



## KEEPING PACE

May 2017

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Welcome to the May 2017 edition of Keeping PACE.

PACE will be starting two new support groups at Morphett Vale this month, one for people with eating disorders and one for people with obsessive compulsive disorder. The *Eating Disorders Recovery Support Group* will be held on Thursday mornings, and the *OCD Recovery Support Group* will be held on Friday mornings. Both groups will be held fortnightly at the Woodcroft Morphett Vale Neighbourhood Centre. We will also be starting a new *Panic and Anxiety Recovery Support Group* at Mount Barker this month. The group will be held fortnightly on Monday afternoons at Infuse Church. For more information about the groups contact PACE on 8159 1400 or at [pace@centacare.org.au](mailto:pace@centacare.org.au)

Over the last few months PACE has been involved in the Lived Experience Workforce Project (LEWP), an initiative funded by SA Health to support the development and growth of the lived experience workforce in the non-government mental health sector. A lived experience worker, or peer worker, is someone who has experienced a mental illness themselves, and who uses this experience to help other people with mental illness. Peer workers are important because they give people hope that recovery is possible. Hope is critical to recovery, and peer workers are living proof that recovery is possible. They also provide a level of understanding that only comes from experience. Many people with mental illness feel misunderstood and alone in their struggle, and it can make a huge difference to speak to someone who really does understand what they are going through. I am proud to be part of a team that values lived experience, and pleased to be part of the LEWP.

Until next time, look after yourself.

Shane

Team Leader, PACE

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### PACE Service

Centacare Catholic Family Services

413 Grange Rd Seaton SA 5023 | T: 1800 809 304 or 8159 1400 | E: [pace@centacare.org.au](mailto:pace@centacare.org.au)

<http://pacesupport.org.au>

## **Perfectionism linked to anxiety and depression in teens**

Many people think that perfectionism is a positive trait, but it can actually be quite harmful. A recent article in Huffington Post Australia discusses the negative impact perfectionism can have on teenagers. In the article Professor Tracey Wade from Flinders University highlights the problems with perfectionism, and explains how it can lead to anxiety and depression.

The online article can be accessed via the following link:

[http://www.huffingtonpost.com.au/2017/04/20/when-being-a-perfectionist-moves-from-helpful-to-harmful\\_a\\_22047160/](http://www.huffingtonpost.com.au/2017/04/20/when-being-a-perfectionist-moves-from-helpful-to-harmful_a_22047160/)

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## **MAYDAYS for eating disorders 2017**

MAYDAYS for Eating Disorders is the Butterfly Foundation's annual awareness and advocacy campaign which takes place nationally throughout the month of May to raise vital funds for the prevention and treatment of eating disorders in Australia. The campaign draws on the experiences of Australians to highlight key concerns relating to eating disorders, and calls for change! MAYDAYS asks Australians to spread the message about the seriousness of eating disorders and the desperate need to have access to appropriate treatment and care.

For more information visit:

<https://thebutterflyfoundation.org.au/support-us/maydays-for-eating-disorders/>

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## **National Volunteer Week 2017**

National volunteer week is an annual celebration to acknowledge the generous contribution of our nation's volunteers. From 8–14 May 2017 thousands of events across the country were held to say thank you to the 6 million Australians who volunteer.

On Tuesday May 9 Centacare held a Volunteers Dinner at the Buckingham Arms Hotel. The dinner, which is held annually, is a way for Centacare to thank our volunteers for the contribution they make to our programs.

If you would like more information about volunteering with Centacare you can speak to our Volunteer Co-ordinator Vicki on 8252 2311.

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## **Are anxiety and depression caused by a chemical imbalance in the brain?**

We had an interesting discussion in a support group recently about the impact of brain chemistry on anxiety and depression. One of the women attending the group commented that she had been depressed for many years, but there was nothing she could do about it because it was caused by a chemical imbalance in her brain. Like many other people who share the same belief, she was resigned to the fact that she would never recover and would suffer from depression for the rest of her life. But is the belief that anxiety and depression are caused by a chemical imbalance actually true?

The simple answer is NO! Although anxiety and depression do involve chemical differences in the brain, they are not caused by those chemical differences. This is why medication alone doesn't cure anxiety and depression. If they were caused purely by chemical issues in the brain, medication would resolve them, but it doesn't. Medication can help to reduce the symptoms but it doesn't cure anxiety and depression. Although there are other factors that can contribute to their development, anxiety and depression are mainly caused by our thoughts. Every thought we have results in the release of chemicals in our brain, and these chemicals determine how we feel. Different thoughts lead to the release of different chemicals, and over time certain thinking patterns can cause our brain chemistry to change, and we can become anxious or depressed.

So what does this mean for people with anxiety and depression? It means they no longer need to resign themselves to the fact that they will never recover. It means there IS something they can do. They can change the way they think. With the right treatment and support, people can develop more helpful thinking patterns, and over time this will lead to recovery. In PACE we know that recovery is possible, and everything we do is aimed at helping people achieve recovery. If you would like more information give us a call and speak to one of our friendly team.

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