An aerial photograph of a wave barrel, showing the water curling over itself to form a tunnel. The water is a vibrant blue-green color, and the white foam of the wave is visible. The surrounding ocean is a deep blue, and a rocky coastline is visible on the left side of the frame.

“You can’t stop
the waves, but
you can learn to
surf”

Jon Kabat-Zinn





You can't pour
from an empty cup



Self-compassion

- Practise self-kindness
- Recognise we're not alone in our experience
- Practise mindfulness

Source: Dr Kristin Neff, Self-Compassion



T.S Eliot, The Elder Statesman

What is this self inside us, this
silent observer,
severe and speechless critic,
who can terrorise us
and urge us on to futile activity
And in the end, judge us still
more severely
Or the errors into which his
own
Reproaches drove us?

“If children wear this type of contact it can stave off worsening eyesight, researchers say”



GOOD NEWS NETWORK

NEWS HEADLINES August 2020

“Beautiful mural in Warsaw eats up smog, purifying the air equal to 720 trees”



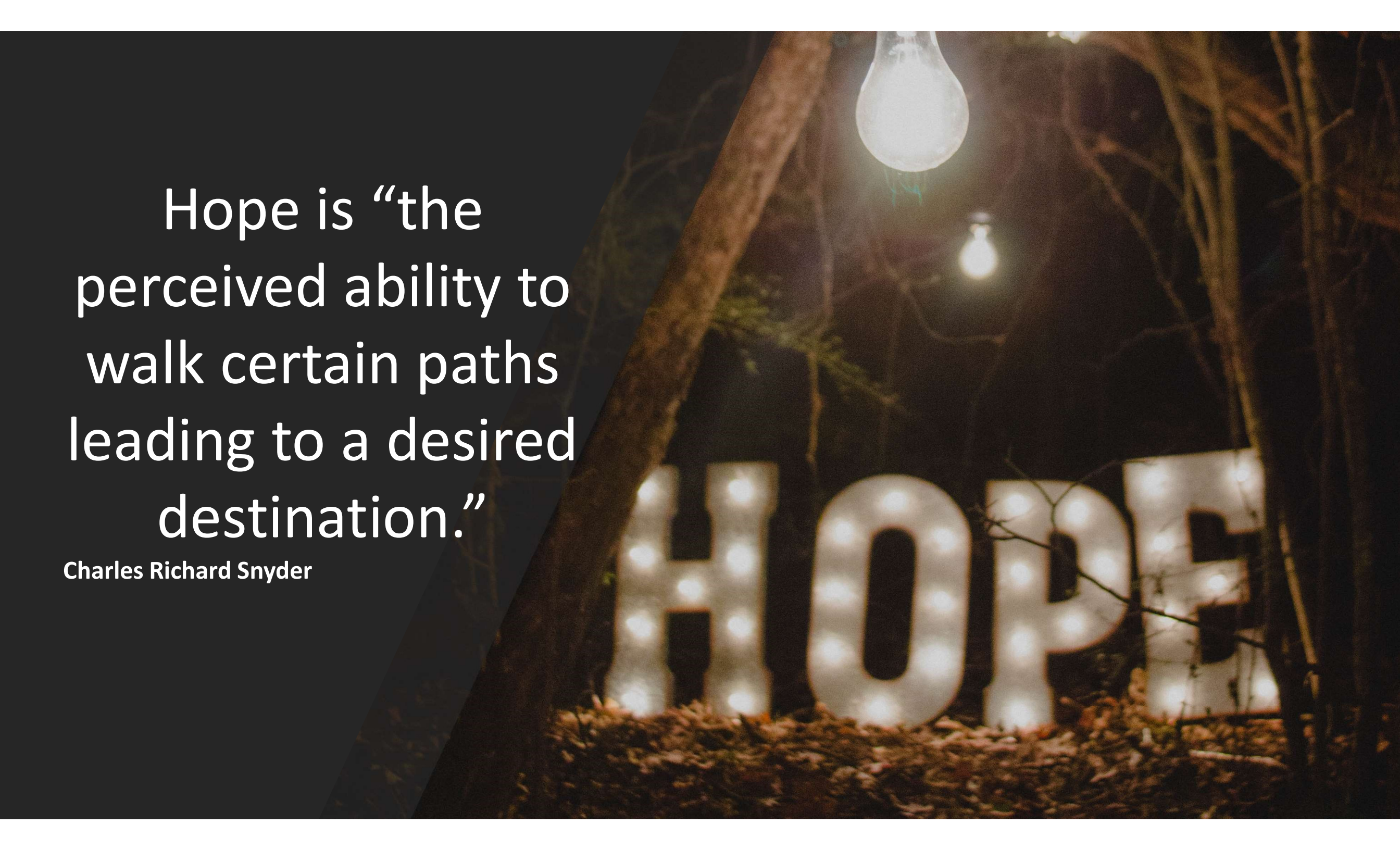
“Alzheimer’s research has found a protein that protects against the disease”

