, core training such as yoga or pilates are also a good idea because of all the lifting, bending, climbing and balancing you are required to do day-in and day-out as part of your job. If you are able to maintain your core strength, you'll be able to perform your duties more efficiently.
- » If you want to get all Boris Bulk, aim for muscle strengthening activities (weights, resistance bands) on at least two days each week.
- » If there are some days where you are finding it hard to fit in dedicated time, try these small things to maintain some level of activity throughout your day:
  - » If there's the option to take the stairs, instead of the elevator, opt for the former
  - » Try to incorporate a quick 10 – 15 minute exercise jaunt in your lunch break, post food, to assist with digestion
  - » If feasible, park further away or hop off public transport earlier than you normally would, and use the extra distance to get some exercise into your day.





# SMOKING

*Puff off, smoking is dead*

There is no safe level of cigarette consumption. Although reducing your cigarette consumption will slightly reduce your risk, quitting is the only way to long-term health benefits.



**“Your health account, your bank account, they’re the same thing. The more you put in, the more you can take out. Exercise is king and nutrition is queen. Together you have a kingdom.”**

*~ Jack LaLanne, bodybuilder known as the “Godfather of Fitness”*

# STATS & FACTS

**“Some people want it to happen,  
some wish it would happen, others  
make it happen.”**

*~ Michael Jordan, 6-time NBA  
Championship winner*

## *Stats and Facts*

Australians are doing a great job of quitting smoking. In 1995 there were 23.8% of adults who smoked daily and in 2015 it was 14.5%. A mixture of taxes, good education campaign and rules on where you can and can't smoke has helped change the figures (ABS 2014-2015 AHS)

Just to make you well aware here are some latest stats...

- » Each year, smoking kills an estimated 15,000 Australians – that is 50 per day
- » Men smoke more than women and smoking kills nearly twice as many men than women
- » Current smokers are estimated to die an average of 10 years earlier than non-smokers
- » One in nine cancers, and one in five cancer deaths, are due to smoking
- » Just three cigarettes a day can trigger potentially fatal heart disease
- » Smoking just 10 cigarettes per day doubles your risk of dying prematurely
- » Smoking more than 25 cigarettes a day increases your risk of dying four-fold compared to those who have never smoked.
- » Tobacco smoke contains more than 7000 chemicals, over 70 of which are known to cause cancer.



# Smoking TOP TIPS

## Save your wealth and save your health

### \$\$\$ SHOW ME THE MONEY

Most of us find it hard to make ends meet these days - cigarettes are getting more expensive and that cost is a big incentive to give up.

- » Do the math yourself or use the cost calculator at [www.cancersa.org.au](http://www.cancersa.org.au)
- » Pack of smokes = \$30 for 30, average 15 per day = \$126 per week or \$6570 for the year!

### SHOW ME BETTER HEALTH

The good news is that when you stop smoking your body starts to repair itself

- » Quitting before 30 years of age reduces your risk of lung cancer by 90 per cent.
- » After 15 years of being a non-smoker, your risk of stroke is reduced to that of a person who has never smoked.

Advertisement

## STOP SMOKING START REPAIRING

**In 1 week**  
your sense of taste and smell improves

**In 3 months**  
your lung function begins to improve

**In 12 hours**  
excess carbon monoxide is out of your blood

**In 1 year**  
a pack-a-day smoker will save over \$7000

**In 12 weeks**  
your lungs regain the ability to clean themselves

**In 12 months**  
your risk of heart disease has halved

**In 5 days**  
most nicotine is out of your body

**EVERY CIGARETTE YOU DON'T SMOKE  
IS DOING YOU GOOD**

**Quitline 13 7848**  
[australia.gov.au/quitnow](http://australia.gov.au/quitnow)

Quit Now:  
My QuitBuddy

Authorised by the Australian Government, Capital Hill, Canberra  
Printed by Omnisgraphics, Unit 1, Gateway @ Port 87 Cook Street, Port Melbourne, VIC, 3207

