

## JUNE 2018

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## AGFEST 2018

Rural Alive and Well attended this year's AGFEST on May 3rd, 4th and 5th. Both the RAW Board and staff enjoyed the opportunity to greet new and old mates of RAW.

This year RAW was a part of two site locations, a rural services hub in conjunction with Rural Business Tasmania, Aurora, Centrelink, Primary Employers Tasmania and Rural Biz Training. RAW was also a part of the Tasmanian Farmers and Graziers Association site.

Preparation and planning was a mighty task which was completed by our Business Services Team as well as with help and input from the Outreach Teams.

RAW looks forward to talking to even more mates at next year's AGFEST in 2019.



Outreach Worker Ebony De Jesus with RAW President Ian McMichael ready to TALK TO A MATE.



Rural Alive & Well site ready to go for day 1 of AGFEST.

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## **Mental Health First Aid Training**

Rural Alive and Well's Training Program has been busy facilitating many Mental Health First Aid (MHFA) training courses in various locations around Tasmania for local community members including Bothwell, Ulverstone, Latrobe, Beaconsfield, Richmond and South Arm. These courses have been very popular and well attended by many community members.





Attendees engaged by RAW's John Clark at the Bothwell Mental Health First Aid Training, which was kindly funded by the John Wallis Foundation.



Adult Mental Health First Aid (MHFA) is an Australia Wide accredited course. The 12-hour MHFA course teaches adults (18 years and over) key skills to give initial help to someone developing a mental health problem or experiencing a crisis, (e.g., the person is suicidal or has had a traumatic experience). Like physical first aid, MHFA is given until the person receives professional help or until the crisis resolves.

MHFA is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis MHFA strategies are taught in evidence-based training courses authored by Mental Health First Aid (MHFA) Australia and can only be delivered by accredited MHFA Instructors.

The course will give an understanding of their own views and feelings about mental health issues and disorders, create confidence in providing support to others and advising

individuals to seek professional help.

These individuals will gain the ability to identify, understand and respond to signs of depression, anxiety, trauma, psychosis, substance abuse problems, suicidal thoughts as well as behaviours, panic attacks and self-injury.

On successful completion of the two day course, (12 hours total) and the online assessment, the attendee receives a 3 year accreditation. This accreditation gives the ability to individuals to become mental health first aiders in the workplace.

Rural Alive and Well have 2 accredited MHFA Instructors that are able to deliver training anywhere in Tasmania.

If you are interested in completing a MHFA course or would like more information please call 6254 1092 or email [training@rawtas.com.au](mailto:training@rawtas.com.au)

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## **TARGA Tasmania**

TARGA Tasmania was held from the 16th - 21st April this year. One entry showed its support for RAW by having RAW branding on the car and their race suits. While they didn't end up with a podium finish, they finished with an amazing experience of driving around some of the best sights in Australia.



Michael McMichael with the car that he co-drove with John Connelly in the 2018 TARGA Tasmania.

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## **A Day at the Goat**

On Saturday 31st March, Goaty Hill Wines held A Day at the Goat. It was a great day with Live music, food vans, vines and wine. Entry by donation was donated to Rural Alive & Well. A total of \$2,360.75 was raised.

Thank you to Goaty Hill Wines and everyone that attended on the day for your generous contributions.



RAW's Outreach and Community Development Officer, Ebony De Jesus collecting the donation.

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## **10 Smart, Simple Self-Care Tips for Solid Mental Health**

Do you ever get so busy that you neglect to take care of yourself?

If so, you're not alone. Many of us lead busy lives constantly juggling multiple things at once, where we're consumed with taking care of others and accustomed to putting their needs before ours. While compassion and caring are wonderful traits, too little self-care leaves us emotionally depleted, exhausted, and ultimately, not much good to anyone else — especially ourselves. You can't care for someone or our own mental health effectively, if we are depleted.

There's a misconception that self-care has to be some sort of self-indulgent luxury — like you're doing it wrong if you're not taking some expensive spa vacation or going on a shopping spree. But self-care — especially the self-care often necessary for taking care of your mental health — doesn't have to be some fancy, expensive venture. In reality, self-care can be simply taking a second to make sure you're taking care of you, and it looks different for everyone.



Here are several ways to make yourself a priority in your life.

