



PENINSULA VOICE

# News

## Welcome to edition 7 of the Peninsula Voice News.

**“Connecting to your community is going to be easier than ever before...”**

Peninsula Voice continues to provide the community with the opportunity to have conversations about issues affecting our health and wellbeing and advocating for change.

Peninsula Voice is delighted to announce that this connection and conversation continues on our new website [www.peninsulavoice.org.au](http://www.peninsulavoice.org.au)

Please [Contact Us](#) for further information or like us on Facebook, Twitter and LinkedIn via the links on the website.

*The Peninsula Voice Committee*

### Edition 7 October 2020

#### In this edition:

- Editorial: Realistic Optimism
- Six little things you can do for your wellbeing every day
- “Burbing” - bike riding during COVID-19 restrictions
- A Word Please!
- #GoodNewsStory from Melbourne
- National Mental Health Month 2020
- Climate Change continues through COVID
- World Mental Health Day - 10 October 2020

Learning • Conversation • Engagement



Every day we are bombarded with Covid-related news. Some people are keen to know what is going-on i.e. how many new cases or how many unfortunate deaths? As the lockdown remains, we can become saturated with information.

Many of us have effectively tuned-out...but it doesn't change the reality of what is going on. How can we cope better with the strange world we are all living in? Do we have to give-in to the media analysis, which can be negative and progressively make us feel more frustrated and unsure of what the future holds? Perhaps a focus on **Realistic Optimism** holds the answer?

**Realistic Optimism** can be defined as people who are cautiously hopeful of favourable outcomes, but they do as much as they can to obtain the desired results.

This more than adequately describes the countless number of volunteers, who do great work selflessly behind the scenes.

Without them our community would be a much poorer place and would struggle, particularly to meet the demands placed upon it by Covid 19.

**Realistic Optimists** stay positive and upbeat... especially if/when they recognise the challenges ahead.

Lets toast those wonderful souls who are often the unrecognised backbone of our community, most of whom are **Realistic Optimists**, even if they are not aware of it!

Capacities of **Realistic Optimists**: (From *Better Under Pressure*)

- See the world as it is – don't hide your head in the sand.
- Let the world see you for who you are. Don't feel shame around personal failure and imperfection.
- Be sensitive to and aware of others.
- Reject overconfidence.
- Enjoy self-reflection
- *Embrace agency – confidence your experiences and outcomes are within your control.*

Can you become a realistic optimist? The thing that makes the biggest difference is - believing you can make a difference and taking action to do so!



## Six little things you can do for your wellbeing every day

Taking some time each day to focus on your own wellbeing can have a huge positive impact on your mental health. They might seem like little things, but they really do add up. Here are some suggestions to incorporate into your daily routine.

### Go for a morning walk

If it means getting only up five minutes earlier and walking around the block, it's still worth it. Starting your day with fresh air and movement not only has physical benefits, it also kick-starts a positive mindset. Try to incorporate a walk into your commute to work/university/school.

### Read because you want to

Not because you have to. Pull out that book you were given for your birthday two years ago that is still sitting on the shelf and give it a go. It's true what your primary school English teachers used to say – reading really is exercise for the mind. Few things are better than being engrossed in a good book and losing all track of time. So make time for reading.

### Get creative in the kitchen

For many of us, cooking is somewhat of a chore. The easiest way to flip the script on this is to challenge yourself in the kitchen. We all have nights where we're tired and dinner is either a takeaway or a mixture of leftovers from the fridge. But try and make the effort one night a week to create something new. Put some music on to get you inspired while you do it. [Taste](#) have an awesome range of easy recipes.

### Address your posture

Even though we know excessive sitting has detrimental effects on our health, so many of us still do it. At home. At work. On the commute in between. Your lower back is crying out for a change. If you have a desk job, try and get up for a walk every 30 minutes. If it means investing in a back-support cushion or a stand-up desk, it's worth it. Talk to your employer – after all, it might be something they are happy to cover financially. Substituting sitting time for standing or walking time might seem annoying – but your body will thank you for it.

### Listen to podcasts

Podcasts, for those who are new to them, are basically audio programs on demand. That is, you can choose what you listen to and when you listen to it. And they are taking the world by storm. There are over 700,000 podcasts (and nearly 30 million episodes!) out there about all manner of topics and subjects. Listen to podcasts on subjects you are passionate about, or want to know more about, or simply ones that make you laugh. You'll soon see what all the fuss is about.

### Box breathing

There are no shortage of great breathing exercises and guided meditation apps out there. One simple exercise that you can do anytime, anywhere is a technique known as [box breathing](#). It's called 'box breathing' because it consists of four counts of four. Picture a square with each side representing a different count to four. Start with a slow inhale to the count of four, hold for the count of four, exhale for four, hold for four...and repeat.



## “Burbing” - bike riding during COVID-19 restrictions

Restricting exercise to one or two hours a day, and to within 5 km of home, will change most cyclists’ riding habits. It’s not unreasonable to feel frustrated by these new measures.

But as restrictive as these new rules may be, they still offer plenty of opportunities to do interesting rides. In fact, why not see the new restrictions as an opportunity to try something different?

If you aren’t up to date on ‘Burbing’ yet, the concept is very simple: just head out and ride every street in your suburb. You can do it with a map if you like or, if you feel like a real mental challenge, do it without a map!