Australian Government

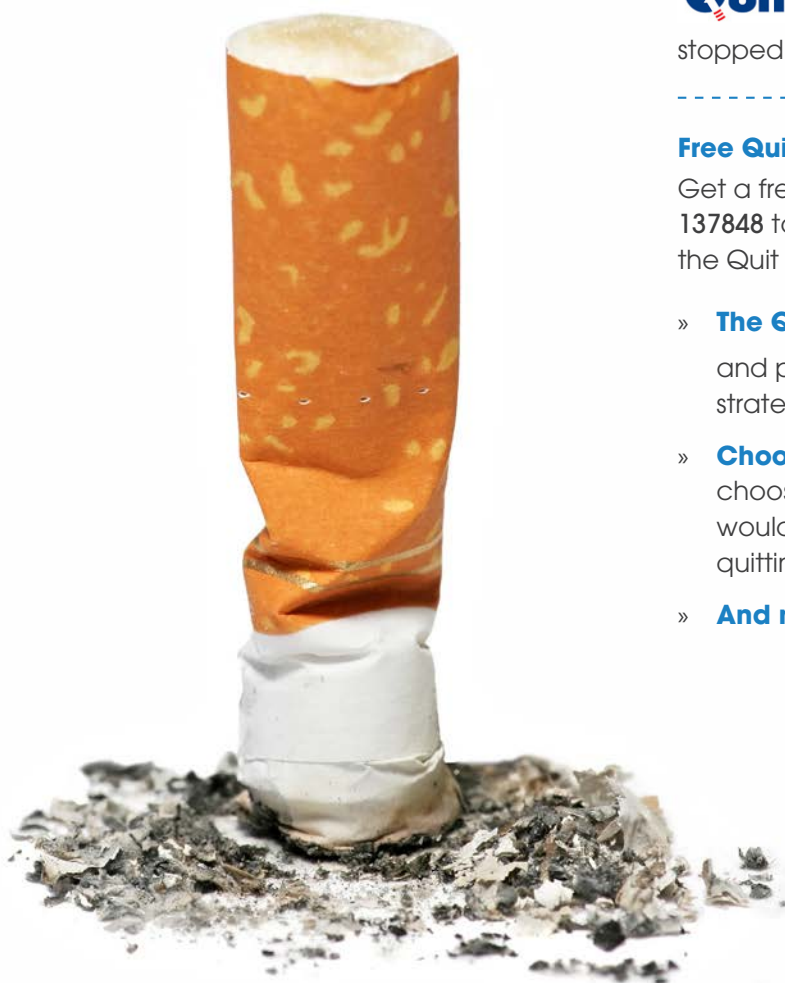
## You can do this - Quit to Get Ahead

Many smokers need to practise quitting several times before they give up for good. Keep trying. Practice helps you plan what to do the next time you get an urge to smoke.

1. We challenge you to plan to QUIT
2. We challenge you to get help to QUIT

## Where can I get reliable information?

- » For all the info get online [www.cancersa.org.au/quitline](http://www.cancersa.org.au/quitline)
- » Talk to your GP or pharmacist



## Support to quit is here - try these

**Quitline:** A telephone information and advice or counselling service for people who want to quit smoking.



### Opening hours

(SA local time):

Monday - Friday  
Saturday

8:30 am - 7:45 pm  
2:00 pm - 4:45 pm

### Call 13 7848

Speak to a qualified  
Quit counsellor



Phone Email

## Support from Quitline can double your chance of quitting.



**My QuitBuddy** is an app personalised to help you quit smoking, on your terms. Using My QuitBuddy you can choose when to quit. You can choose if you're ready to quit right now, or intend to quit smoking soon.

**The Quit Coach** is a free interactive site that can help you quit smoking and stay stopped. Visit [www.quitcoach.org.au](http://www.quitcoach.org.au)

### Free Quit Pack

Get a free Quit Pack by calling the Quitline on **137848** to order a Quit Pack over the phone. In the Quit Pack you will find:

- » **The Quit book** - will help with planning and preparing to quit and provide tips and strategies for quitting successfully.
- » **Choosing the best way to quit** - a guide to choosing the services and products which would best help you increase your chance of quitting successfully.
- » **And more...**



# THE GOLDEN ALE *(Alcohol)*

## The Golden Rule - the guidelines



### What do the guidelines recommend









For healthy men and women, drinking no more than 2 standard drinks on any day reduces your risk of harm from alcohol-related disease or injury over a lifetime.

Drinking no more than 4 standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.

### What is a standard drink?

A standard drink contains 10 grams of pure alcohol.

It is important to note that drink serving sizes are often more than one standard drink. There are no common glass sizes used in Australia.

