

# Terang & Mortlake Health Service February 2023



## Gratitude



### WHAT IS GRATITUDE?

It's about paying attention to the things and moments we have right now, and not worrying about what we don't have. We practice gratitude by noticing the positives that exist around us, and by being thankful for things, places and people in our lives.

### HOW TO PRACTICE MINDFULNESS?

Mindfulness is a state of active, open attention on the present. When we are mindful, we carefully observe our thoughts and feelings without judging them as good or bad. Mindfulness can also be a healthy way to identify and manage hidden emotions that may be causing problems in our personal and professional relationships.



### WHAT IS EMPATHY?

Empathy - have you ever thought about putting yourself in someone else's shoes? Empathy and kindness are closely linked. So are empathy and compassion. To be empathetic is to put ourselves in the shoes of others to feel and see what they are. We practice this by being kind towards other people.

### PODCASTS

The Imperfects (Lots to choose from)

Braintainment

The Resilience Project  
for more resources



### How does wellbeing & practicing these skills help our mental health?

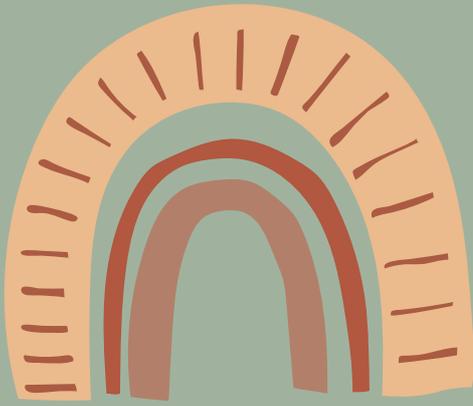
Wellbeing isn't as straightforward as just being happy. Wellbeing looks at lots of different elements that make us complex humans tick. It considers how we, cultivate meaning and good relationships, use our strengths, contribute to a 'greater' cause, find pleasure in losing ourselves in things we find challenging and enjoyable.

One way to achieve meaning and purpose is being a part of something greater than yourself.

Wellbeing helps us:

- stay resilient when times get tough
- build social supports and self-efficacy
- emerge from our challenges even stronger, knowing we have the ability to cope with adversity.





## febfast – Have you signed up?

Join the TMHS team and make a personal pledge to improve your health and wellbeing. You can choose whatever you like to give up! Alcohol, sweets, social media, anything you choose.

febfast helps young Australians walk away from addiction through donations.

### What three activities influence the strength of your emotions?

**Music**  
7  
Seconds

**Exercise**  
30 seconds

**Laughter**  
Instant

(University of Maryland Baltimore County)

### REMINDER

Active April  
Rally your troops! Can the hospital beat Josie Black this year? Or will Mortlake edge them out?

### 'Look after your Heart'

A cardiovascular Health information session, presented by Dr Tim Fitzpatrick, HARP nurse Colin O'Neill and Ambulance Victoria will be held in Mortlake on February 23rd @ 7.30pm, at the Mortlake Recreation Reserve. This will be a short information session, hosted by the Mortlake Cricket Club and the Health Service. It is a free event and everyone is welcome.

### WHATS ON IN MARCH?

International Women's Day

Neurodiversity & Cultural Diversity days of celebration

World Sleep Day! – 19th March

Advanced Care Planning Week

