

Live Well

ENHANCING YOUR WORLD

Mental Health and Wellbeing

Managing stress and balancing your life

SELF SOOTHING
to rest and recover

2

SNACK IDEAS
to satisfy your sweet tooth

September 2024





THE BODE SHOP

EAU DE PARFUM
FULL ROSE
VEGAN

75 ml (2.5 US FL OZ)



What's inside

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Sweet treats



Welcome

Growing up I heard the basics about mental health and wellbeing through primary school programs, which honestly bored me half to death. Once a week we would do some kind of mindfulness or gratitude, forced upon us by state wide mandated programs, which did nothing but bore our restless year 6 class. Since then, I'm happy to say that I have developed a much more refined view on wellbeing, seeing more than just gratitude and 'bubble breathing' as ways to help my maturing mental state. Through the help of many social media platforms I have come to learn that wellbeing is different for every individual and it can be so much more than the painful period I had to endure in primary school. For me, wellbeing means bingeing my favourite shows, going out with friends and dancing.

The inspiration for this issue came from the lack of wellbeing magazines aimed towards older teenagers. In a time which is so uniquely stressful and challenging, I wholeheartedly believe that taking care of oneself should be of the utmost priority. Furthermore, the culture of today's society which focusses so heavily on microtrends and an obsession with 'health' inspired me to create an issue which normalises a more balanced and casual lifestyle that focuses more on how you feel than how you look.

Hailey Kilgour, Editor



Wellbeing and Mental Health

A brief introduction

There is always something new to say about mental health and wellbeing these days. Whether it's a new fad diet, a lifestyle choice or a filter, we seem to be living our lives in a blind chase for 'wellness'. But how do we really acquire good mental health and wellbeing?

Wellbeing is a complex phenomenon that encompasses social, emotional, physical, mental and spiritual wellbeing. Together these elements help determine your happiness and satisfaction, influencing how you feel about yourself and your life.

Mental health is a bit trickier as it often extends simply beyond lifestyle. However, it is still vital to maximising our overall wellbeing and we can work to improve it.

Positive mental health is linked to improved learning, positive concentration, good physical health and increased life expectancy making it a vital part of leading a healthy lifestyle. One's mental health exists on a continuum because it fluctuates greatly over the course of our life; and that's ok. Some days we may be mental healthy and other we may struggle, and learning strategies to maximise the good days and help us through the bad days is vital to our overall experience of life.

You can work to improve your mental health and wellbeing in many ways, but know none will be a quick fix.

Taking time for social connections, eating a balanced diet, exercising and working on yourself can all improve your outlook on life. Further through this issue, we will explore in depth some ways to improve mental wellbeing, so stick around to find out.



*“Life is a journey to be
experienced, not a problem
to be solved”*

- Winnie the pooh



Stress

And how to overcome it...

Stress is a normal and natural part of life. We all feel it from time to time and it's unavoidable. However, it's how you deal with the stress that shapes your experiences.

There are two types of stress, eustress (which is positive stress) such as stress during a football game that helps you perform better, and distress (negative stress) such as stress over an illness you can't control. The type of stress you most likely want to be rid of is distress which can last a long period of time and have a negative impact on our ability to function properly in normal society. This is why it is so important to prioritise our wellbeing and take time to ensure we aren't too stressed by life.

“Breathe. You’re going to be ok.”





Nature

Surrounding yourself with the natural environment and grounding in the earth is such a positive way to reduce stress levels. Getting fresh air and vitamin d can improve your mood and help you better regulate emotions by grounding yourself.

Relaxation

Additionally, you may find relaxation and grounding techniques to help you feel less stress and more zen. The great thing about relaxation strategies such as mindfulness is they can reduce anxiety and depression, lower blood pressure and improve your sleep.



Balancing Life



As we all know life can get overly stressful at times but by balancing our lives and putting ourselves first we can work to maximise our wellbeing.

Sporting activities such as Netball, Calisthenics (as pictured to the left) and Football to name a few are a great avenue for social connection and fun. By taking time out of your week, and investing it in a sport that you enjoy and which helps your body feel good, you can take the first steps towards a more balanced lifestyle. This activity boasts friendship, fun and fitness in one neat bundle giving you time away from your busy life that is completely separate and dedicated to you.

Additionally, one should never underestimate the importance of prioritising your social connections and taking time to rekindle friendships and make meaningful bonds. Simply dedicating one morning a month to a gathering of your close friends for breakfast or a chat can provide you something to look forward to and a way to distract from the busy nature of life.

