Welcome to our Term Three edition.

RSC Growing Together Program unites mind and body strategies enabling community members to thrive.

When all else fails… use your body.

The mind reflects your body by responding to its levels of tension, rate of breath, speed of movement and mental focus. Likewise, your body mirrors your thoughts, feelings, mood, and responds to your state of mind, the questions you ask and the words you speak.

So if the mind and body are intrinsically connected – meaning that one has a direct effect on the other – it becomes clear that if we directly and consciously take control of one, it will influence and transform the other.

So by mindfully adjusting how you use your body you can directly influence your state of mind, and dramatically transform your attitude.

Just imagine you’re sitting there in a bad mood, shoulders hanging forward, shallow breathing and frowning. Go ahead and do this right now to experience how it influences your state of mind. And then do the opposite: stand up straight and put a big smile on your face.

Take some deep, strong breaths and stretch your arms into the air. Notice how you feel better?

Your body is the best tool for changing your attitude in an instant!
How to choose the right treatment for your ADHD child?

Attention Deficit Disorder - the label alone can send shivers down your spine. But don’t let your fears or worst-case-scenarios get you down! Instead, arm yourself with information, patience and determination, and find strength in the knowledge that you are doing your best for your child, and that there is a great deal of help out there.

Choosing the right treatment approach to help your ADHD child amounts to finding the right balance between your child’s specific needs and personality on one hand, and your family’s values and resources on the other. Once you understand what you’re looking for, you’ll have a much easier time finding the right ADHD specialist.

Get to know your child: What are your treatment goals?

Perhaps the most important consideration is: what it is that you want to treat? What are your child’s most pressing therapeutic needs? To answer this question it is important to distinguish between the primary and secondary symptoms of ADHD.

Primary ADHD symptoms are those that relate directly to the disorder. They include distractibility, impulsivity, hyperactivity and deficits in executive functions.

Secondary ADHD symptoms are difficulties in behaviour, emotional control and social skills that develop over time as a result of ADHD. For example, many children with ADHD have above average intelligence, and are aware that they are different from other kids. This can lead to low self-esteem, which in turn can make it difficult for the child to make and keep friends.

Depending on how acute these issues become, you may wish to consider forms of treatment such as art or animal therapy – or to make use of psychological therapy for more comprehensive emotional help.

Dr Covey is the author of several acclaimed books, including the international best seller

The 7 Habits of Highly Effective People

Habit 1: Be Proactive
Take initiative, choose your actions, attitudes and moods.

Habit 2: Begin with the End in Mind
Plan ahead and set goals.

Habit 3: Put First Things First
Spend time on things that are most important.
Set priorities, make a schedule, follow your plan.

Habit 4: Think Win—Win
Balance getting what you want with consideration for what others want.

Habit 5: Seek First to Understand, Then to be Understood
Listen to other people’s ideas and feelings.
Try to see things from their viewpoints.

Habit 6: Synergize—Value other people’s strengths and learn from others, even people who are different from yourself.

Habit 7: Sharpen the Saw—Take care of your body by eating right, exercising and getting sleep. Spend time with family and friends.
Take time to find meaningful ways to help others.
Devices can help us all be appy helpful for youth to check in, see how they’re going, and find motivation to achieve greater wellbeing, health, or other goals.

**Mood Meter**
This app requires the user to check in as often as they want in order to record the emotions they are feeling, and what they are doing. The app is designed to expand the user’s emotional vocabulary (great for building emotional intelligence), spot behaviours that are precursors to different emotions, consider strategies for improving their emotional regulation, and even see reports linking emotions with outcomes.

**Optimism**
I found it particularly interesting that reviews for this app all referenced the way the program helped users share data with their doctors. A mood-charting app that helps users monitor their moods, develop and monitor strategies for dealing with difficulties, and identify when things start to go pear-shaped.

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**Yummy Lunch Box Ideas**

**Rice n Easy**
1 cup of rice, Cherry tomatoes, cut in half
Roughly chopped cucumber,
A cup of frozen peas
1/2 cup of diced ham
Cook rice until nearly cooked, drain, leave in sieve over saucepan with saucepan lid on rice. Cook frozen peas for 2 mins and add the rice. Leave rice to cool a little. Finally add chopped tomato, diced cucumber, cut up ham and tip into a plastic container. It always works!

**Tuna Salad**
Mix a small can of tuna with mayonnaise and/or cottage cheese. Add some chopped Spanish onion. Pile tuna mix in one section of a plastic container, slice up some carrot, cucumber, and cherry tomatoes and place in the other section. Put a little mayonnaise in small container for dipping the vegetables.

**California-roll-style sandwiches**
Grate some carrot, dice a cucumber, chop up some ham finely. Cut the crusts off some brown bread, flatten it out a little, spread with cream cheese and then put the toppings on. Roll up the slice of bread then cut into California-style rolls. Add some crackers, cherry tomatoes, and dried apricots.

**Thai beef salad**
Cut up in a bowl some cherry tomatoes, a cucumber, Spanish onion, and a few slices of cold cooked beef. Prepare some rick stick noodles, drain and add to the salad mix. Use a combination of soy sauce, fish sauce, almond oil, ginger, and lime juice dressing. Put in fridge to chill.
Simple ways to practice resilience

1. **Make connections.** Good relationships with family members, friends or others are important. Accepting help and support from those who care about you strengthens resilience. Some people find that activity in local groups provides social support. Assisting others in their time of need can also benefit the helper.

2. **Avoid seeing crises as insurmountable problems.** You can’t stop highly stressful events, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

3. **Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

4. **Move toward your goals.** Develop realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

5. **Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses.

6. **Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

7. **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

8. **Keep things in perspective.** In trying times, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

9. **Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

10. **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. This will help to keep your mind and body primed to deal with situations that require resilience.

**Conversations**

Don’t miss our

In the Wellbeing Room behind the Primary Library
Term Three — Thursdays—2pm—3pm
30th July—Linda Shannon Guidance Officer Mental Health
6th August—NAIDOC
13th August— Guidance Officer, Chaplain, Wellbeing Officer
20th August—Wilma Matin—Cyber Safety

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