Most suburbs are too big to cover in a single, one-hour ride, so why not break the suburb up into chunks and do it over successive rides? Or, if you’re so inclined, why not find the optimal route for covering your entire suburb. Maybe that can be done in under an hour ...

Either way, a Burbing ride is a great way to get out and explore your local area. For more information [click here](#).

**Be part of the conversation**

Peninsula Voice is now online  
[www.peninsulavoice.org.au](http://www.peninsulavoice.org.au)  
E: [info@peninsulavoice.org.au](mailto:info@peninsulavoice.org.au)

## A Word Please!

Have you noticed the number of 'new' words that have seemingly infiltrated our daily lexicon?

Some examples include:

- Virtual
- Pandemic
- Algorithm
- Metrics
- Viral
- Zoom
- Tweet
- Peeps
- Stoked
- Awesome
- Dude
- Butt
- Caronavirus
- Covid19
- Woke
- Nano

In reality, the list could go on and on. Most of these words weren't in common usage 10 years ago. Many have a distinct American flavour for better or worse. *Should we be concerned?*

### This is your assignment

Feel all the things. Feel the hard things. The inexplicable things, the things that make you disavow humanity's capacity for redemption. Feel all the maddening paradoxes. Feel overwhelmed, crazy. Feel uncertain. Feel angry. Feel afraid. Feel powerless. Feel frozen.

And then **FOCUS**.

Pick up your pen. Pick up your paintbrush. Pick up your damn chin. Put your two calloused hands on the turntables, in the clay, on the strings. Get behind the camera. Look for that pinprick of light. Look for the truth (yes, it is a thing—it still exists.)

Focus on that light. Enlarge it. Reveal the fierce urgency of now. Reveal how shat But don't lament the break. Nothing new would be built if things were never broken. A wise man once said: there's a crack in everything. That's how the light gets in. Get after that light.

***"This is your assignment."***

**To feel the feelings and never losing hope**

## #GoodNewsStory from Melbourne

Thanks to all the frontline workers and volunteers during this pandemic - you put yourselves at risk to keep others safe.

Royal Melbourne Hospital staff and volunteers formed a Scrubs Choir earlier this year - and in their free time (!) make beautiful music videos to share the love.

Check out their latest awesome video "[I'll stand by you.](#)"

You may want to grab a tissue!



# National Mental Health Month 2020



National Mental Health Month is an initiative of the Mental Health Foundation Australia (MHFA) to advocate for and raise awareness of Australian mental health. It is an important time where the Australian community comes together to raise awareness that #MentalHealthMatters.

The National Mental Health Month is unlike many other mental health awareness campaigns.

The National Mental Health Month is a program that the MHFA is extremely proud of and we intend to reach out to and educate as many Australians as possible, to help reduce stigma and facilitate positive and non-judgemental discussion surrounding the important topic of mental health in Australia. With one in five Australians experiencing a mental health illness, it is time we give mental health due attention, and that is exactly what the MHFA is wanting to achieve.

Throughout this month, many events have been organised in each state of Australia aiming to attract and unite Australians of all ages and backgrounds to raise awareness of mental health for all.

## **THEME - MENTAL HEALTH MATTERS**

The theme for this year's National Mental Health Month Awareness Campaign is Mental Health Matters. This theme encapsulates and highlights the gravity of the topic of mental health, and how important it is to address in the Australian community. With this theme in mind, we aim to extend our campaign even wider than previous years, with events planned to embrace many different community groups and people of all ages to raise awareness that #MentalHealthMatters.

## Climate Change continues through COVID

Whilst we battle to stay afloat through the COVID pandemic, there is another festering sore that we must continue to confront...CLIMATE CHANGE.

It has not gone away. We may be distracted by Covid, but we must face-up to the reality that our planet is under threat unless we take significant measures to address the major climate related issues.

The eminent naturalist and environmentalist Sir David Attenborough was quoted very recently as saying “we are facing nothing less than the collapse of the living world...the question is whether epidemics such as Covid find their root in, or have some relevance to, what we have been doing to the natural world? Its not too late to reverse the harm we have done as long as we act quickly and cooperatively, across national boundaries” Sir David said.

Many of us are climate change sceptics...why?

The signs are all around us for example the horrendous bushfires we experienced late last year and early this year. The west coast of the US is currently dealing with the worst outbreaks of bushfires this century.

In a rather paradoxical way, Covid has presented the world with an opportunity to reflect on how things will look after the pandemic is under control.



Whilst the pandemic has been devastating, if we could latch-on to seeing how vulnerable our planet is and start to focus on better management of our resources then something positive will have come out of the pandemic.

Nature will always call the shots! We desperately need to take urgent notice.

## Peninsula Voice Snippets

### World Mental Health Day - 10 October 2020

With World Mental Health Day on October 10, Beyond Blue chose to publish one of our own Peninsula Voice Committee Members story on their web site as part of a campaign to raise awareness and to reach-out for help.

Click on the link below to access the story.

The page is now live on the Personal Best hub of the Beyond Blue website - you can view it here: David's story: "[I'm well because I'm able to connect.](#)"



## Peninsula Voice thought provoker...

*Remember that stress doesn't come from what's going on in your life, it comes from your **THOUGHTS** about what's going on.*



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