Travellers Voice

April 2020-September 2020

travellersaid.org.au

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Introducing Dr Hannah Macdougall

Travellers Aid Health and Well-being Ambassador

Looking after your mental health

Exercising at home

Ways to connect during lockdown

Travellers Aid

April 2020-September 2020

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Travellers Aid

If you have any feedback or would like to contribute editorial content, please contact us on **marketing@travellersaid.org.au**

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CEO Update

Welcome to the latest edition of Travellers Voice

It is with great pleasure that I introduce Travellers Aid's new Health and Well-being Ambassador, Dr Hannah Macdougall. Hannah is a dual Paralympian, previous World Record Holder, has captained the Australian Swimming Team at both a World Championships and Paralympic Games and completed a PhD in Athlete Well-Being.

In her first role as our Health and Well-being Ambassador, Hannah has worked with our editorial team to curate a publication that provides advice on maintaining your physical and mental health during these uncertain times.

We hope you enjoy reading this magazine as much as we enjoyed putting it together for you.

Elias Lebbos | Chief Executive Officer

Answers for puzzles on page 13

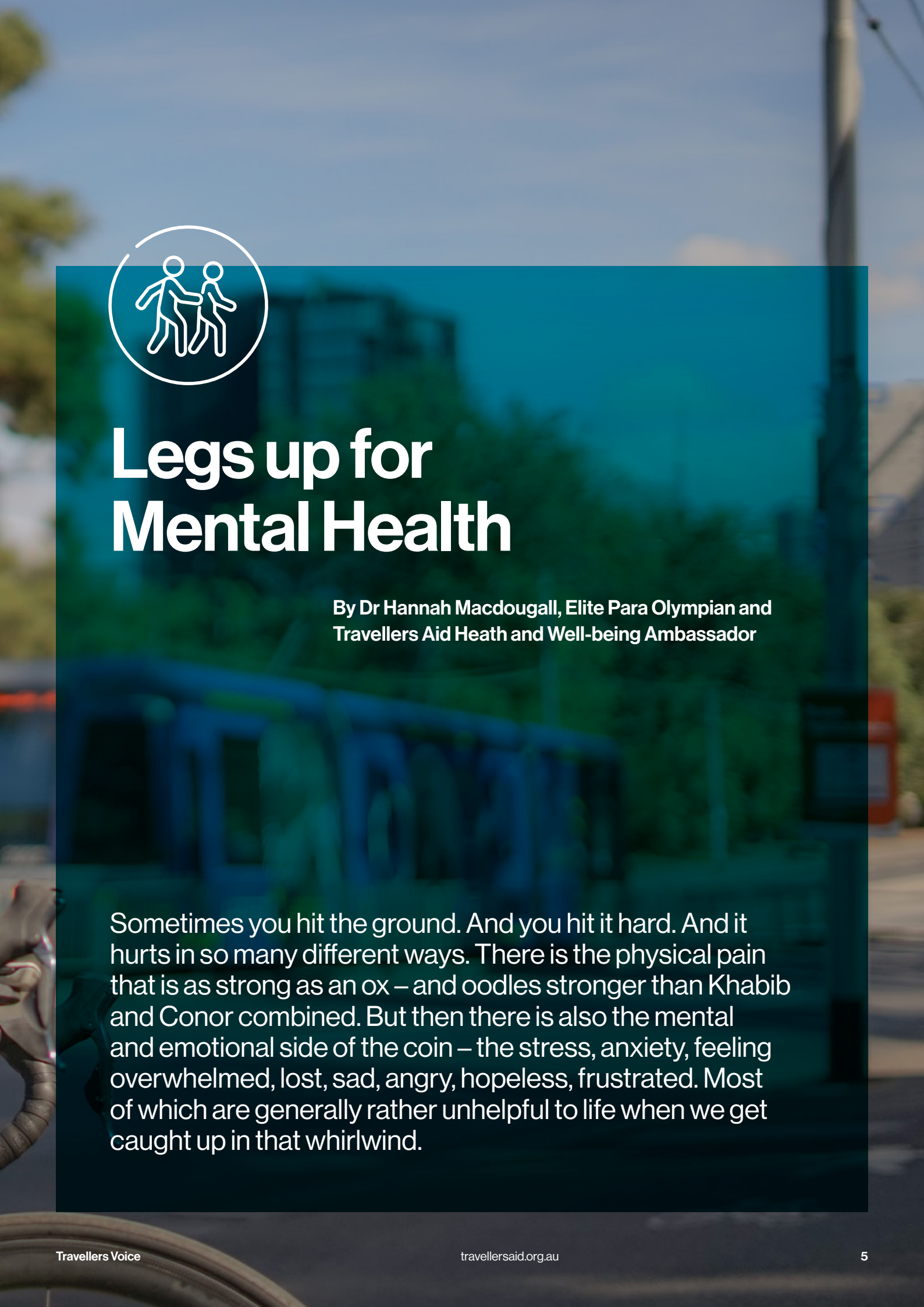
Sudoku

7	6	4	1	9	2	3	8	5
9	5	8	4	6	3	1	2	7
1	3	2	8	5	7	4	9	6
3	7	6	9	8	4	2	5	1
8	2	5	6	3	1	9	7	4
4	1	9	7	2	5	8	6	3
2	9	3	5	4	6	7	1	8
6	4	7	2	1	8	5	3	9
5	8	1	3	7	9	6	4	2

Crossword

A	D	A	M	■	A	C	I	D	S	■	G	A	S	P
R	E	N	O	■	P	A	D	R	E	■	O	H	I	O
T	E	N	D	E	R	L	O	I	N	■	B	E	L	T
S	P	E	E	D	■	■	■	E	S	K	I	M	O	S
■	■	■	M	I	N	S	T	R	E	L	■	■	■	■
E	S	T	■	T	I	N	E	■	D	E	S	I	R	E
A	T	O	P	■	C	O	N	S	■	I	N	D	I	A
S	O	R	R	I	E	R	■	L	E	N	I	E	N	T
E	L	T	O	N	■	E	R	I	E	■	P	A	G	E
S	E	E	D	E	R	■	I	D	L	E	■	S	O	N
■	■	■	■	P	A	R	M	E	S	A	N	■	■	■
R	I	C	O	T	T	A	■	■	■	R	E	S	T	S
E	C	R	U	■	I	M	P	E	R	S	O	N	A	L