**1. Wake up early and with intention — how you start each day matters.** Every day brings a choice: to practice stress or to practice peace. If the idea of becoming a “morning person” is mind-boggling, a small tweak — avoiding the snooze button, can go a long way. Research has shown that early risers are more optimistic, conscientious, and anticipatory when it comes to problem-solving. Harvard biologist Christoph Randler discovered that early risers are more proactive and more likely to agree with statements like “I spend time identifying long-range goals for myself” and “I feel in charge of making things happen.”

Another morning motivational tip comes courtesy of Steve Jobs:

*“For the past 33 years, I have looked in the mirror every morning and asked myself: “If today were the last day of my life, would I want to do what I am about to do today?”*

*And whenever the answer has been ‘No’ for too many days in a row, I know I need to change something.”*

**2. Check in with your thoughts — they become your actions.** Conventional wisdom says that our feelings control our thoughts, but it’s actually the other way around: our thoughts precede our feelings. Complicating matters is the fact that our thoughts are often automatic, quick, and unconscious. The beauty of being mindful is learning how to manage your thoughts so they don’t manage you. For a thorough guide to adopting healthy thoughts using [cognitive-behavioral therapy techniques](#), [click here](#).

**3. Make time for physical activity (even walking or stretching).** Moving your body kick-starts your metabolism and releases the “feel good” hormone, serotonin, which helps relieve stress and increase self-confidence. Additional benefits of exercising include feeling more alert, productive, and creative throughout the day.

**4. Choose what to say No to, and say No.** Boundaries are the key to self-care [and happiness](#), too. People-pleasers have an especially difficult time with setting limits on their time and resources. A helpful reframe to remember is when you say ‘No’ to one thing, you’re saying ‘Yes’ to another. And hopefully that includes incorporating something else on this list!

**5. Connect with someone you love.** Humans are wired to connect. Studies abound about the devastating effects that loneliness has on our mental and physical health. The subjective feeling of loneliness increases risk of death by 26%, according to a study in the journal *Perspectives on Psychological Science*. The good news is research also shows that relationships can improve health by helping us manage stress, improve immune system functioning and giving meaning to our lives.

**6. Practice slow, deep breaths.** In addition to helping you remain calm and avoid knee-jerk reactions, breathing is your best defence against panic attacks. According to a study published by the *Journal of Emergency Medicine*, 30% of patients who seek treatment at emergency rooms with complaints of chest pain (and no evidence of coronary artery disease) suffer from panic disorder.



**7. Speak + act truthfully.** The primary goal of therapy is to get clients to acknowledge the truth. As painful and messy as that can be, nothing beats saying what you mean and doing what you say to get on the right side of authenticity and a meaningful existence.

**8. Watch the projections.** Passive-aggressive behaviour is among the most toxic of all personality traits. While we're all entitled to feel angry and wronged from time to time, taking responsibility for our emotions and actions is a crucial step to adopting a mentally healthy mindset.

**9. Be kind.** Because it costs \$0.00 to be a decent person.

**10. Laugh.** A sense of humour is a must-have for the emotional wellness tool kit. Laughter also strengthens your immune system, increases energy, diminishes pain, and protects you from the toxic effects of stress. Best of all, humour is fun, free, and easy to find!

SOURCE: <http://wiredforhappy.com/best-selfcare-mental-health/>

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## **RAW IN THE MEDIA**

### **Rural Alive and Well Inc's recent activity in our local media.**

#### **29th June 2018**

Farming is tough, so let's support one another  
States celebrate budget win

#### **29th May 2018**

Seeing the best and worst as a country copper  
Concert funds mental health resources  
Community Notices

#### **18th May 2018**

Big day to bring mates together

#### **17th May 2018**

Mental health first aid events

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## We are here to help

Times have been incredibly tough for farmers across Tasmania these past few years, we were hit with horrific dry conditions, followed by a dairy crisis and some of the worst floods Tasmania has seen and now fruit fly. Our Outreach Workers understand these crises and are ready to help those in need. We are a mate in the tough times, here to talk and provide information to see you through, forward you on to the right support services and provide you with support through thick and thin. Don't hesitate to call an Outreach worker today, have a look at our [Outreach Workers here](#) and phone the one in your area. To talk to someone now phone our hotline 1300 HELP MATE (1300 4357 6283).



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