



KEEPING PACE

May 2018

Welcome to the May 2018 edition of Keeping PACE.

It's scary how quickly the time goes by. It doesn't seem like very long ago that I was writing the February edition of this newsletter and now it's May. With life being so busy and time passing by so quickly I think it's important to stop and smell the roses, which is why I recently started a gratitude journal. In a gratitude journal you take time to reflect each day, and write down some of the things you are grateful for. Keeping a gratitude journal has helped me to be more aware of the good things that have happened throughout the day, and appreciate the little things that I might have previously missed. If you've never done this before, I encourage you to give it a go.

I am pleased to announce that PACE has a new team member. Her name is Jodie and she will be working three days a week, from Wednesday to Friday. Jodie will be co-facilitating several of our support groups, and will also be available for individual appointments. Jodie has already made a positive impression, and I'm sure she will be a great asset to our team.

In PACE we have a strong focus on supporting young people. We have developed and delivered several programs for young people over the last few years, including *Be BOLD – Break the Mould, Stress Less, and What the Hell is Anxiety?* We are currently in the process of developing a new program for young people focused on anxiety and depression. These issues are common in young people, so it's important that they are educated about them. The program will provide young people with knowledge and skills which will not only benefit them while they are young, but throughout their lives. It will be offered free of charge to high schools. I will provide more information about the program when it's ready to go.

Until next time, look after yourself.

Shane

Team Leader, PACE

PACE Service

Centacare Catholic Family Services

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

<http://pacesupport.org.au>

New Buried in Treasures hoarding recovery program

We have finalized the details for our next Buried in Treasures hoarding recovery program. The 15 session structured program is designed for people who want to reduce the amount of clutter in their home. It will be held weekly on Wednesday mornings at the City of Marion council offices, starting on August 1. For more information or to register give us a call on 8159 1400 or send us an email at pace@centacare.org.au. A flyer for the group can be accessed at:

<http://programs.centacare.org.au/pace/wp-content/uploads/sites/4/2018/05/Buried-in-Treasures-South-2018.pdf>

Community Education Forums – Understanding Eating Disorders

During May and June Skylight will be delivering four presentations aimed at helping people understand eating disorders. Delivered by a Skylight Recovery Advocate, the forums will explore the most commonly diagnosed eating disorders and will look at the risk factors and symptoms that make this group of illnesses distressing for the person, and their families and loved ones, who often feel helpless in providing support and care. The Skylight Recovery Advocate will also share her experiences of living with Anorexia Nervosa and her inspiring journey to recovery. Presentations will be delivered at Christies Beach on May 9, Salisbury on May 23, Murray Bridge on June 12, and Elizabeth on June 20. Skylight will also host a Panel Discussion on Understanding Eating Disorders on July 25. I have been invited to be part of the panel, and I will be there to share information about PACE and the other services available for people with eating disorders and their families.

For more information or to register for a session phone Skylight on 8378 4100 or visit the Skylight website: www.skylight.org.au

Exercise Your Mood

The Black Dog Institute has started the *Exercise Your Mood* initiative to encourage us all to exercise regularly for our mental health. This comes after a recent international study showed that depression could be prevented by doing just one hour of physical activity each week. It's been known for a while that exercise is helpful in treating depression, but this is the first time that it's been shown to prevent the disorder. The intensity of the activity doesn't matter, the important thing is to get out and exercise every week. Black Dog has developed some tips and resources to help get you started. You can find them at:

<http://blackdoginstitute.org.au/get-involved/exercise-your-mood>

PACE Service

Centacare Catholic Family Services

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

<http://pacesupport.org.au>

Notable quote

“Comparison is the death of joy.”

Mark Twain

This quote by Mark Twain is probably more relevant today than it was when he said it. Although comparison has probably always been a problem, it is a bigger problem today. When Mark Twain lived, over a hundred years ago, people didn't have many other people to compare themselves to. They could only compare themselves to the people they knew personally, or the people they met in their daily lives. Today we have so many more people to compare ourselves to. We can compare ourselves to people we see in magazines, on television, internet and social media. We have thousands of people to compare ourselves to, and many of them seem to be attractive, successful and happy, which can make us feel inferior and inadequate. The reality is that it's difficult to be happy if we don't feel good about ourselves, and if we constantly compare ourselves to people who we think are smarter, younger, funnier, happier, more talented, more successful or more popular than us, it's inevitable that we will start to feel bad about ourselves.

The problem with comparing ourselves to other people is that generally our comparisons aren't very reasonable or realistic. We tend to compare the negative qualities we see in ourselves to the positive qualities we see in other people, which isn't a fair comparison. We tend to overlook our positive qualities and only see the things we don't like about ourselves. We also tend to assume that what we see in other people is real, which often isn't the case. People always try to put their best self forward, so what we see isn't always an accurate reflection of who they are. This is especially true when it comes to the media. Much of what we see in the media isn't real, it's staged, choreographed and manipulated to show people at their absolute best, or even better than their best. It's important to be aware of the problem, because if we continue to make unfair comparisons, we will continue to feel bad about ourselves unnecessarily.

If you want to feel better about yourself, try to be more realistic in your judgements of other people and yourself. Try to be critical of what you see in the media, especially social media. Don't assume that what you see is real, because it probably isn't. People may appear to have it all, but they don't. They have flaws. They have issues. Everyone does. Also, start to recognize and appreciate your positive qualities. Take time each day to think about the things you've done well and the positive qualities you possess. It's normal to compare ourselves to other people. In fact, we are actually hard wired to compare ourselves to others, so you probably couldn't stop making comparisons if you wanted to. What you can do is be a bit more realistic with your comparisons. This will help you to feel much better about yourself, and a whole lot happier.

PACE Service

Centacare Catholic Family Services

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

pacesupport.org.au