B	E	A	R	■	O	B	E	S	E	■	N	I	L	E
A	R	M	S	■	N	O	T	E	D	■	S	T	E	W

VIS
Santini
LAZER
JOHN WEST
Jayco
JOHN WEST



Legs up for Mental Health

By Dr Hannah Macdougall, Elite Para Olympian and Travellers Aid Heath and Well-being Ambassador

Sometimes you hit the ground. And you hit it hard. And it hurts in so many different ways. There is the physical pain that is as strong as an ox – and oodles stronger than Khabib and Conor combined. But then there is also the mental and emotional side of the coin – the stress, anxiety, feeling overwhelmed, lost, sad, angry, hopeless, frustrated. Most of which are generally rather unhelpful to life when we get caught up in that whirlwind.

Importance of the exhalation

This is one of the few methods that we know can actively switch the body from fight or flight to digest and rest (sympathetic to parasympathetic nervous system). Some practical implementation strategies I am now applying:

- Breathing more between mouthfuls and eating more slowly
- Upping my Mon-Fri 10minute breathe practice to 15-20minutes
- Setting up an hourly reminder on my computer to breathe consciously and deeply for 60 seconds

However, when the shit hits the fan the hardest – this is generally when we learn the most. Bugger.

Last Tuesday I went for an appointment with Dr Jo Mitchell. Jo works out of The Mind Room and I love the blend of positive psychology, well-being, mindfulness, and other techniques she brings to our sessions.

I knew I was close to the edge of collapse on my way there – tears are usually a give away, as is the ability to get overwhelmed at tiny things e.g., people cutting me off, getting red lights, spilling Keep Cup liquid on white skirts, my almond turmeric latte (extra hot and large) NOT extra hot, hitting the curb in the hire car, getting beaten to a carpark by ONE car, having to park 100m away instead of 20m. All in the space of 30minutes. Yep, first world problems. But END of the world for me.

