

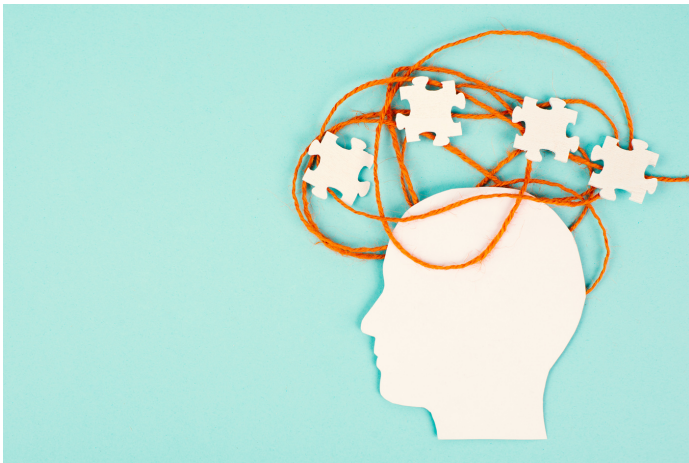
Healthy Habits Newsletter



April 2024

In this month's newsletter, I look at ways to take care of our mental health

THE CRUCIAL IMPORTANCE OF PRIORITISING MENTAL HEALTH IN TODAY'S TURBULENT WORLD



In brief

- Understand the impact of external stressors
- Break the stigma
- Find ways to take care of your mental health, which can include seeking help

In detail

In a world marked by uncertainty, stress, and rapid change, the significance of safeguarding our mental health has never been more apparent. From socio-political unrest and environmental concerns to daily images of shocking events closer to home, individuals everywhere are grappling with unprecedented challenges. In this context, nurturing our mental well-being emerges as a fundamental necessity for navigating these tumultuous times.

Understanding the Impact

The impact of external stressors on mental health cannot be overstated. Constant exposure to distressing news, social isolation, financial worries, and work-related pressures can take a toll on our emotional and psychological well-being. Anxiety, depression, burnout, and feelings of helplessness are just some of the repercussions individuals may experience in response to prolonged stress.

Also, the collective trauma experienced during widespread crises can exacerbate existing mental health conditions and trigger new ones. It is crucial to acknowledge and address these challenges proactively to prevent them from escalating into more severe issues.



Breaking the Stigma

Despite growing awareness, mental health remains shrouded in stigma and misconception in many societies. Individuals may hesitate to seek support due to fear of judgment or societal norms that discourage open discussion about mental health concerns. However, breaking down these barriers is essential for fostering a culture of acceptance and support.

By promoting open dialogue and understanding, we can create an environment where individuals feel empowered to seek help without shame or stigma. Normalising discussions about mental health encourages early intervention and facilitates access to necessary resources and support systems.

Practising Self-Care

Engaging in activities that promote relaxation, mindfulness, and emotional well-being can help alleviate stress and foster resilience. Whether it's meditation, exercise, creative pursuits, or spending time with loved ones, prioritising self-care nurtures our mental health and equips us with the tools to cope with life's challenges. Spending time in nature has also been shown to help improve mental health. Consider dietary changes as well, such as reducing your intake of processed foods and alcohol, as these can affect your mood and increase anxiety. Instead, focus on whole foods and staying hydrated with plain water. Also consider trying reduced-alcohol or zero alcohol drinks which are becoming more widely available.

Additionally, establishing boundaries and practicing self-compassion are essential components of self-care. Learning to say no to excessive demands and embracing imperfection allows us to protect our mental well-being and maintain balance in our lives.

Seeking Support

Recognising when professional help is needed is a crucial aspect of self-care. Just as we seek medical attention for physical ailments, addressing mental health concerns requires professional intervention. Whether through therapy, counselling, hypnotherapy, or support groups, seeking support from qualified professionals can provide invaluable guidance and assistance in managing mental health challenges.

Furthermore, leaning on trusted friends, family members, or colleagues for support can offer a valuable source of comfort and understanding. Building a strong support network fosters resilience and reinforces the importance of community in promoting mental well-being.



Final thoughts

In the face of global upheaval and uncertainty, safeguarding our mental health is not a luxury but a necessity. By prioritising self-care, breaking down stigma, and seeking support when needed, we can cultivate resilience and navigate the challenges of today's world with strength and compassion. Let us recommit ourselves to the importance of mental health and strive to create a society where well-being is valued and supported for all.

WHAT'S IN SEASON



Eating in season makes sense as produce will generally be cheaper and also taste great!

Here are a few fruits and vegetables that are in season in Australia right now.

FRUIT

- Apples
- Kiwifruit
- Figs
- Lemons
- Limes
- Oranges
- Pears
- Rhubarb

VEGETABLES

- Asian greens
- Avocado (Shepherd)
- Cabbage
- Capsicum
- Eggplant
- Pumpkin
- Sweet potato
- Turnips
- Zucchini



THIS MONTH'S RECIPE

BROWN LENTIL CHILLI BOWL

A warming, filling and meat-free meal that uses pantry staples. It's easy on the budget too!

Recipe inspiration: Lee Holmes

SERVINGS: 3-4

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium/large onion, chopped
- 2-3 garlic cloves
- 1 red capsicum, diced
- 1 carrot, diced
- 1 tablespoon chilli powder
- 1 tablespoon ground cumin
- 1 x 400g tin cooked brown lentils, drained
- 1 x 400g tin cooked black beans or kidney beans, drained
- 1 x 400g tin chopped tomatoes
- 1 cup vegetable stock
- Optional toppings: chopped coriander, sliced avocado, plain yoghurt, fresh chilli

METHOD

1. Heat oil in a large pan over medium-high heat. Add the onions, garlic, capsicum and carrot and sauté for 5 minutes.
2. Lower heat. Add the chilli powder and cumin and stir to combine. Cook for 1-2 minutes.
3. Add lentils, beans, tomatoes, and stock and bring to a gentle simmer.
4. Cook for 10-15 minutes.
5. Season to taste. Garnish with toppings and serve with cooked rice.



HELPING BUSY PEOPLE LOOK, FEEL, AND PERFORM AT THEIR BEST

About me

I'm a wellness transformation coach, hypnotherapist, corporate trainer, and creator of the DARE Model, a four-part system that helps individuals create healthy habits that stick. The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

I now help busy people implement healthy habits so they can look, feel, and perform at their best.

I specialise in helping people with:

- losing weight using the Virtual Gastric Band hypnosis technique
- stopping smoking and vaping
- stopping or reducing alcohol consumption
- pain management
- sports performance
- business performance

About my book

I created the DARE model to help people easily set up healthy habits that stick.

DARE stands for Desire, Accountability, Reward, and Environment.

The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

Work with me

Contact me if you would you like to know more about how I can help you reach your wellness goals.



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