Finally, you should take time to rest. Watch Netflix, stay in your pajamas, have a bubble bath. Do whatever you want to take a break. And don't feel guilty, for it is proven that taking legitimate breaks can improve productivity and motivation by giving your brain and body a break.

So take away this. You deserve rest, you deserve fun, and you deserve to have the most enjoyable life you can. So take time for yourself, in whatever form that may be.



Self Soothing

Activities for calming the mind

Hot chocolate and a movie sounds like the perfect, cozy night in when you need a break from the hustle and bustle of life. Simply heat up your favourite warm drink and kick back, relax and enjoy a movie. Perhaps you feel like a marvel marathon, or a classic like the Titanic. The choice is yours.



As common of a strategy as it is, exercise is a beneficial way to get those endorphins moving to help you feel good. Whether it be running, strength training, walking the dog or stretching, the simple act of moving our bodies can help us feel more motivated and energised. The hardest part is often to get going, so try mini workouts to develop a rhythm and help you find some motivation.

Don't you just love having fun in the kitchen and whipping up a delicious sweet treat? Well, the good news is that this can be an excellent way to bring your emotions back down after a heightened episode. This works by distracting your brain with a peaceful activity which in turn calms your sympathetic nervous system. In simple terms it makes you feel less stressed and heightened. If this sounds good, why not check out some baking recipes on page 13 and 15 for some inspiration.



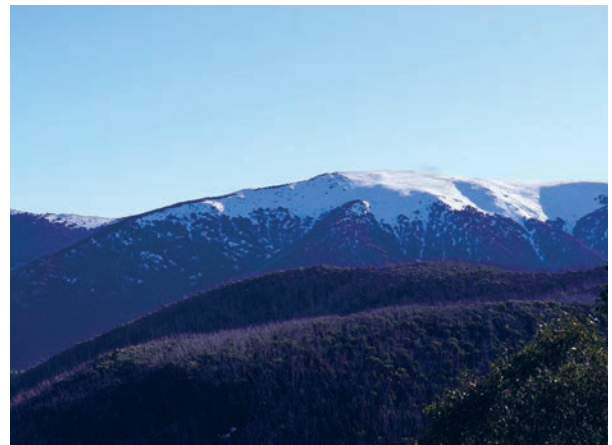


Scented candles can help you create a soothing and peaceful ambience which is a great way to calm yourself down. Scents like lavender are shown to be the most soothing and help with stress and sleep by relaxing the body. The atmosphere created from candles is also very therapeutic and paired with a bubble bath can be the ultimate self-care tool.



Finding yourself caught up on your favourite artist's new album? Not to worry, for listening to music is a great way to regulate ourselves and get out of a bad mood. Through its transportive nature, music takes us out of our heads and helps us to focus on a form of entertainment much more positive and soothing than typical movies and TV shows.

Being in nature is such a beneficial way to improve wellbeing and connect with something bigger than ourselves. By stepping outside at some point everyday we can reap benefits such as improved confidence, reduced stress and a better mood. Better yet, you could go for a drive to the beach or the mountains to spend some time in a calming technology free environment which can help us take a break from our busy lives.