Then talking through and reflecting with Jo on things that usually get me excited – mindfulness, well-being, motivational interviewing, engagement, teaching, evidence, science. Lackluster around these topics spread over the top of exhaustion. The result? Probably a bit of burnout there. Then couple it with spending the majority of days in bed since last Wednesday with a sinus virus plus extras. I think Kleenex and Dettol hand sanitizer shares have gone through the roof.

So, good news for Kleenex and Dettol. Also good news for self-reflection and awareness. Because there has been more of this happening than Nick's final night before the non-rose ceremony to Britt and Sophie. A few things I have come to realise/ remember over the past few days:

> **In my 31 years of life, I have never spent the majority of five out of seven days in bed. Never. Not even when I had my hip surgeries. Hell, I was on the bike the very next day.**

I also stumbled across a podcast around being constantly tired, wired, and not knowing why. It was an interview with Dr Libby Weaver – a lady making strides in women's health. As a result, I have had my first foray into Tai Chi via some Youtube videos (a simple search of 'Tai Chi for Beginners') elicited a number of options. For me, the crux of this practice comes back to the breath – our all important life force.

Some other 'aha' moments? Expressing my thanks and gratitude to my friends for being in my life, and asking for their patience while I find my feet again – i.e., showing vulnerability. Cheers Brene Brown for helping me turn this concept from something to slink away from to something empowering.

Being the typical 'lets-jam-as-much-as-possible-into-life-with-a-little-bit-of-mindfulness-and-well-being-practices-in-there-and-really-only-doing-bandaid-fixes-and-expect-life-to-be-rays-of-sunshine'

'How did that work for you Han?'

[Insert sound of crickets]

Naturally my handwriting and artistic skills are in line with the above.

Right. Small steps to walk my talk. Fill the glass up again. Patience – I feel this will be an entire life lesson for me. Compassion – self compassion is a skill I am putting a fair bit of energy into and enjoying some guidance from the Buddhify app.

In my 31 years of life, I have never spent the majority of five out of seven days in bed. Never. Not even when I had my hip surgeries. Hell, I was on the bike the very next day. It has been super tough not being out there in the sunshine on the two wheels. Laughing with my friends and family. I have had to laugh at my own jokes my mind comes up with (Han, I think you are legless – 10/10 captain...).

I am a work in progress.

Legs up for mental health day. Lets continue the conversations. Lets AMPlify our message of support. Lets leave a LEGacy.

Until next time,

Ride with a smile, ride with a purpose, ride in the moment.

If you or a member of your family is experiencing depression or anxiety there is support available. Some of these are listed below:

beyondblue aims to increase awareness of depression and anxiety and reduce stigma. Call 1300 22 4636, 24 hours / 7 days a week.

eheadspace provides mental health and well-being support, information and services to young people aged 12 to 25 years and their families. Call 1800 650 890, 9am – 1am AEST / 7 days a week.

Kids Helpline is Australia's only free 24/7 confidential and private counselling service specifically for children and young people aged 5 to 25. Call 1800 55 1800.

Lifeline provides 24-hour crisis counselling, support groups and suicide prevention services. Call 13 11 14.

MensLine Australia is a professional telephone and online support and information service for Australian men. Call 1300 78 99 78, 24 hours / 7 days a week.

MindSpot is a free telephone and online service for people with stress, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression. MindSpot is not an emergency or instant response service. Call 1800 61 44 34 AEST, 8am-8pm (Mon-Fri), 8am-6pm (Sat).

QLife provides nationwide telephone and web-based services to support lesbian, gay, bisexual, transgender and intersex (LGBTI) people of all ages. Call 1800 184 527, 3pm-12am (midnight) AEST / 7 days a week.

SANE Australia provides support, training and education enabling those with a mental illness to lead a better life. Call 1800 18 7263, 10am-10pm AEST (Mon-Fri).

As life as we know it changes and physical interaction is limited, being active is more important than ever.

Exercising at home and other ways to stay active

By Sandro Demaio, VicHealth, CEO

Even 10 minutes of movement a day can help your body and mind feel better.

Doing some form of exercise is an easy and free way to boost both your mental and physical health, and now is the ideal time to try a new activity.

If you're working or studying from home, or not currently working, you won't be getting the incidental exercise you normally do by commuting to and from an office or uni.

