

KEEPING PACE

February 2019



PACE FEATURED IN SUNDAY MAIL ARTICLE

In January the Sunday Mail printed an article about the pressures experienced by girls to emulate the body shapes of celebrities such as Kendall Jenner and Kim Kardashian, and Alyce from the PACE Service was interviewed for the article. Alyce was able to provide an insight into the way teenage girls think about their bodies and the pressure they feel to conform to unrealistic standards of beauty, which she gained from delivering the Be BOLD Break the Mould positive body image and self-esteem program for PACE.

To view the article online click on the following link:

<https://www.adelaidenow.com.au/news/south-australia/summer-warning-body-pinups-like-kendall-jenner-can-cause-grief-for-selfieobsessed-adelaide-teens/news-story/7b4907befb1ae1532d9c4bb33c8bbcef>

Welcome to the February 2019 edition of Keeping PACE.

I hope you all survived Christmas and the recent heatwave.

It's a new year and a few things have changed in PACE, but most of our services will continue in 2019. We will no longer be offering Panic and Anxiety Recovery Support Groups at Glynde or Mount Barker, but our Panic and Anxiety Recovery Support Groups will continue at Morphett Vale, Seaton, Elizabeth and Gawler. Our OCD, Eating Disorders and Binge Eating Recovery Support Groups will all continue at Payneham, and our DAIR Hoarding Recovery Support Groups at Morphett Vale, Seaton and Modbury will also continue in 2019. We are always looking for new ways to support our clients and provide services which meet the needs of the community, and over next few months we plan to deliver some new group programs. I'll keep you posted.

A big part of our work is providing information about the mental health issues we work with, and we deliver many community presentations and workplace training sessions each year. We have a couple of community presentations on hoarding scheduled over the next few weeks. We will be delivering a session at the Unley Town Hall on the 7th of March at 7.00pm and another at the Campbelltown Library on the 11th of April at 11.00am. For more information or to book contact the Unley Library on 8372 5100 or the Campbelltown Library on 8366 9299.

Until next time, look after yourself.

Shane

Team Leader, PACE

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NEW STUDY SHOWS THAT EXERCISE CAN HELP TO PREVENT DEPRESSION

A recent study conducted by Massachusetts General Hospital proved that exercise can help to prevent depression. It showed that doing 15 minutes of vigorous exercise each day can reduce the risk of depression by around 26 percent, and any physical activity can help. It has been known for many years that exercise is helpful in preventing and managing depression, and this study provides further proof of this. Exercise is helpful because it causes the body to release endorphins, chemicals which trigger positive feelings. Endorphins are nature's anti-depressants, and exercise is one of the best ways to get them. An article which discusses the research can be accessed on ABC News online:

<https://www.abc.net.au/news/health/2019-01-24/exercise-helps-prevent-depression-study-finds/10745156>

MORE MEDICARE FUNDING FOR EATING DISORDERS



In December the Federal Government announced that it will increase Medicare funding for the treatment of eating disorders. From November 2019 Medicare will fund 40 sessions of psychological therapy each year for people who have been diagnosed with an eating disorder, a significant increase on the 10 sessions currently available. This is great news for people with eating disorders and their families, because for most people ten sessions is nowhere near enough. Eating disorders are extremely complex, and often involve other psychological issues, such as anxiety, depression, personality disorders, substance abuse, and self-harm, and the extra funding will ensure that people with eating disorders can access the treatment they need. Information about the announcement can be found on the website of the Federal Health Minister, Greg Hunt:

<https://www.greghunt.com.au/landmark-medicare-support-for-australians-living-with-an-eating-disorder/>

LIVED EXPERIENCE TELEPHONE SUPPORT SERVICE

The Lived Experience Telephone Support Service (LETSS) is a free service that assists people living in the Adelaide Metro region to understand and improve their mental health. The service is for people with mental illness, as well as carers, family and friends. Trained support staff answering the calls will have a personal lived experience of recovery and managing challenges to their mental health. They will draw on this experience of recovery in their support and understanding of the caller's unique experience. The service will operate from 5.00pm - 11.30pm, 365 days a year. Many mental health services only operate during business hours, so LETSS will provide valuable support outside these hours. People can access the service by phoning 1800 013 755. For more information visit:

<https://www.letss.org.au/>

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NOTABLE QUOTE

“God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

Reinhold Niebuhr

The above quote is known as the Serenity Prayer. Growing up, I remember my parents had a copy of it hanging on the wall of our lounge room. I saw it every day of my childhood, and read it more times than I can count, but it didn't mean anything to me, because I didn't understand its significance. It was just a bunch of words. As an adult I realise how powerful the words are. They are powerful because they contain the key to happiness - accepting what we can't change and focusing our attention on the things we can.

We can't control everything that happens to us in life, no matter how much we try. There will always be situations we can't do anything about. It's how we respond to these situations that has the greatest impact on our happiness. When we find ourselves in a situation we don't like, we have a choice about what we focus our attention on. We can either focus on the unfairness of the situation and wishing it could be different, or we can accept that there is nothing we can do to change it and focus on things we can control. If we don't accept the situation we can become frustrated, angry, resentful or hurt. We can start to feel helpless, hopeless and overwhelmed, which can lead to depression. However, if we can accept the situation and focus on what we can control, we will feel more hopeful and confident about our ability to deal with it.

“There's no point fighting against reality because it's a fight we just can't win”

Acceptance doesn't mean we like the situation, it just means we don't fight against it or dwell on it, which is a waste of time and energy. It's much more helpful to focus our energy on things we can control than things we can't. Whether it's a current situation, a past experience, something about another person, something someone has done, something about ourselves, or something we've done, if there are things we don't like that we can't change, we need to learn to accept them rather than resist them.

In life things don't always go the way we want them to, and sometimes there's nothing we can do about it. Whether we like it or not, this is the reality of life. As humans we have a tendency to fight against reality rather than accept it, but this isn't helpful. There's no point fighting against reality because it's a fight we just can't win. It's much more helpful to accept the things we can't change, and focus our energy on the things we can. If we do this, we will feel much better about life and ourselves.

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