

KEEPING PACE

November 2018



POSITIVE BODY IMAGE PROGRAM FOR SCHOOLS

For some time PACE has been delivering a positive body image program for teenage girls in South Australian high schools. Be BOLD is a program designed to help girls develop a more positive self-image, and increase their self-esteem and resilience. The program is delivered over three 90 minute sessions. Session one aims to help girls understand how the media influences the way they feel about themselves and encourages them to avoid unhelpful comparison with others. Session two aims to help girls redefine their definition of beauty and encourages them to focus on health rather than appearance. Session three aims to help girls develop positive self-talk. For more information about the Be BOLD program contact PACE on 8303 6660.

Welcome to the November 2018 edition of Keeping PACE.

Spring has arrived and it's great to have some warm, sunny days. I hope you're all enjoying the warmer weather.

It's been a busy few months in PACE. We've continued to deliver support groups for panic and anxiety, OCD, eating disorders, binge eating and hoarding across Adelaide, and it's been encouraging to receive some positive feedback from participants lately. We've had a couple of people over the last few months tell us that attending one of our support groups has been more helpful to their recovery than anything else they have done. We know that the work we do is worthwhile, but it's nice to have this affirmed by our clients.

During September and October PACE delivered three presentations at hoarding and squalor forums organized by Kelledy Jones Lawyers. The forums were aimed at staff from local councils, and were designed to provide information about how to manage hoarding and squalor cases. PACE was invited to present at the forums to provide information about the psychological aspects of hoarding, and how to work with people who hoard. The responsibility of dealing with hoarding and squalor in the community often falls on local councils, but it can be difficult for council workers to know how to deal with residents who hoard because it is a complex mental disorder, so the information provided by PACE was helpful for many of the people who attended the forums.

Until next time, look after yourself.

Shane

Team Leader, PACE

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DIGITAL BODY IMAGE PROGRAM FOR BOYS

RESET is a digital education program designed to start a deeper conversation with boys about negative body image and eating disorders. In today's society the pressures on young boys to look and be a certain way are increasing and body dissatisfaction is on the rise. RESET supports schools and other youth organisations in raising awareness of body image issues, reducing stigma and encouraging help seeking in boys.

For more information visit:

<https://thebutterflyfoundation.org.au/RESET>



NEW MENTAL HEALTH INITIATIVE FOR SCHOOLS

Beyond Blue have just launched a new initiative designed to address mental health in schools and early learning centres. At its heart, Be You is online training and resources, backed by 70 expert staff on the ground, to support busy principals, teachers and early learning professionals. One in seven young people aged between four and 17 has experienced a mental health issue in the past 12 months – that is 560,000. Children spend around 30 hours at schools or in care each week, so educators are confronted with these issues every day.

For more information or to get involved visit:

<https://www.beyondblue.org.au/media/media-releases/media-releases/beyond-blue-launches-be-you-a-major-new-mental-health-initiative-for-schools-and-early-learning-services>

NDIS HAVING NEGATIVE IMPACT ON MENTAL HEALTH IN SA

There is an interesting article on InDaily News discussing the impact of the introduction of the National Disability Insurance Scheme on mental health in SA. The article discusses the results of a recent survey of mental health workers in SA by the Australian Services Union. The survey indicates that there has been an increase in hospital admissions, homelessness and self-harm since some services for mental health, such as the Personal Helpers and Mentors Service, have been transferred to the NDIS rather than receiving traditional government funding.

To read the article click the following link:

<https://indaily.com.au/news/2018/11/15/ndis-move-causing-hospital-admissions-homelessness-self-harm/>



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PEOPLE WITH ANXIETY DISORDERS ARE HIDING THESE FIVE SUPERPOWERS (BACKED BY SCIENCE)

By Gerald Sinclair

Anxiety is something that can feel as if it does nothing but damage, however, that is not always the case. Anxiety in itself comes with some “superpowers” depending on how you look at it.

If you have anxiety try looking at the good aspects rather than the bad. With anxiety comes a heightened sense of perception. Do you have these superpowers?

1. **An ability to sense the energy of others** - You can tell whether or not someone has a positive vibration or a negative vibration. Negative people make you uncomfortable while positive people are a bit easier to be around. Normal people often have trouble being able to tell when someone is overly negative.
2. **An increased empathy** - People with anxiety are more concerned with the feelings of others than normal people. They have a heightened sense of empathy most people will not understand. People who deal with anxiety also can detect emotions better than others. Empathy is important, you have enough to make a difference in the lives of people you may not even know.
3. **A life saving instinct** - Anxiety is something that can be traced back farther than you might imagine. This can be used as a survival mechanism and allow someone to be more aware of the things going on around them. You know what I mean, that bad feeling you get when you're walking alone outside or when something bad is about to happen. A study published in the European Journal of Psychology found that people with high levels of anxiety were quicker to detect danger and respond to it.
4. **An increased IQ** - People with anxiety were found to be smarter by researchers from SUNY Downstate Medical Centre in New York. This comes as no surprise considering the amount of over analyzing that people with anxiety do. They know every possible outcome to just about every single situation and then some.
5. **An ability to see through lies** – People with anxiety are especially careful, they can see right through lies most of the time and are actually much braver than you might think. If someone says something that doesn't quite make sense or match up they will be the first to point it out, though it takes a minute for them to get the courage up they are quite capable.

People with anxiety are much more special than you might think, while they are overly anxious and overthinking things they are also able to achieve greatness all the while. People with anxiety are prepared for just about anything and are some of the strongest people you will ever come across.

(Accessed at <https://awarenessact.com/people-with-anxiety-disorders-are-hiding-these-5-superpowers-backed-by-science-empath/>)

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