And if you're the kind of person who likes to get active in a group, your usual pursuits like gym classes and team sports are no longer an option.

When you add the above to higher-than-usual anxiety levels, you'll start to see why a stretch in your lounge room could really help right now!

Physical activity helps our body and mind in many ways, but here are a few of the key ones:

- Exercise releases chemicals in your brain, like serotonin and endorphins, which are great for your mood
- It can also lead to better sleep and give you more energy
- Physical movements can help ease tightness in your shoulders and neck, which often come with stress and anxiety
- It also makes you feel like you achieved something
- Regular exercise can help reduce your risk of serious health issues, like type 2 diabetes, heart disease and stroke
- It also helps with weight management (and you tend to feel like eating a healthier diet when you're exercising regularly, too)
- And lastly, but definitely not least given the current situation, regular physical activity is great for your immune system.

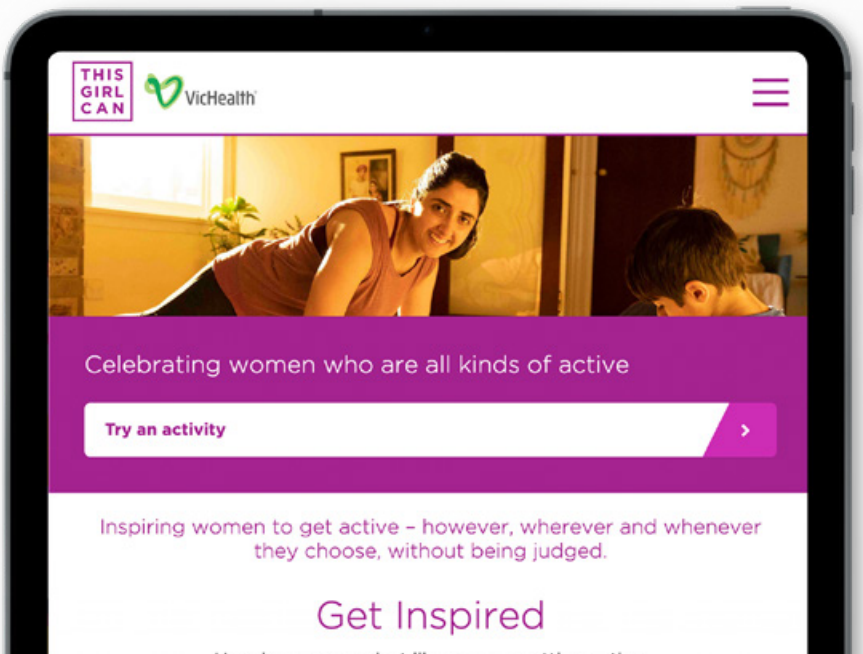
If you're new to exercise, or feeling a little lost because your normal way of staying fit isn't possible right now, here are some ideas to get you moving:

- **Take your workout online:** On YouTube there are endless free exercise videos to try, regardless of your fitness level or the size of your living room. From yoga and strength workouts to Pilates, high intensity interval training (HIIT) and more. Our This Girl Can – Victoria ambassador Sana also has some great tips on exercising at home. For more inspiration head to the Sport Aus Find Your 30 campaign.
- Personal trainers, dance instructors and other qualified fitness professionals are getting savvy and moving their classes online. So, you can join a class virtually, and get the social connection benefits of exercise too.
- **Go freestyle:** If a structured routine is not your style, get creative and build your own workout – instead of weights use household items like filled water bottles and cans or jars of food (if you can find some!), walk or run on the spot for 30 second intervals, do some star jumps, planks, sit ups, push ups, or even burpees. Anything to get your heart rate up a little.
- **Go solo outside if you can:** Walking, cycling and running are great solo activities and safe if you're feeling well and haven't been asked to self-isolate. We suggest going early in the morning or late in the day, and avoiding streets and parks with high foot traffic, to minimise your risk. Remember to pack some hand sanitiser containing at least 60 per cent alcohol and stay at least 1.5 metres away from to other people. Wash your hands thoroughly with soap and warm water for at least 20 seconds as soon as you return indoors.

