

# Bonheur

THE WELLBEING HUB

ISSUE 23

BECOMING THE BEST YOU  
BUILDING CONFIDENCE

EXCLUSIVE  
INTERVIEW:  
**LISA ELLIS,**  
**PSYCHOLOGIST**

SEPTEMBER 2024

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## FROM THE EDITOR

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Dear Readers,

In today's fast-paced world, the pursuit of balance and wellness has never been more essential—especially for those of us who are navigating the complexities of modern life. Between the demands of education, career ambitions, social connections, and the constant pull of digital distractions, it's easy to lose sight of what truly nurtures our well-being.

In this issue of Bonheur, we're focusing on the importance of cultivating a peaceful mind and a balanced life. Our aim is to provide you with the tools, insights, and inspiration needed to not just survive, but thrive.

Wellness is not a destination; it's a continuous journey of self-discovery and growth.

We believe that by prioritising mindfulness, embracing healthy habits, and making space for self-care, you can create a life that's not only fulfilling but also deeply enriching. It's our hope that the stories and tips shared in these pages will help you find that much-needed equilibrium.

Here's to a more mindful, balanced, and joyful you.

Warm regards,

Shreya Kapitan

Editor, Bonheur



*Shreya Kapitan*

EDITOR-IN-CHIEF

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# START YOUR DAY RIGHT: THE PERFECT MORNING ROUTINE

Written By  
Shreya Kapitan

**Start your day right the night before! For the best start to the day you need a good night's sleep to boost your cognitive and physical functioning. Get to bed at a good time to ensure you can sleep for the recommended 8 hours a night!**

**STEP ONE:** Set your alarm for the same time every morning.

Starting your day at a consistent time helps regulate your body's internal clock, making it easier to wake up. Avoid hitting the snooze button, as it can disrupt your sleep cycle and leave you feeling groggy. Embrace the morning and rise with purpose.

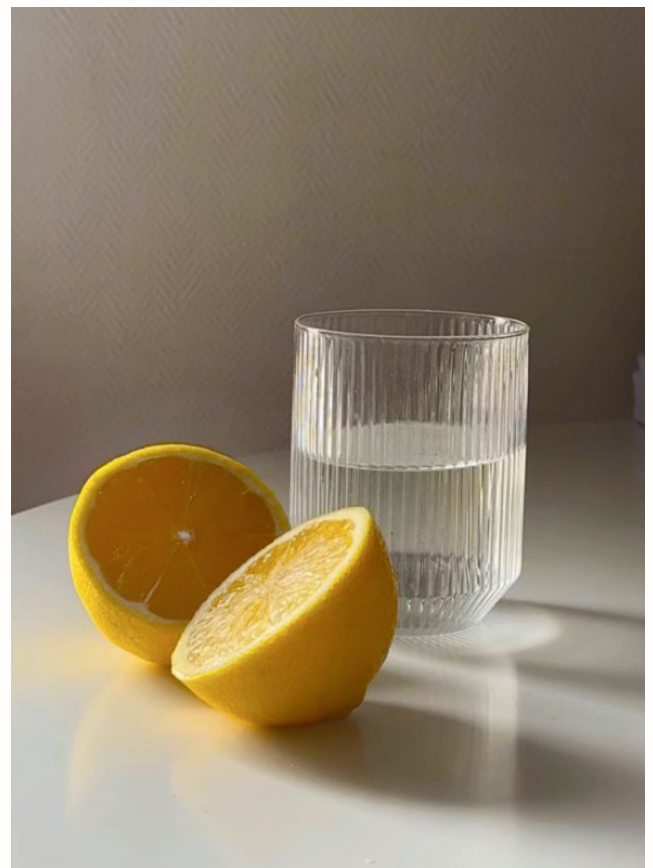
**STEP TWO:** Welcome in morning light.

Open your curtains or step outside to soak in natural light as soon as you wake up. Morning light helps reset your circadian rhythm, signalling to your body that it's time to start the day. This simple act can boost your mood and energy levels.