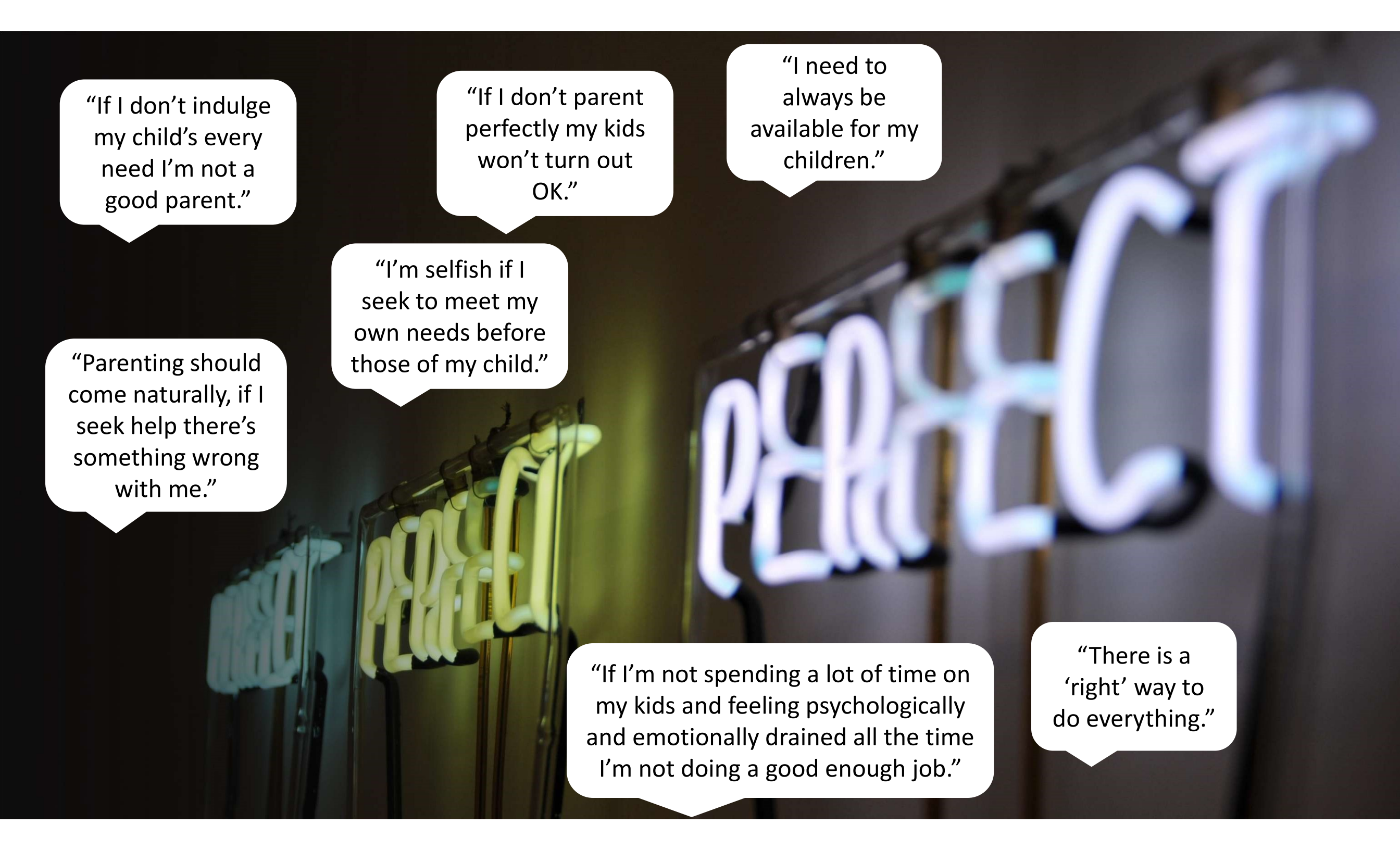
“Scientists hack photosynthesis to make crops produce more, but with less water”

“Lifelike robotic pets bring joy and serenity to seniors, combatting stress and loneliness”

Hope is “the
perceived ability to
walk certain paths
leading to a desired
destination.”

Charles Richard Snyder

A photograph of the word "HOPE" in large, illuminated letters, set against a dark background with a lightbulb hanging above it. The letters are made of a material that glows from within, and the background is dark with some lightbulbs hanging from above, creating a warm, atmospheric setting. The word "HOPE" is the central focus, with the letters being white and glowing. The background is dark, with some lightbulbs hanging from above, creating a warm, atmospheric setting. The word "HOPE" is the central focus, with the letters being white and glowing. The background is dark, with some lightbulbs hanging from above, creating a warm, atmospheric setting.



“If I don’t indulge my child’s every need I’m not a good parent.”

“If I don’t parent perfectly my kids won’t turn out OK.”

“I need to always be available for my children.”

“I’m selfish if I seek to meet my own needs before those of my child.”

“Parenting should come naturally, if I seek help there’s something wrong with me.”