Number of standard drinks		STANDARD DRINKS
425ML 1.6SD	425ML 1.2SD	425ML 0.9SD
 FULL STRENGTH	 MID STRENGTH	 LOW STRENGTH
4.8% ALC VOL	3.5% ALC VOL	2.7% ALC VOL
150ML 1.5SD	150ML 1.4SD	150ML 1.4SD
 RESTAURANT SERVING OF RED WINE	 RESTAURANT SERVING OF WHITE WINE	 RESTAURANT SERVING OF CHAMPAGNE
13% ALC VOL	11.5% ALC VOL	12% ALC VOL
30ML 1SD	375ML 1.5SD	
 HIGH STRENGTH SPIRIT NIP	 FULL STRENGTH PREMIX SPIRITS	
40% ALC VOL	5% ALC VOL	
These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks		

# STATS & FACTS

**“Every human being is the author of his own health or disease.”**

*~ Buddha*

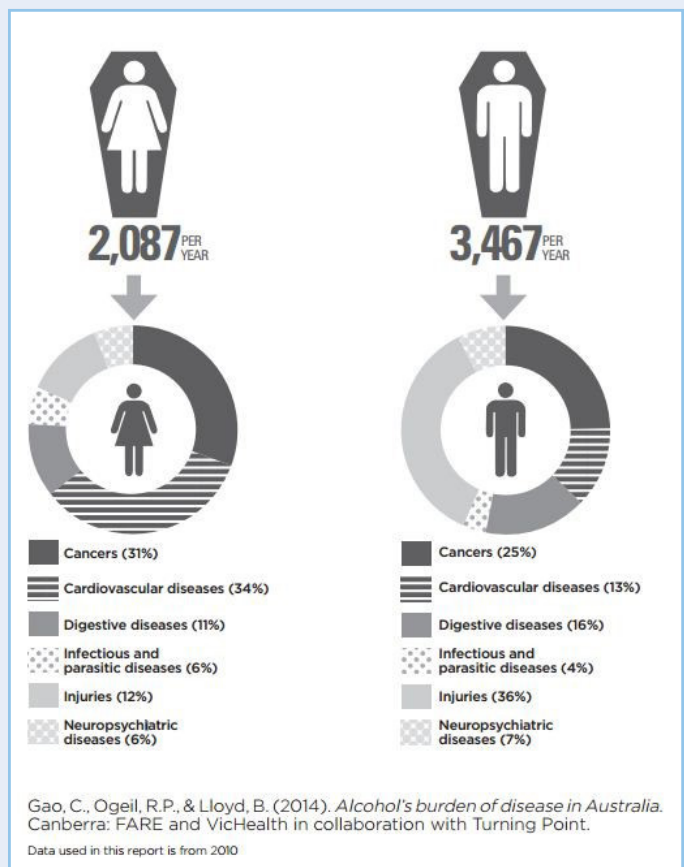
## Stats and Facts

### A few facts...

Just to make you well aware here are some latest stats...

- » Does it surprise you that 22% of Australians don't drink alcohol
- » Approximately 44% of the population drink alcohol at least once per week, including 6% of the population who drink daily
- » Australian men typically drink alcohol more frequently than Australian women
- » The older you get the more likely you are to drink daily leading to chronic disease and long term health problem
- » The younger you are the more likely you are to binge drink - this impacts short term health, leading to injuries, potential death and legal trouble

### Alcohol causes the following diseases:





# Alcohol TOP TIPS

## *Drink responsibility and stay safe.*

What you can do to stay safe

Some of the simple things you can do include:

- » Set limits for yourself and stick to them - Don't let other people pressure you into drinking more than you want.
- » Alternate between alcoholic and non-alcoholic drinks.
- » Quench your thirst first with water or soft drink.
- » Drink slowly - Take sips, not gulps.
- » Drink from a small glass. Some wine glasses can hold several standard drinks.
- » Drink light alcoholic drinks instead of full strength.
- » Eat healthy food before and while drinking.
- » Avoid getting into 'rounds' or 'shouts'.
- » Avoid 'top ups' - Drink one drink at a time to keep track of how much you are drinking.
- » Stay busy - Don't just sit and drink.
- » Buy disposable breathalyser

**“Because alcohol is encouraged by our culture, we get the idea that it isn't dangerous. However, alcohol is the most potent and most toxic of the legal psychoactive drugs.”**

*~ Beverly A. Potter & Sebastian Orfali*

Brain Boosters

## Are you up to this challenge?

### 1. We challenge you to drink responsibly

You don't need to stop drinking but drink responsibly which is all about;

- » drinking in moderation as per the guidelines
- » making the choice to stay safe and making sure others stay safe
- » having a positive drinking experience

### 2. We challenge you to get to know your Blood Alcohol Concentration

Download the YourBAC App from you play store, developed by AlcoCups and BlowMeFirst, is designed to increase knowledge about Standard Drinks and Blood Alcohol Concentration (B.A.C.)