EVERY DAY  
IS A FRESH  
START!

**STEP THREE:** Hydrate first!!

Kickstart your metabolism and rehydrate your body by drinking a glass of water as soon as you wake up. Overnight, your body loses fluids, so replenishing them first thing in the morning can help you feel more awake and ready to take on the day.



**STEP FOUR:** Morning stretch.

Begin your day with gentle stretches, either from your bed or on the floor, to awaken your muscles and increase blood flow. Stretching releases endorphins, which are your body's natural mood lifters, setting a positive tone for the rest of the day.

**STEP FIVE:** Skin care.

Prioritize your skin each morning with a simple skincare routine. Cleansing, moisturizing, and protecting your skin not only improves its appearance but also boosts your confidence. Taking time for self-care in the morning can set a positive tone for the day.

**STEP SIX:** Breakfast - fuel up with a nourishing breakfast and SIT DOWN to enjoy.

Nourish your body with a balanced breakfast, rich in nutrients to sustain your energy throughout the day. Make it a point to sit down, savour your meal, and avoid rushing. This moment of calm can help you feel grounded and ready to tackle the day's challenges.



**STEP SEVEN:** Set your intentions for the day.

Take a few minutes to reflect on your goals for the day. Set realistic expectations and plan your tasks with purpose. By defining your intentions, you'll stay focused and motivated, making it easier to achieve what you set out to do.

**STEP EIGHT:** Say positive affirmations.

Start your day with positivity by repeating affirmations that inspire and empower you. These positive statements can boost your self-esteem and mental resilience, helping you approach the day with a confident and optimistic mindset.



I AM WORTHY  
OF LOVE AND  
RESPECT



# The Rested Mind

By Shreya Kapitan

## The Importance of Sleep

Your brain is busy while you sleep, clearing out toxins and undergoing repair and recovery. For young people, sleep is essential for brain development, helping with cognitive functions and mental growth. Without enough sleep, your brain can't function at its best, affecting everything from memory to problem-solving skills.

Sleep doesn't just affect your brain—it's crucial for your heart and metabolism too. Quality sleep helps regulate your heart rate and blood pressure, reducing the risk of heart disease. It also plays a role in maintaining a healthy metabolism. Lack of sleep can disrupt hormones that control hunger, potentially leading to weight gain and other metabolic issues.

Your emotional health is closely tied to how well you sleep. Adequate sleep helps stabilize your mood and reduces the risk of mental health issues like depression and anxiety. When you're well-rested, you're more likely to feel positive and handle stress better.

## The Benefits of Sleep

For young people, sleep is a time when growth hormones are at their peak. Biologically, this is vital for physical development, ensuring you grow and develop as you should. Sleep also strengthens your immune system, making you less susceptible to illnesses. During sleep, your body produces cytokines, which help fight off infections and inflammation.

In a psychological sense, quality sleep sharpens your attention span and cognitive functioning. It boosts your ability to focus, solve problems, and make decisions. This is crucial for performing well in school and daily activities. Your brain consolidates memories and processes information from the day while you sleep. This helps improve memory retention and learning capabilities, making it easier to absorb new information and perform better academically.

## Tips for Improving Sleep

1. Taking a warm bath before bed can help relax your muscles and calm your mind, making it easier to drift off to sleep. The subsequent drop in body temperature signals to your body that it's time to rest.
2. Physical activity is a natural sleep aid. It helps regulate your sleep-wake cycle and reduces symptoms of insomnia. For young people, exercise is especially beneficial, promoting both physical and mental health.
3. Train your body to associate your bed with sleep. Avoid using it for activities like studying or watching TV. This helps create a strong mental link between your bed and sleep, making it easier to fall asleep and stay asleep.
4. Electronic devices emit blue light, which can hinder the production of melatonin, the hormone that regulates sleep. To improve sleep quality, avoid screens at least an hour before bedtime. Instead, engage in relaxing activities like reading a book or practicing mindfulness.



Say goodbye to sleepless nights...