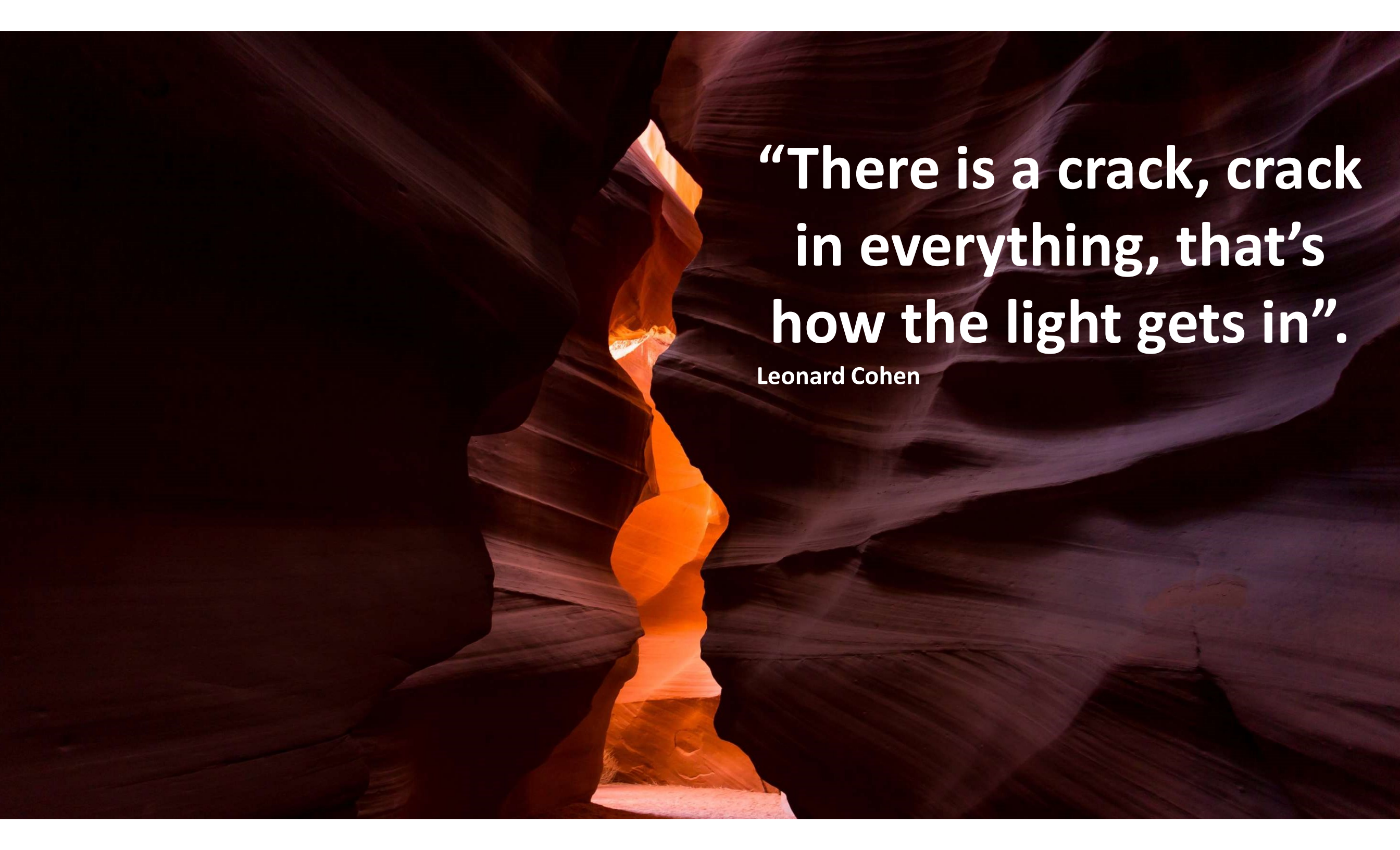
“If I’m not spending a lot of time on my kids and feeling psychologically and emotionally drained all the time I’m not doing a good enough job.”

“There is a ‘right’ way to do everything.”



Perfectionism is “...a self-destructive and addictive belief system that fuels this primary thought: if I look perfect and do everything perfectly, I can avoid or minimise the painful feelings of shame, judgement and blame.”

Dr Brene Brown



**“There is a crack, crack
in everything, that’s
how the light gets in”.**

Leonard Cohen



Detective thinking

- How likely is it to happen?
- Has this happened before?
- What would your friends say to you?
- How would you cope if it did happen?
- What's something else that could happen?

Connection is:

“the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship”

Dr Brene Brown



6 Daily Questions

1. What am I grateful for today?
2. Who am I checking in on or connecting with today?
3. What expectations of 'normal' am I letting go of today?
4. How am I getting outside today?
5. How am I moving my body today?
6. What beauty am I either creating, cultivating or inviting in today?

Additional support:

Lifeline: 13 11 14

Kids Helpline: 1800 551 800

Beyond Blue: 1300 22 4636

Parentline Australia: 1300 301 300

1800RESPECT

Carers Australia: 1800 242 636

Headspace: 1800 650 890

Mensline Australia: 1300 78 99 78

Relationships Australia: 1300 364 277