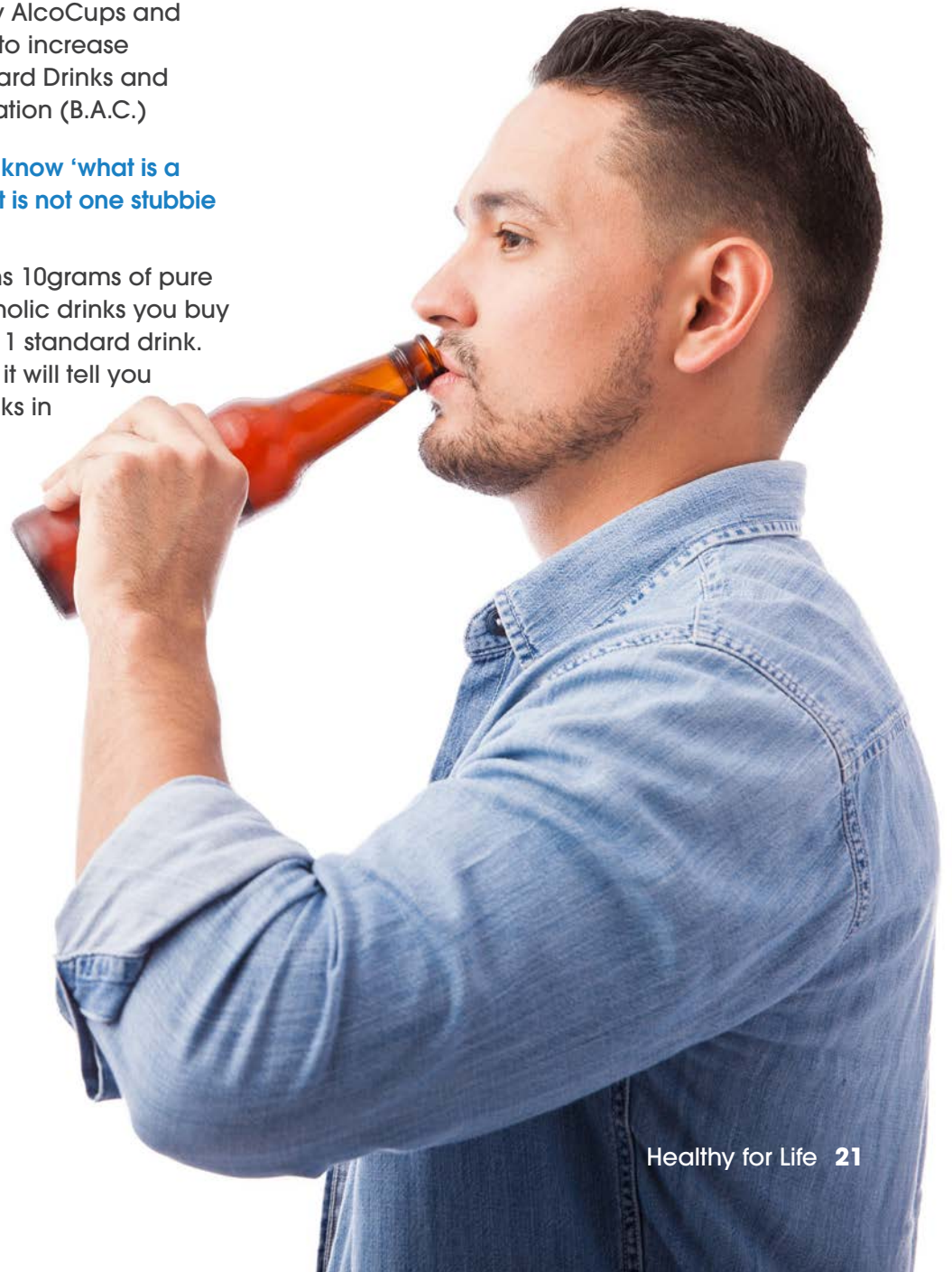
### 3. We challenge you to know 'what is a standard drink' - no it is not one stottie or glass of wine.

