



It's..

Dogtober



Welcome to Dogtober.

This month is dedicated to Assistance Dogs Australia. This organisations job is to increase the freedom and independence for people living with disabilities. They train Labrador and Golden Retriever puppies through a two-year accredited program, equipping them with the skills to become life changing Assistance Dogs.

If you want to know more or donate
please visit

<https://www.everydayhero.com.au/event/dogtober2016>.





The daily practice of

MEDITATION

This month I thought it would be beneficial to discuss the important use of Meditation and how it helps our life. This is timely subject as Natalie Turvey the director and principal psychologist at Drop Of Life is currently completing an Advanced Certificate in Guiding and Teaching Meditation.

It has been of note that Meditation is on the rise, and for good reason. It is one of the best practices we have to help us manage stress, unplug from the busyness of our lives, and re-centre ourselves.

The daily practice of meditation.....just like regular exercise, nutrition, and getting enough sleep, requires a level of self-commitment. Unfortunately, our busy lives can make it difficult to stick with daily meditation. Most people inevitably engage in on again-off again meditation, simply because daily practice may be interrupted by... well Life!! Not to worry. This happens, and it's part of life's perpetual swing from balance to imbalance, and back again.

Don't get down on yourself. Whenever you realise that you've drifted away from your meditation practice, it's a good time to stop, take a step back, and re-evaluate how or where you need to adjust your



priorities. Some might find that it's easy to jump back into meditation practice. For others, it can be a challenge. Instead of practicing meditation daily, they might only return to it during times of extreme stress or crisis. "Crisis meditation" as it's called, won't give you the return on your time investment in the long term. When we take the time sit in stillness and silence each day, we can more easily attain our goals, including improved health and wellness.

The Benefits of Daily Meditation

The practice of meditation helps us to cultivate a better way of living. It helps us manage our stress levels, improves the quality of our relationships, and enables us to access greater levels of clarity, insight, and focus. Numerous studies show how meditation is associated with improvement in a variety of psychological areas, including

- **Stress**
- **Anxiety**
- **Addiction**
- **Depression**
- **Eating disorders**
- **Cognitive function**
- **Reduce blood pressure**
- **Pain response**
- **Stress hormone levels**
- **Even cellular aging**

Mediation doesn't require anything other than you taking the time to do it. That means, you're only one meditation away from getting back into your practice at any given moment.

How about now?



Did you know that 20% of Australians live with some form of mental health issue? Each year, Mental Health Week provides an important opportunity for our community to acknowledge and reflect upon mental health, take action to highlight the importance of mental wellbeing, reduce stigma, and celebrate the service of mental health workers.

Queensland's theme in 2016 is once again
'value mental health'.

How do you value mental health and wellbeing? Share your stories with us on social media, send us your images and videos so we can inspire others to get involved in Mental Health Week here in Queensland. By actively engaging all Queenslanders and encouraging our community to share, speak up, learn and support each other, we can make progress to reduce the stigma surrounding mental health.

Mental Health Week in Queensland raises awareness of mental health and wellbeing in our communities, whilst working to reduce stigma through public awareness. After all, mental illness can affect anyone. Participation in events and activities during Mental Health Week provides a practical and engaging method for all Queenslanders to get involved.



QLDMENTALHEALTHWEEK.ORG.AU

[@MHWeek](https://twitter.com/MHWeek) | [@GldMentalHealthWeek](https://www.instagram.com/GldMentalHealthWeek) | [#QMHW](https://www.youtube.com/channel/UCQMHW) | [#valumentalhealth](https://www.facebook.com/valumentalhealth) | [Mental Health Week](https://www.facebook.com/MentalHealthWeek)



Congratulations Dr Kate Owen

For completing a 25km walk for the OneDay to Conquer Cancer benefiting Royal Brisbane and Women's Hospital.

Well done Kate, what an honor it must have been to walk for such a good cause.

If you are interested in participating next year, please visit the link provided
<http://theoneday.org.au/>



Benji's Tip





Competition Time

We have had such an influx of interest in colouring this month so we have decided to continue on with our

COLOURING COMPETITION

If you would like to enter, please see Jasmine at reception.

The winner will be announced next month and will receive a special
PRIZE!

Get Colouring kids!!!





Drop of Life Team



NATALIE TURVEY

Natalie Turvey is a registered psychologist and Clinical Hypnotherapist. She has over 16 years' experience in a wide range of settings such as Adult Mental Health, school leavers, child safety, forensic psychology, disabilities, and child and adolescent mental health.



TRUDY GOSCH

Trudy Gosch is an Accredited Mental Health Social Worker and Accredited Youth Mental Health First Aid Instructor who has been working in the field of Child, Youth and Family Mental Health for the past 11 years. Trudy works with the broad spectrum of mental health concerns including depression, anxiety, grief and loss, trauma resolution, attachments and relationships, self-esteem and identity.



PAMELA HARDING

Pamela Harding is an experienced psychologist working with clients who are experiencing difficulties that are impacting significantly on their quality of life, relationships and opportunities. Pamela works extensively with adults, children, adolescents, and families. She is an IABA (Institute for Applied Behaviour Analysis) trained clinician and has extensive experience working with clients with disabilities.



DONN TANTENGCO

Donn Tantengco is a generalist psychologist. He has worked across a variety of settings. His experience includes providing counselling under employee assistance and Veteran Services arrangements. He is experienced in working with clients to address presenting issues such as anxiety, depression, grief and loss, relationship difficulties, adjustment, and coping with trauma/PTSD. In addition to working with clients individually, he also enjoys working within a couples/family framework and has a special interest in these approaches.



JASMINE SLATER

Our friendly Administration Officer Jasmine is always here to help.



LOUISE DEMPSEY

Our friendly Administration Officer Louise is currently away on maternity leave and will be back at Drop Of Life early October 2016.



BENJI THE GREAT

is an Animal Assisted Therapist who loves long walks and listening to peoples problems without judgement. He is 3 year old (which is a mature 28 in doggy years!) and has been working in the clinic since he was 6 weeks old.