Drift into dreams; where Nothing Much Happens, but sleep does. Unwind with soothing bedtime stories for adults, designed to calm your mind and whisk you away to a peaceful slumber. Tune in on Spotify, Pear Podcasts, or your favourite podcast platform.



# Let it *Glow*

Everyone's skin is different so finding the best skin care for you, starts with knowing your skin type.



### 3. Sensitive Skin

Sensitive skin is more prone to react to stimuli to which neutral skin has no reaction. It is a fragile skin, usually accompanied by feelings of discomfort, such as heat, tightness, redness or itching. It is a delicate skin that needs more care to fight dryness, roughness and its usual appearance.

To find the perfect moisturiser for sensitive skin, start by looking for products that are hypoallergenic and fragrance free. Avoid harmful ingredients such as alcohol, parabens sulfates and essential oils.

### 4. Neutral Skin

This skin is neither too dry nor too oily with an even texture. If you have neutral skin, you're in luck! Most types of skin-care products will suit your skin type. You may benefit from a lighter gel-based moisturiser during the day and a heavier creamy moisturiser overnight. Keep your skin feeling fresh and healthy by avoiding harmful ingredients!

### 1. Dry Skin

Dry skin is a common challenge - it often appears as visible skin flakes, a tight feeling on skin, and a lack of radiance. Those with dry skin rarely appear dewy, and it can often feel like you've applied layers and layers of skincare to no visible effect. This skin type produces little to no sebum (that's what the natural oil produced by skin is called). This is the reason why dry skin tends to look nearly pore less; however, the trade-off for this is skin that doesn't hold onto hydration and can easily have visible skin flakes and even premature wrinkles.

The best way to combat dry skin is the perfect moisturiser. For moisture retention, choose a heavier cream or balm moisturiser.

### 2. Oily Skin

Oily skin has a porous, humid and bright appearance. It is caused by excessive fat production by sebaceous glands, and usually determined by genetic and/or hormonal causes. It is frequent in adolescents and young people under 30 years old, and usually related with the occurrence of acne.

If you have oily skin, stick to light, oil-free moisturizers. We typically recommend gel or lotion-based products, because they hydrate without weighing down the skin.







### The Skin Care Step by Step!

Every good skincare routine needs four staples: a refreshing cleanser, a skin-boosting serum, a creamy moisturiser, and the final touch - SPF! Companies and corporations try sell the narrative that you need a 12-step skin care routine for smooth, hydrated and clean skin. But we'll let you in on a secret... you really only need four fabulous products!

Start your routine with a nourishing cleanser to melt away any make-up, excess oil and build up. A serum packed with all the good stuff is the next go-to. Niacinamide and zinc boost skin brightness, improve smoothness and reinforce your skin barrier. An ultra-hydrating moisturiser is the best way to prep your skin for the day. Use this after applying any serums or toners. The final step in your skin care routine should always be SPF. Protect your face from UV rays with your favourite SPF 50+ suncream. Now your skin is ready for the day!

“

LEAVES MY SKIN  
FEELING SILKY  
SMOOTH

trilogy.



**Confidence is crucial, especially for young people navigating the challenges of growing up. It's not something you're born with; it's something you build over time. Confidence helps you trust your own judgment, abilities, and value, allowing you to feel worthy and capable. Learning to value yourself independently of others' opinions is essential to maintaining your confidence in a world that often demands external validation.**

### Understanding Confidence

Confidence is the foundation of personal and academic growth. It empowers you to take on challenges, try new things, and stand up for yourself. Without confidence, it's easy to feel overwhelmed or discouraged, which can hold you back from reaching your full potential.

Confidence isn't about arrogance; it's about believing in your abilities and trusting that you can handle whatever comes your way.

Self-confidence is often confused with self-efficacy and self-esteem, but they are subtly different. Self-efficacy is your belief in your ability to succeed in specific tasks, while self-esteem is your overall sense of self-worth. Together, they contribute to your overall confidence.