A standard drink contains 10grams of pure alcohol and many alcoholic drinks you buy often contain more than 1 standard drink. Always check the label - it will tell you how many standard drinks in the containers.

## Where can I get reliable information?

**Alcohol and Drug Information Service SA** is a confidential phone counselling, information and referral service for the general public  
**1300 131 340**

**Counselling Online** provides a live, one-to-one counselling service over the internet to anyone with an alcohol or drug concern.  
**[www.counsellingonline.org.au](http://www.counsellingonline.org.au)** or  
**1800 888 236**





# THE F WORD

## *Fatigue*

Fatigue is more than simply feeling tired or drowsy. In a work situation, fatigue is a state of mental and/ or physical exhaustion that stops a person from being able to function normally.

### *Stats and Facts*

- » Being awake for 17 hours is the equivalent of having a blood alcohol level of 0.05.
- » Being awake for 20 hours is the equivalent of having a blood alcohol level of 0.1, which is double the national legal blood alcohol limit for driving.

Workplace Health and Safety QLD 2008, Managing fatigue; guide for the workplace.

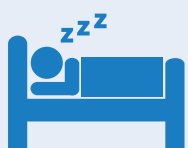


Fatigue

# TOP

# TIPS

## Sleep



- » Go to bed and get up at the same time every day

- » Avoid long naps during the day
- » Learn how to relax by focussing on your breathing or YouTube relaxation techniques
- » Avoid heavy meals, alcohol and caffeine before going bed

## Move More Sit Less



- » Physical activity boosts energy levels - aim for 30mins a day
- » A brisk walk or 10 minutes of stretching at your desk improves blood flow and boosts energy

## Good nutrition



- » Drink plenty of water, sometimes you're tired because your dehydrated
- » Eat a carb rich breakfast cereals or wholegrain breads
- » Don't skip meals, most active apprentices aren't eating enough or not eating a healthy choice to keep you going

## Mental Wellness



- » Talk about it - your manager, work mate, family or friends
- » Get a lifestyle coach to help you tackle day to day problems with the free New Access Program call 1800 010 630
- » Learn to do nothing - often we drive ourselves to do bigger and better and more. A hectic lifestyle is exhausting - rethink your commitments and just hang out



# MENTAL HEALTH

## *Mental Illness and Stress*

Everyone's got an opinion about mental health and the terminology of mental illness, mental wellbeing and stress. It can all be overwhelming, confusing and add to stigma.

**Mental health** refers to our state of mind and our ability to cope with the everyday things that are going on around us. Just as you want to look after your physical health with good healthy habits you need to do the same with your mental health.

**Mental illness** is a diagnosable illness; it is as real as cancer, diabetes and heart disease. It includes anxiety, mood disorders, depression and substance addictions.

**Stress** is not a diagnosable mental illness, however exposure to stress and worry over a period of time can lead to depression, anxiety or substance abuse.



Provided by *beyondblue* where you can talk it through with our Support Service on 1300 22 4636, email or chat online at [www.beyondblue.org.au/getsupport](http://www.beyondblue.org.au/getsupport) Workplace specific information and resources can be found at [www.headsup.org.au](http://www.headsup.org.au)

**“If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with.”**

*~ Deepak Chopra*

## *Said this lately? I'm so stressed out!*

### **What is stress?**

Stress is often described as a feeling of being overloaded, wound up, tight, tense and worried.

We all experience stress at times, it is a normal part of life; it occurs when you perceive that demands placed on you - such as work, study or relationships - exceed your ability to cope. Some stress can be beneficial at times, producing a boost that provides the drive and energy to help people get through situations like exams or work deadlines. However, an extreme amount of stress can have health consequences and interfere with our ability to get on with our normal life.

### **Stress Management**

You may feel there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. But you have a lot more control than you might think.

Stress management is all about taking charge: of your lifestyle, thoughts, emotions, and the way you deal with problems. No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control.





# Mental Health TOP

# TIPS

## Tip 1 - Keep a stress diary.

It will help you understand what triggers your stress and identify your coping methods. Note down the date, time and place of each stressful episode, and note what you were doing, who you were with, and how you felt both physically and emotionally, how you acted in response and what you did to make yourself feel better.

## Tip 2 - Manage your time.

At times we all feel overburdened by there being too much to do and not enough hours in the day. Make a list of all the things that you need to do and list them in order of genuine priority. Note what tasks you need to do personally and what can be delegated to others to do. Record which tasks need to be done immediately, in the next week, in the next month, or when time allows.