A word of advice before you start: If you're new to exercise, start small – try maybe 10 minutes of yoga or walking a day, then gradually build up.

Even 10 minutes of movement a day can help your body and mind feel better. Encourage your loved ones, who you're no doubt spending a lot of time with right now, to take a moment to move their bodies too.

For more information visit www.vichealth.vic. gov.au



Ways to connect with family and friends while physical distancing

Creative ways people are staying connected during isolation

Now more than ever we need the support and companionship of our friends and family. Let's not SOCIAL distance, let's PHYSICAL distance and change the way we keep in touch and interact with our loved ones while keeping safe at home.

By Kate Bartels
Lifestyle producer

As the seriousness of COVID-19 increases, so does the stress and anxiety of being separated from friends and family.

Luckily, it's 2020 and we are graced with the internet, allowing us to share and connect at a time when it's more important than ever before.

People all around the world are coming up with some very creative ways to bring joy to their loved ones' days in a time of high stress and confusion, meaning Sunday roasts, Friday drinks and yoga classes are all still possible in some capacity.

Here are some of the most creative ways people are staying connected during this period of isolation.

Houseparty and Zoom conference calling

Video calls are no longer for work only.

While video conferencing is a staple in offices, it has made its way into more lounge rooms than ever before.

Houseparty has been around since 2016, but has just made its way up the app store charts in the past few weeks. A video chat app for up to eight people at a time, Houseparty also includes games, a chat function and the ability to leave your friend a video message.

This is an easy app for the not-so-tech-savvy people in your life.

Zoom, on the other hand, has been created with the aim of being used in workplaces. But while many people began using it when they were working from home, it has now made its way into social connection too.

Zoom is also great for sharing meals, a practice that has been proven to boost mental well-being.

> “Not being able to share meals with friends and family, to gather at others’ tables or pull up more chairs to our own, has been one of the most disconcerting effects of the coronavirus,” wrote Emily Heil for The Washington Post.

Online painting classes

Paint and sip classes have gone virtual.

Painting has quickly taken one of the top spots in terms of activities at home, and pre-coronavirus paint and sip classes were taking off in capital cities.

Now businesses such as Cork and Chroma have taken their classes online. For $20, you can log in and take a step-by-step tutorial from an expert. For a little extra, you can have a full set of equipment sent straight to your door.

Sounds like a great way to spend an evening.

Netflix watch parties

Netflix watch parties aim to keep you connected.

If your movie night or cinema date is what you’re missing in your life, Netflix watch parties could be the answer.

Basically, it means you can watch a movie at the exact same time as friends and family, creating a sense of connection. You can laugh together, chat about the movie and nobody will be trying to steal your popcorn.

Online gigs and DJ sets

DJs and artists have taken to social media on the weekends, using their platforms to encourage young people to stay home and party with their favourite music in their lounge room. For example, Triple J radio host Bridget Hustwaite has been enlisting her musical pals for the past two weekends, gathering over 40 Australian artists and streaming them live through her Instagram page.