### Identifying Strengths

A great way to build confidence is by identifying and celebrating your strengths. Start by acknowledging the small wins in your life—completing a difficult assignment, helping a friend, or learning something new. These achievements, no matter how minor they may seem, contribute to a positive self-image. Recognizing your strengths helps reinforce your belief in your capabilities, making it easier to tackle bigger challenges.

### Surround Yourself with Positivity

The people and environment around you play a significant role in shaping your confidence. Surround yourself with supportive friends and family who uplift you and believe in your abilities. A positive environment fosters growth and encourages you to take risks without fear of failure.

### Practicing Self-Care

Finally, don't underestimate the link between physical health and confidence. Regular exercise, a balanced diet, and adequate sleep contribute to your overall well-being and boost your confidence. When you take care of your body, you feel better about yourself, and that positive feeling reflects in your confidence levels.

Building confidence is a journey, not a destination. By understanding and valuing yourself, challenging negative thoughts, setting realistic goals, surrounding yourself with positivity, and practicing self-care, you can develop the confidence you need to thrive in all areas of life.

**BOLD  
BEAUTIFUL  
CONFIDENT  
YOU**

### Setting Realistic Goals

Setting realistic goals is another key aspect of building confidence. Use the SMART goal framework—Specific, Measurable, Achievable, Relevant, and Time-bound—to set objectives that are both challenging and attainable.

Tracking your progress helps you see how far you've come and keeps you motivated to keep pushing forward. Every goal you achieve, no matter how small, builds your confidence.

### Overcoming Negative Thoughts

Negative thoughts can be a significant barrier to building confidence. Thoughts like "I'm not good enough" or "I can't do this" can undermine your self-belief. To overcome these, challenge your thought patterns. Ask yourself, "Is this really true?" and replace negative thoughts with positive affirmations like "I am capable" or "I can learn this." Over time, this shift in mindset can significantly boost your confidence.





Artwork by Bella Fogg

# Lisa Ellis

## ON MENTAL HEALTH, STRESS MANAGEMENT AND YOUNG PEOPLE



We sat down with psychologist and school counsellor, Lisa Ellis, to chat about her career, her thoughts on mental health for young people and some quick short-term coping strategies. Here's what she had to say...

**Can you tell me a little bit about your career? Did you always know you wanted to work with high school aged children?**

Yes! This question always makes me feel old when I realise how long I've been working in this space! I studied my degree in psychology and finished in the early 2000s. I then started off working in youthwork and with young people who were at risk of leaving school early, so with kids who were sort of on the edge of education. I went from working there to working in the TAFE environment with students studying in certificate and diploma courses at Holmesglen. Most of the people I worked with at that time were young adults and some older adults.

While I was there an opportunity came up to work with VCAL students which would get me back to working with teenagers and I jumped at that. I was in that role for quite a number of years and really loved it. From there I went and had my three children, so I was in and out of the workforce – always working but just for different amounts of time. I continued to work with young people at VCAL and then I moved into private practice where I was working with people who had chronic fatigue syndrome and other chronic health issues. After that I ended up within this school environment.

So yes, essentially, I think I have always wanted to work with adolescence and whenever I find myself veering into another age group I usually gravitate back to young people.

### How would you define mental health?

*“Mental health and wellbeing is the ability to be able to cope with all of the things that life throws at us like the everyday stuff and then also the more difficult stuff as well. It's being able to manage it all in a way that doesn't cause us too much distress.”*

**If you or anyone you know is struggling with mental health contact Headspace via the number below.**

**1800 650 890**



**Shreya Kapitan**  
bonheurmag@gmail.com



### What are the main components of your position as a school councillor?

It's a big job and it's a varying job depending on each day. We spend most of our time with students talking to them about the challenges that they're experiencing and trying to support them through that. We spend a lot of time speaking to House Coordinators and the wider wellbeing team at the college to guide them in their support of students as well. We work within a team environment, and we spend a bit of time talking to parents depending on the situation and whether we've got permission from students. So students first, then staff and then parents. We work mostly one on one, but we do some group work as well. From time to time as a counselling team we run one off or series sessions including workshops on stress management leading into exams.