## Tip 3 - Take control.

Learning how to find solutions to your problems will help you feel more in control thereby lowering your level of stress. One problem-solving technique involves writing down the problem and coming up with as many possible solutions as you can. Decide on the good and bad points of each one and select the best solution. Write down each step that you need to take as part of the solution: what will be done, how will it be done, when will it be done, who is involved and where will it take place.

## Tip 4 - Learning to say no.

A common cause of stress is having too much to do and too little time in which to do it. And yet in this situation, many people will still agree to take on additional responsibility. Learning to say "No" to additional or unimportant requests will help to reduce your level of stress, and may also help you develop more self-confidence. Practice saying phrases such as: "I am sorry but I can't commit to this as I have other priorities at the moment."

"Now is not a good time as I'm in the middle of something. Why don't you ask me again at...?"

"I'd love to do this, but ..."

## Tip 5 - Change how you think about the stressor.

You can do this in 3 ways, reframe the problem to a positive perspective (this traffic jam is giving me the opportunity to listen to my favourite music), look at the big picture ( how important will this be in a month, a year - is it really worth getting upset about), adjust your standards (stop setting yourself up for failure by demanding perfection and learn to be okay with 'good enough')

## Tip 6 - Connect to others.

Talking with someone is the quickest, most efficient way to rein in stress and can either work by distracting you from your stressful thoughts or relieving some of the built up tension by discussing it.

## Tip 7 - Make a healthier 'stress relief toolbox'.

If your methods of coping with stress aren't contributing to your great emotional and physical health it's time to find healthier ones.

## Your call to action to look after your Mental Health

There are some simple things that we can do all year round to look after our mental health:

- » Exercise (it releases endorphins which can improve your mood)
- » Surround yourself with supportive people
- » Put aside some time every day to relax
- » Do the things that you enjoy doing
- » Stay in touch with your friends and family
- » Appreciate simple things
- » Take advantage of technology. There are lots of apps like smiling mind, reach out

## Your call to action to seek help

Around 65% of people experiencing symptoms of a mental illness don't seek help from health services. About 40% of women get help, but for men it's fewer than 30%.

The earlier you seek help for mental illness, the better your prospects for recovery. So if you think there's even a slight chance you need help with your mental health, talk to your GP. You're not clogging up the system or denying anyone else care. Either you'll be reassured that you're not unwell, or you'll get a head start on the road back to good health.

## Where to get help

### Youth Mental Health Services 13 14 65

24/7

The Youth Mental Health Services is a telephone service for **young people aged 12 to 25 years in South Australia**. 24 hours 7 days a week

### Mental Health Emergency 13 14 65

24/7

For assistance in a **mental health emergency**, contact the mental health triage service available 24 hours, 7 days a week.

### Kids Helpline 1800 551 800

24/7

Kids Helpline is Australia's only national 24/7 telephone and online **counselling and support service for young people aged between 5 and 25 years**.

### LIFELINE - CRISIS SUPPORT 13 11 14

24/7 - FREE CALL (mobiles also)

**13 11 14** is a confidential telephone **crisis support service** available 24/7 from a landline, payphone or mobile. Anyone across Australia **experiencing a personal crisis or thinking about suicide** can contact Lifeline. Regardless of age, gender, ethnicity, religion or sexual orientation our trained volunteers are ready to listen, provide support and referrals.

### beyondblue 1300 224 636

24/7

We all have good days and bad days. Then there are those days when something isn't quite right, you've got something on your mind, or things just seem too much. Whatever it may be, sharing the load with someone else can really help. **So no matter who you are, or how you're feeling, you can talk it through with us.**

### Eheadspace 1800 650 890

Eheadspace is an online and telephone service that **supports young people and their families going through a tough time**. eheadspace provides confidential support seven days a week between 9:00am and 1:00am. Visit [www.eheadspace.org.au](http://www.eheadspace.org.au)

### Suicide Call Back Service 1300 659 467

24/7

The Suicide Call Back Service is a 24-hour, nationwide service that provides telephone and online **counselling to people 15 years and over** who fit one of the following categories:

- » People who are suicidal
- » People caring for someone who is suicidal
- » People bereaved by suicide
- » Health professionals supporting people affected by suicide

### Mens Line Australia 1300 789 978

MensLine Australia is the national telephone and online support, **information and referral service for men with family and relationship concerns**. The service is available from anywhere in Australia and is staffed by professional counsellors, experienced in men's issues.