This article was kindly supplied by Kate Bartels , Lifestyle Producer, Domain

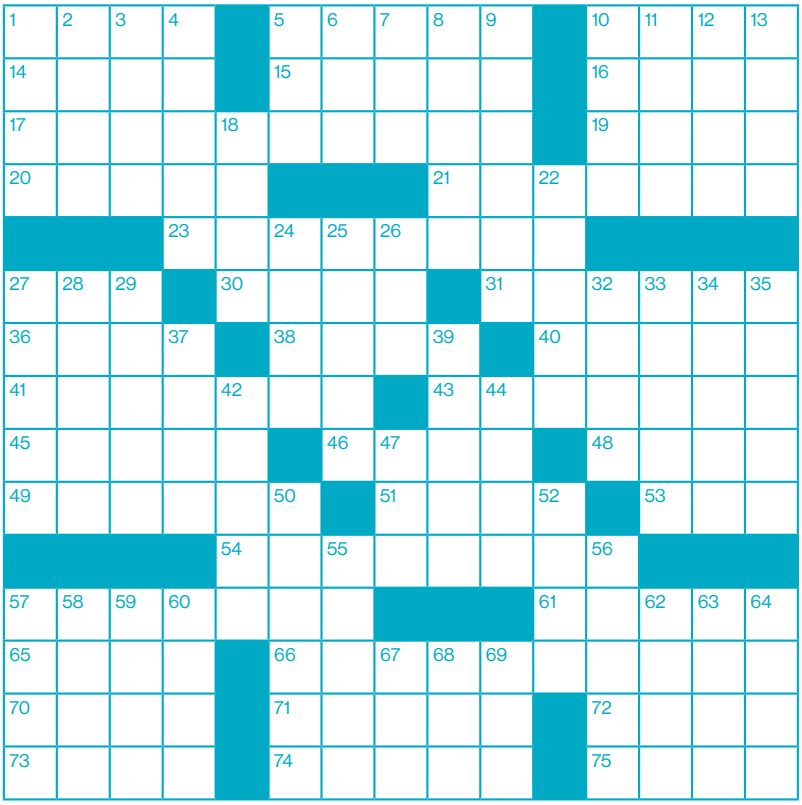
50 fun things to do while in isolation

1) **Read a book** & host a virtual book club
2) **Listen to a podcast**
3) **Create a playlist** of songs that make you happy and have a loungeroom dance
4) **Play board games** or even good old solitaire – the ultimate game for isolation!
5) **Learn to meditate** using great apps like calm or headspace
6) **Start a journal** to document this time, add news articles, photos and your thoughts and feelings
7) **Pamper yourself** with a face mask, a bubble bath, a DIY manicure or foot spa
8) **Create a new look.** Try out some new hairstyles, grow a beard, learn to braid etc.
9) **Sing!**
10) **Video call** your friends and family
11) **Check in on your neighbours**
12) **Get artistic** – draw or paint a picture
13) **Try yoga** – yoga with Adrienne
14) **Do some cardio** – PE with Joe
15) **Surround yourself with nature**, go for a walk and crunch some of those lovely Autumn leaves
16) **Pack a picnic**
17) **Clear out those cupboards** and reorganise them
18) **Spring clean your home**
19) **Do some gardening**
20) **Get to that DIY list** that's been sitting there for ages
21) **Make a terrarium** using an old jar and some succulents (ask your neighbours for cuttings when you go for a walk)
22) **Complete a jigsaw puzzle**
23) **Upskill** – there are some great online courses you can find on nearly any subject
24) **Learn to play a musical instrument**
25) **Make an after isolation jar** and fill it with things that you wish you could do. When this is all over, do them
26) **Learn to cook and bake** from scratch – get rid of those pre-packaged foods!
27) **Have a movie night** with popcorn
28) **Learn to knit or sew**
29) **Look into your ancestry** and draw up a family tree
30) **Get into crafts** and make anything from candles to pottery or tie dye

31) **Wash and detail clean your car**
32) **Nap!**
33) **Clean out your emails**
34) **Rearrange your furniture** – a change is as good as a holiday! Spruce up your space with some indoor plants
35) **Support your favourite local restaurants** by having your favourite meal delivered
36) **Write poetry**
37) **Visit a virtual museum exhibition**
38) **Learn a new language**
39) **Clean out the garage**
40) **Go through old mementos** and photo albums
41) **Look out your windows** or if the weather is nice sit on your veranda
42) **Clear out your social media** – only leave accounts that make you feel happy
43) **Write a short story**
44) **Do some mindfulness colouring**
45) **Sort through your paperwork** and old bills
46) **Get dressed up** and break out the good stuff for a fancy night in dinner
47) **Make a floral or fauna arrangement** from garden cuttings
48) **Write hand written letters** to your loved ones
49) **Cuddle with your pets**
50) **Listen to a virtual concert** – Melbourne Symphony Orchestra are sharing live performances for free https://www.mso.com.au/

Puzzle Page

Crossword



Sudoku

	6			9	2			
		8				1		
	3						9	
		6		8	4		5	
	2	5	6	3	1	9	7	
	1		7	2		8		
	9						1	
		7				5		
			3	7			4	