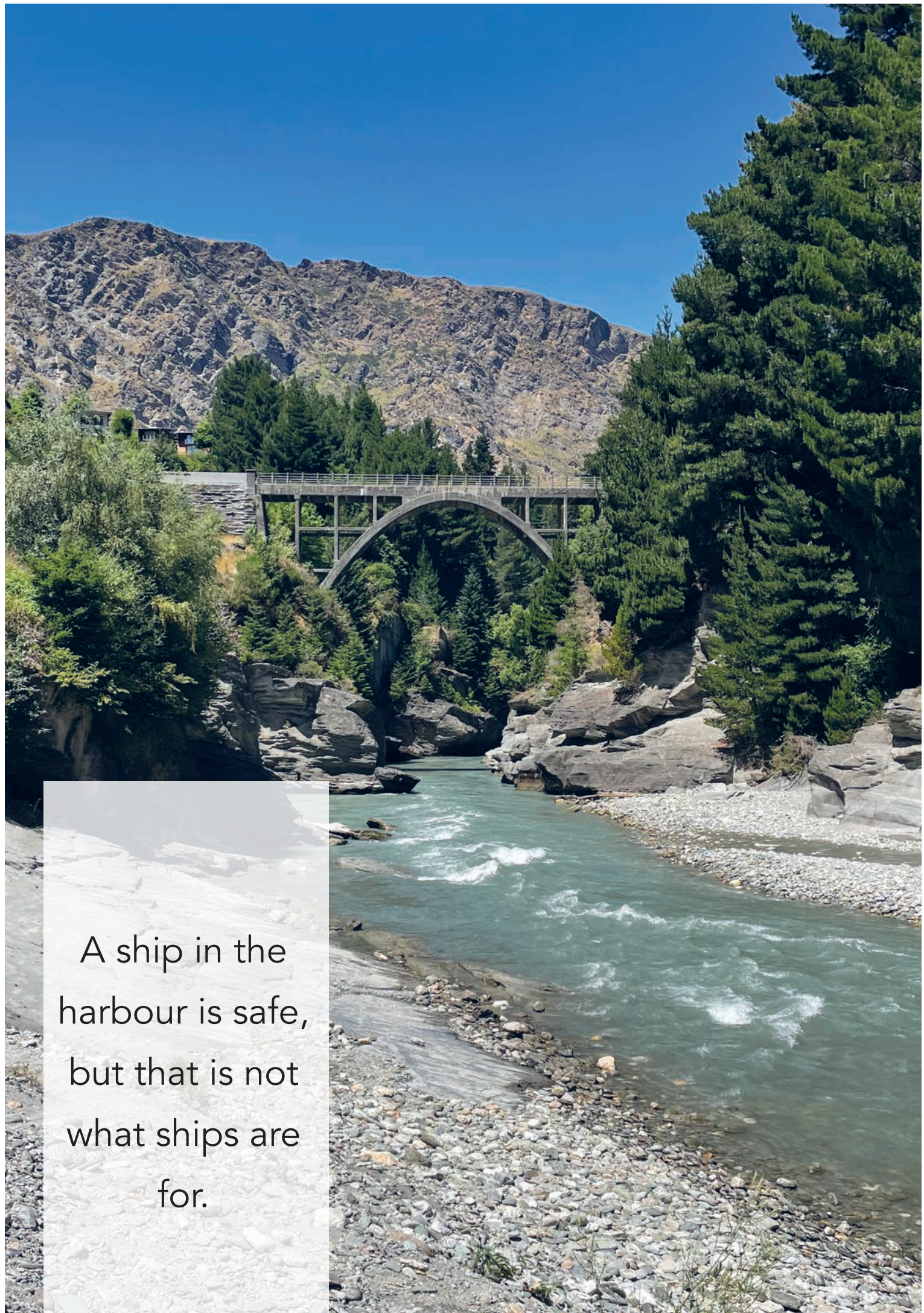
HUSH FRESH
HANDMADE
COSMETICS



PALM TREES, SALTY AIR,

OCEAN SALT

ENDLESS SUMMER



A ship in the
harbour is safe,
but that is not
what ships are
for.

Triple Chocolate Brownies

- 1** cup plain flour
- 3/4** cup cocoa
- 3/4** cup brown sugar
- 1 1/3** cups caster sugar
- 175g** unsalted butter, melted
- 1** teaspoon vanilla extract
- 3** eggs
- 60g** chopped white chocolate
- 60g** chopped dark chocolate

Method

1. Preheat the oven to 160° celsius, fan forced
2. Line a small rectangular tin with baking paper
2. Combine flour, cocoa, sugar, butter, vanilla and eggs in a large mixing bowl
3. Add chocolate and mix into the batter
4. Pour the mix into the tin and place in the oven
5. Bake for 55 minutes or until the surface of the brownie feels set when touched



Breakfast Pancakes

- 1 1/3** cups plain flour
- 1** tablespoon baking powder
- 1/4** cup caster sugar
- 1** egg
- 1** cup full cream milk
- 1** teaspoon vanilla bean extract
- 40g** unsalted butter, melted and cooled

Method

- 1.** Add flour, baking powder and sugar in a bowl. Whisk to combine.
- 2.** Add egg, vanilla extract, cooled butter and milk to a jug. Whisk to combine.
- 3.** Create a well in the dry mixture and add the wet ingredients. Whisk together to create a smooth batter.
- 4.** Heat a large pan over medium heat. Add batter in 1/4 cups to create the pancakes (feel free to cook multiple at a time). Cook for 1-2 minutes on each side or until golden.
- 5.** Serve with butter, maple syrup and berries of your choice while still warm.

Makes 9



where it fits into
your routine

PHYTO-RENEWAL OIL



 **ondota**
organics®

Phyto-Renewal Oil

Bakuchiol 2% | Cacay Oil
| Evening Primrose Oil

30 mL / 1.01 Fl Oz. e