



Week Seventeen



PERSONAL

This week is Women's Health Week and it would be a good time to ask yourself how are you really coping living through this Covid time that we find ourselves in? A mental health check-up is not a sign of weakness but a sign of being well connected with your body. Communication with yourself is just as important as communication with others. As the Jean Hailes Foundation website says, many factors can affect your mental and emotional health. The following link outlines what you can do to support your mental health and what to do if you need help.

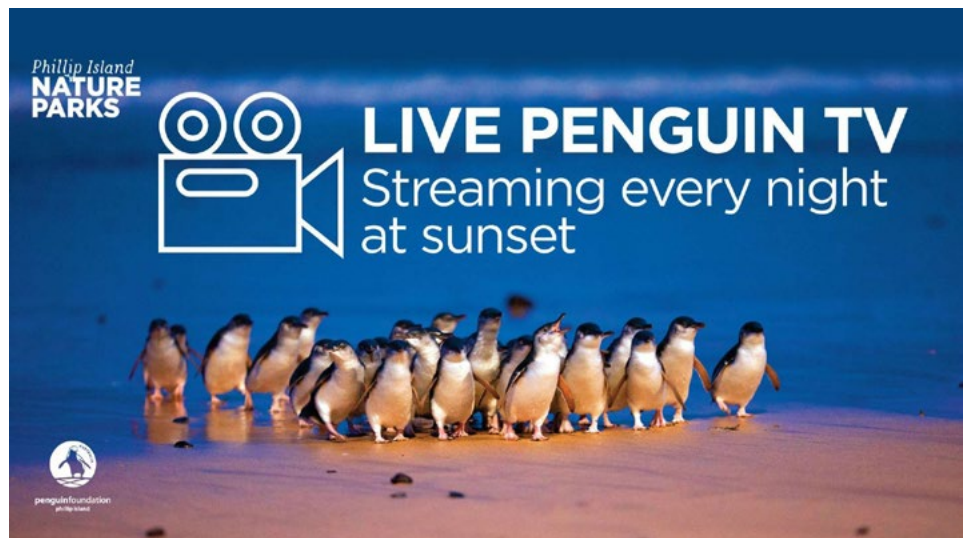
<https://www.jeanhailes.org.au/resources/mental-emotional-health-fact-sheet>



FAMILY

As international travel will be a way off yet and if you have never been to Africa a virtual tour might be of interest to the whole family. Log onto bit.ly/VirtualTour-Safari and register for a Virtual Safari on the 7th October at 10am AEST (which is 7pm EDT Canada/USA) before registrations close. An expert guide will introduce you to Hwange National Park and Zimbabwe.

In the meantime, the big news in Victoria is that you can now watch the penguins on Phillip Island come into roost each evening via the cameras that have been set up on the beach. It is quite comical watching them race to their nests. The bonus is there are no tourists suddenly standing up in front of you to block your view! The link to see this free nightly phenomenon is: <https://www.facebook.com/PhillipIslandNatureParks/> There is even a very amusing clip where an English commentator has 'called the race to the penguin burrows' as if it is a horse race.





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FRIENDS

You may have noticed that this week included R U Ok Day. The <http://ruok.org.au> website contains some hints and tips on what to say to friends, work colleagues and family after you have asked the initial question and how to progress the conversation. There are some excellent resources to help those in school, hospitality, motor trades, University and sport to name a few. These resources are useful for those of us feeling a bit low or if you think the black dog is creeping into your life or that of a friend or your family.

One of the resources on their website includes a questionnaire to help you decide on how to ask the question <https://www.ruok.org.au/how-to-ask> another that we think might be very useful to our wider community is a Rural and Remote Mateship Manual <https://www.ruok.org.au/mateship-manual>

Our message this week is don't be afraid to ask R U Ok?

THERE'S MORE TO SAY AFTER RU OK?

Ask R U OK?

- How are you travelling?
- You don't seem yourself lately - want to talk about it?

Listen with an open mind

- I'm here to listen if you want to talk more.
- Have you been feeling this way for a while?

Encourage action

- Have you thought about speaking to your doctor or a health professional about this?
- What do you think is a first step that would help you through this?

Check in

- Just wanted to check in and see how you're doing?
- Have things improved or changed since we last spoke?

RU OK? DAY
10 September 2020

Learn what to say at ruok.org.au
A conversation could change a life



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COMMUNITY/NEIGHBOURS

Has anyone in your neighbourhood come up with a cheery community-based idea for people to contribute to? Early in 'Covid Lockdown' time we had children drawing rainbows and putting them in their front windows for people to see as they went for their daily exercise outing or their favourite Teddy found a spot on a windowsill to wave to the passing walkers. These were designed to cheer people up. More recently there have been a number of 'Spoonville' settlements cropping up. Have you made a Spoon to join your local 'Spoonville'? They can be an ordinary Spoon or a character Spoon. You can place your spoony person during your daily exercise. Take some photos of your local 'Spoonville' and share them with your friends and neighbours.

Hint: Make sure Spoony people can take the rain - nail varnish is good for their faces and legs and arms can be sticks from the garden.





DISCLAIMER



1. Please obtain permission from the land owner before building your Spoonville



2. It is the responsibility of each individual Spoonville community to ensure that all Spooky characters are placed safely & do not present a trip hazard to passers by.



3. It is the responsibility of each individual Spoonville community to ensure that your Spoons are not shedding their decorations & creating litter.



4. Please always consider our environment & use sustainable decorations.



5. It is the responsibility of the founder of each individual Spoonville to ensure that their Spoonville is cleared away when the time comes.

THE END.