Answers on page 3

Clues

Across

1) Comedian Sandler
5) Corrosive substances
10) Struggle for breath
14) Nevada city
15) Juan's father
16) Cleveland's state
17) Cut of meat
19) Leather strap
20) Drive too fast
21) Igloo dwellers
23) Medieval singer
27) NH time zone
30) Fork point
31) Want
36) Upon
38) Swindles
40) Calcutta's country
41) More regretful
43) Indulgent
45) Rock star ___ John
46) ___ Canal
48) Book leaf
49) Sower
51) Loafing
53) Male heir
54) Cheese variety
57) Lasagna cheese
61) Relaxes
65) Light tan
66) Not relating to individuals
70) Teddy ___
71) Fat
72) Cairo's river
73) Weapons
74) Recorded
75) Brood

Down

1) Skills
2) Not shallow
3) Prince Charles's sister
4) Internet access device
5) Spring mo.
6) Pres. Coolidge
7) Altar response (2 wds)
8) More arid
9) Felt
10) Mongolian desert
11) Attention-getting sound
12) Grain tower
13) Cooking vessels
18) Blue-pencil
22) Calvin ___ of fashion
24) Friendly
25) Sleep noise
26) ___-gallon hat
27) Alleviates
28) Mink wrap
29) Rich cake
32) Small cut
33) Thoughts
34) Beatle beatkeeper
35) Consumed
37) Poke
39) Skid
42) Clumsy
44) Snaky fishes
47) Edge
50) Food allotment
52) Corn spikes
55) Stallone character
56) Broadway lights
57) __ McEntire of country music
58) Bakery worker
59) Pack tightly
60) Not theirs
62) Irritated state
63) Fable
64) Whole bunch
67) Domestic animal
68) Vane letters
69) Apple color

Han's Roasted Pumpkin Soup Recipe

This is THE BEST (roasted) PUMPKIN SOUP ever!!!

by Dr Hannah Macdougall

Winter Warmer Recipe

Ingredients

1.5 small jap or kent pumpkins

1 tin of coconut cream or milk

5 cloves of garlic

2 onions

3 tbs of coriander powder

3 tbs of tumeric seeds

3 tbs of mustard seeds

1 tbs of cumin

1 tbs of cinnamon powder

1 tbs coconut oil

Chilli flakes (to taste)

Coriander leaves

Instructions:

1) Roast 1.5 small jap or kent pumpkins roughly chopped, 5 gloves of garlic and 2 roughly diced onions on 180 degrees celsius for approximately 45 minutes.

2) In a pan, fry 3 tablespoons each of coriander powder, turmeric, mustard seeds, and 1 tablespoon each of cumin, cinnamon powder in 1 tablespoon of coconut oil. Add chilli flakes to your taste.

3) Add all ingredients into a blender and blend until desired consistency is reached (I prefer mine still with a few chunks).

4) Return to pot and add a tin of coconut cream or milk (if milk, refrigerate for 1hr beforehand).

5) Heat and season with pepper, and salt if desired.

6) Serve with roughly chopped coriander leaves. Enjoy!

Yes I would like to support Travellers Aid

Single Donation and/or **Monthly Donation**

☐ $30 ☐ $50 ☐ $100 ☐ $10 ☐ $20 ☐ $30

☐ $250 ☐ Other $ _____ ☐ $50 ☐ Other $ _____

I would like to become a Friend of Travellers Aid

☐ **$120 single donation** ☐ **$10 per month**

Friends of Travellers Aid receive the following benefits:

- A digital Friends of Travellers Aid badge for your social media, website or brochure
- Travellers Voice Magazine
- Your name on the Friends of Travellers Aid section of the website
- A tax deductible receipt
- Access to complimentary Disability Awareness Training with William Angliss Institute

☐ I would like to receive the Travellers Voice Magazine by mail.

☐ I would like to receive emails about Travellers Aid services and events.

Your details

Title: _____ First Name: _____ Surname: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Ph: _____ Email: _____

Please charge my: ☐VISA ☐MASTERCARD

☐ I enclose my cheque/money order made payable to Travellers Aid Australia

Card Number: ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐

Expiry date: ☐☐/☐☐ CVV Number: ☐☐☐ (The last 3 digits on the back of your card)

Cardholder Name: _____

Please return to: Travellers Aid Australia,
Level 3, 225 Bourke Street, Melbourne, VIC, 3000

You can also donate online at
www.travellersaid.org.au/donate

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