

KEEPING PACE

August 2019



FREE COMMUNITY PRESENTATIONS

An important part of the work we do in PACE is providing information to the community about mental health issues, and during September we will be delivering several community presentations. On the 12th of September at 7.00pm we will deliver a talk on managing anxiety and depression at the Unley Library. For more information or to register phone the Unley Library on 8372 5100. On the 17th of September at 1.30pm we will deliver a talk on eating disorders at the Playford Library. For more information or to register phone the Playford Library on 8256 0107. On the 24th of September at 10.30am we will deliver a talk on hoarding at the Park Holme Library. For more information or to register phone the Park Holme Library on 8375 6745.

Welcome to the August 2019 edition of Keeping PACE.

I hope you are keeping warm and well.

Since the last newsletter we learned that PACE will continue to be funded until the 30th of June 2020. This is great news because it means we can continue to support our clients for another year. Uncertainty about funding can be extremely stressful for workers and clients, and it was huge relief for everyone to hear that we will be funded for another year.

There will be a few changes in the PACE team over the next couple of months. In October we will be losing Alyce, who will be going on maternity leave for a few months. Alyce is an important member of our team, and she will be missed by her clients and everyone here in PACE. Over the next few weeks will start the process of looking for someone to take on her role while she is away, and we aim to have someone in the role by the time she goes on leave. We will also welcome a new worker in PACE in September. Her name is Kym, and she will be completing a student placement in PACE. We look forward having her in the team.

All of our support groups will continue during the second half of the year, and we will be starting a new Buried in Treasures Hoarding Recovery Support Group in August. Updated flyers for our support groups can be accessed on the Recovery Groups page of our website:

<http://programs.centacare.org.au/pace/support-groups/>

Until next time, look after yourself.

Shane

Team Leader, PACE

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MENTAL HEALTH COMMUNITY EVENT IN THE NORTH



The City of Playford is holding a Mental Health Community Event in October. The event, which will be held at 6.00pm on the 16th of October in the Shedley Theatre at the Playford Civic Centre, is open to people of all ages. The event will include a session with Luke McLean, founder of "I Am Worthmore", a question and answer panel with John "Swanee" Swan, a complimentary 21 day gratitude journal, and information about positive strategies for improving mental health. To register for this free event search for "I Am Worthmore" on the Eventbrite website:

<https://www.eventbrite.com.au/>

R U OK DAY 2019

R U OK?
A conversation could change a life.

Thursday the 12th of September is R U OK Day. The theme this year is *"Trust the Signs, Trust your Gut, and ask R U OK?"*. People are encouraged to recognize the signs that someone might be struggling and check in with them to see if they are okay. For information about R U OK Day or to access resources visit the R U OK website:

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

MEDICAL DIAGNOSIS OF MENTAL DISORDERS FOUND TO BE MEANINGLESS

A recent study by the University of Liverpool has found that the criteria used by Doctors to diagnose mental illness has limited use in understanding the complex causes of mental illness and how to help people experiencing them. Lead researcher Dr. Kate Allsopp said: "Although diagnostic labels create the illusion of an explanation they are scientifically meaningless and can create stigma and prejudice. I hope these findings will encourage mental health professionals to think beyond diagnoses and consider other explanations of mental distress, such as trauma and other adverse life experiences." An article discussing the research can be accessed at:

<https://www.anxietycentre.com/anxiety/research/psychiatric-diagnoses-scientifically-meaningless.shtml>

OCD RESEARCH NEEDS TO FOCUS MORE ON PATIENTS

A recent study published in *Clinical Psychology Review* asserts that most research into Obsessive Compulsive Disorder hasn't actually been helpful for people with OCD or the therapists who treat them. Although the research has been helpful in improving understanding of OCD, it hasn't necessarily translated into benefits for people living with the disorder. The study asserts that research should be more focused on the experiences of clients and developing more practical strategies for managing OCD, rather than trying to understand the biological causes and factors involved. OCD is extremely distressing, and the more we can do to ease this distress the better it will be for people living with the disorder. An article discussing the study can be accessed at:

<https://psychcentral.com/news/2019/06/07/study-ocd-research-needs-to-focus-on-the-patients-themselves/146049.html>

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NOTABLE QUOTE

“Be not ashamed of mistakes and thus make crimes.” *Confucius*

I came across this quote by Confucius today and it caught my attention. In the quote Confucius warns against judging our mistakes too harshly. Many of us have a tendency to view our mistakes as more serious than they actually are. We elevate mistakes to the level of crimes and punish ourselves for making them. But viewing mistakes in this way isn't helpful. It's important to take responsibility for our actions and own up to our mistakes, but punishing ourselves excessively for making them isn't helpful, and it certainly isn't fair.

The way we view mistakes determines how we feel and what we do when we make them. If we view mistakes as unacceptable, we can feel embarrassed, ashamed, frustrated or angry when we make a mistake, and we will probably criticize ourselves excessively for making it. This is unhelpful because we are setting ourselves up for low self-esteem. The reality is that everyone makes mistakes, and whether we like it or not we will continue to make mistakes, probably many mistakes every day, so if we continue to view mistakes as unacceptable, we will continue to criticize ourselves for making them, and this will cause us to feel bad about ourselves. Not only is this unhelpful but it's extremely unfair. Humans make mistakes, so viewing mistakes as unacceptable and punishing ourselves for making them doesn't make sense.

So why do many of us view mistakes as unacceptable when they are inevitable? In a word, perfectionism. Many of us are perfectionists. Although many people view perfectionism as a positive trait, it isn't. The problem with perfectionism is that it involves unrealistic expectations. It's helpful to have high expectations but it isn't helpful for our expectations to be unrealistic, and perfectionists generally have unrealistic expectations. They place unrealistic expectations on almost everything they do, which sets them up for failure. They believe that they shouldn't make mistakes, so they feel bad about themselves when they make one, and they punish themselves in an attempt to avoid making the same mistake again. But this doesn't work, because the problem isn't that they didn't work hard enough, or that they weren't good enough, the problem is that their expectations were unrealistic.

Mistakes are part of life, so to believe that we shouldn't make them is unrealistic and unfair. It's important to view mistakes in a more realistic way. Be open to making mistakes. Accept that mistakes are a normal part of life, and that it's okay to make them. View mistakes as opportunities to learn and grow. This doesn't mean that you have to like making mistakes, or you don't try to do your best, it just means that you accept that you are human, and sometimes your best isn't good enough. If you can view mistakes in a more realistic way, you will avoid the self-criticism and shame, and you will feel much better about yourself.

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