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## KEEPING PACE

November 2017

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Welcome to the November 2017 edition of Keeping PACE.

It's great to see that Spring has finally arrived. Winter seemed to drag on this year, but the weather is starting to warm up and we've had some nice sunny days over the last few weeks. I hope you've been able to get out and enjoy the sunshine.

We've been extremely busy over the last few months in PACE, and at times it's been difficult to keep up with the demand for our services. We're lucky to have several wonderful volunteers in our program who are passionate about supporting people with mental health issues. Without them we wouldn't be able to support as many people as we do, and I appreciate the valuable contribution they make to PACE.

The largest part of our work in PACE involves running Recovery Support Groups, but we also offer individual support, and we've had a lot of people looking for this type of support lately. We also get asked to deliver training for workers regularly, and we've done several training sessions over the last few weeks. We started another Buried in Treasures program in July for people who hoard, and we delivered several sessions on anxiety for young people at the Adelaide Youth Training Centre. During Mental Health Week in October PACE delivered a "Journey to Recovery from OCD" presentation at the Payneham Library, and had a table at the "White Dog Walkabout" family day at Nuriootpa.

In late November PACE will be going to Port Augusta and Port Lincoln to deliver training for workers in those areas. We will deliver two sessions on hoarding and one session on anxiety, OCD and eating disorders. We don't get much opportunity to visit regional areas, so we are looking forward to the trip.

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>

## **Miss Universe Australia talks about mental illness**

There was interesting article in the Advertiser recently in which Miss Universe Australia, Adelaide's own Olivia Rogers, spoke about her father's experiences of living with Bi-polar Disorder. Olivia has previously spoken about her own struggles with anxiety and depression. I am always pleased when people with a public profile talk so openly about their own struggles, because it raises public awareness and reduces the stigma associated with mental illness. It takes courage to speak about personal issues publicly, and Olivia and her family deserve a lot of credit for being willing to do this.

<http://www.adelaidenow.com.au/entertainment/confidential/miss-universe-australia-olivia-rogers-reveals-her-fathers-battles-with-bipolar-disorder/news-story/9a2e19f1225f587625709b1139198f8a>

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## **Survey on the impact of body esteem**

The Butterfly Research Institute (BRI) works together with those with a lived experience to advance the Australian knowledge base on eating disorders and body image. In order to further explore the actual experience of body esteem for Australians, the BRI is conducting research to investigate Australians over the age of 18 in relation to their body esteem, and the impact these feelings have on their day to day lives. Butterfly would like to recruit a large number of participants to generate as diverse a sample as possible. Anyone over the age of 18, who is living in Australia, is encouraged to participate. The survey will be open for the month of November and you can access the survey through the following link:

[www.surveymonkey.com/r/TBFInsightsInBodyEsteem](http://www.surveymonkey.com/r/TBFInsightsInBodyEsteem)

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## **Interesting video about eating disorders**

Generation Next has produced a video with information about eating disorders. In the video Professor Stephen Touyz discusses common myths, how to tell when dieting behaviours may be developing into an eating disorder, the link between eating disorders and other mental illnesses, and what schools can do to prevent eating disorders. Professor Touyz discusses how talking about eating disorders with young people can actually promote rather than prevent them. He says that the best way for schools to address eating disorders is to focus on the underlying issues that lead to their development, such as body image, self-esteem and confidence. In PACE this is the approach we take when working with young people. Our "be BOLD – Break the Mould" program, which we deliver free to schools, focuses on building positive body image, self-esteem and resilience to prevent the development of eating disorders.

<https://www.youtube.com/watch?v=6nOCMjFRh8Y>

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## Notable quote

“A person who never made a mistake never tried anything new.”

*Albert Einstein*

People make mistakes!! This is a reality we can't escape. No matter how hard we try we can never be perfect. So why is perfectionism so common? The reason is that many people see perfectionism as a positive quality. They believe that perfectionists get things done and do things right. They believe that perfectionists are more successful than other people because they are determined and keep going until they achieve success. They believe that perfectionism is helpful. But are these beliefs actually true?

The simple answer is no. These beliefs aren't true. Although many perfectionists are successful, their success is usually achieved despite their perfectionism not because of it. Research has shown that overall, perfectionists don't do as well as non-perfectionists because they put too much pressure on themselves. Although stress can help us to perform, there is a point at which the stress actually impedes performance. Perfectionists don't perform as well as other people because they put extreme pressure on themselves by striving for impossibly high standards. It's important to realise that there is a big difference between striving for excellence and striving for perfection.

People who strive for excellence are motivated by the satisfaction of achievement, whereas perfectionists are motivated by the fear of making mistakes and failure. People who strive for excellence aren't afraid of making mistakes or failing. They accept that mistakes are normal and use them as opportunities to learn and improve, so they pick themselves up and keep going. Perfectionists are afraid of making mistakes and failing, which can cause them to procrastinate, give up sooner, or not try at all.

People who strive for excellence have standards which are realistic and achievable. Perfectionists, on the other hand, have standards that are unrealistic and unattainable. They always think they can do better, so nothing they do is ever good enough, and they are never happy with their work. They continually raise the bar, so they are never able to meet their expectations. They fear failure, but they set themselves up for failure by having unrealistic expectations of themselves.

Although perfectionism may appear to be helpful, in reality it isn't. It is helpful to have high standards and strive for excellence, but striving for perfection only leads to frustration, disappointment, and unhappiness. The reality is that none of us are perfect and we never will be, so striving for perfection is pointless. Being a perfectionist is like fighting against reality, and this is a fight we can't win. So strive for excellence, not perfection. Start viewing mistakes as opportunities to learn, ensure your expectations are realistic, and focus on doing your best rather than achieving perfection. If you can do this you are more likely to be successful, and you will feel much better about yourself too!

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