



Week Twenty One



PERSONAL

October is a busy month as an events month goes. It is Mental Health Month with World Mental Health Day occurring on the 10th October. After weeks of Co-Vid lock-down it is a good time to be kind to yourself and pamper your own mental health. Some suggestions are to aim to be in bed an hour earlier than you have been if you are a late to bed person, take a break from social media and the news for a minimum of a day but maybe a week, leave a positive review for a shop, restaurant or café you frequent regularly, sit outside for a while, warm your bones and soak up the sun or put on your favourite music and sing and dance like no one is watching! What other ideas can you come up with to pamper your mental health?



FAMILY

CWA women have always dared to create change and do things differently. They are not the only ones. The ABC has a series of podcasts made by girls celebrating their heroes. Titled Fierce Girls, the podcasts are about adventurous Australian girls with guts and spirit that is provoking a rethink on social media use and how to stop mean gossip among young people. A great series of podcasts to listen to as a family or as individuals. The International Day of the Girl on 11 October is the perfect day to listen to one of these. There are stories about Ash Barty (world No 1 women's tennis player), Dr Catherine Hamlin (renowned Fisutala surgeon), Rhiannan Ifflan (world champion cliff diver) to name a few.



<https://www.abc.net.au/radio/programs/fierce-girls/>



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FRIENDS

Have you thought of communicating with your friends via food? You could share the experience via skype or facetime etc. if you all cooked at the same time making a meal or treat that is your favourite or if you are really adventurous trying a recipe you have wanted to try but not been game to. You could then drop off your handy work to a friend who is living on their own or has been unwell. Or within your 5km radius swap with one another.



COMMUNITY/NEIGHBOURS

We are permitted to meet another person from a different household in a park, have you been for a walk or picnic in the park yet? Have you chatted to your neighbours about their garden over the fence? While socially distancing and wearing our facemasks now is the time to start careful reconnection with our community.