The one-on-one work that we do is probably the most rewarding because you get the feedback. When you work with a group you don't really know if it has much impact because you won't necessarily see those students again. And when you realise that the young person you're working with is starting to make really good choices for themselves and really starting to look after themselves and actually do what they know they need to for themselves. That's always pretty amazing - it doesn't always happen but when it does it's really rewarding.

### In your professional experience, what are some of the key issues that young people are struggling with today? And what do you think are the main causes for these issues?

Definitely the presentation that we see the most of within a school context, which also matches up with the national data, is that of anxiety. Anxiety is the most common presenting problem within this service and that anxiety is very individualised - each person will be anxious about something different. In terms of what may be causing these issues, technology definitely feeds into anxieties. Anxiety has always been the biggest presenting mental health issue for adolescents and also for adults, but I think one of the big challenges with modern technology is that its impacting young people's sleep. If they haven't got good boundaries with their devices, then they're not sleeping well. And when we don't sleep well, we're not getting those fundamentals of sleeping eating and exercising right which means we're not going to be particularly mentally healthy - we won't be able to cope with the demands that are thrown at us. Technology often takes away real-time interactions with people. Obviously, it opens a lot of social connections, but it also detracts from the face-to-face. It provides young people with so much information that can potentially fuel their anxieties with images of how they feel they might need to look or information that dramatizes global issues. Basically, it feeds us more information than our brains are designed to cope with.

Body image is certainly a big issue as well which ties in with social media. Eating disorders is something that we did see a spike in a couple of years ago which corresponded with COVID lockdowns. And we do unfortunately see young people struggling with low mood which can lead to self-harming behaviours. Also, within the context of a school, a lot of anxiety that students speak to us about ties in with their studies, grades and future planning.



### What is your personal opinion on how effectively schools and their structures protect students' wellbeing?

We're lucky now to have wellbeing services inbuilt and ingrained within the school and reflecting back to when I was at school that wasn't available. Having counselling services is really important. Having house coordinators who are trained in well-being makes it really accessible. Most young people spend more time at school than anywhere else, so having people that they can access within the school environment is really important as well as being able to get real credible information about mental health.

I guess one of the challenges with the way the school system is designed that can have a more negative impact on mental health is the amount of pressure on young people. A lot of students believe that year 12 is the be all and end all of their education when really its just the start. There tends to be a belief that your ATAR is the most important thing about you - that's something I would love to see changed. The fact that we're moving towards an education system where there is broader subject choice is really helpful in supporting young people to find their niche. Having systems inside of schools that support all types of learners is also really important in educating all students particularly those who are neurodivergent.

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### How important do you believe free access to professional psychology services is for young people?

I think it's so important and it's one of the reasons that I love this job; knowing that students can access support for free and usually fairly quickly. Seeking external support often takes time and can be costly which can become a big barrier in students accessing the help they need. In terms of mental health, the earlier we can intervene, the better outcome we're going to have.

### Can you share with me some strategies or suggestions for self-regulation particularly when it comes to stress management?

If there was one thing I could change for all adolescents I would give you more sleep! If we sleep well, then we can protect ourselves against a lot of mental health issues and our capacity to cope increases. Having really good sleep routines means tech free sleep, device free time before bed and usually nine hours of sleep for young people. That is the simplest, though not necessarily easiest, thing to change for improving mental health. From sleep it's also important to consider diet and how we fuel ourselves as well as how we exercise. That means spending time outside as well!

There are simple tricks like breathing strategies and grounding strategies that are great short time options as well. Taking some deep breaths or finding some quick tricks to build into your everyday for when things get overwhelming. That way you always have something in your back pocket to draw on.

### Try the 4-7-8 breathing technique!



Inhale for four seconds...

Hold your breath for seven seconds...



Exhale for eight seconds.

Thanks to Lisa Ellis for taking the time to chat with us here at Bonheur Magazine! To read more interviews like this one head over to [bonheurmag.com.au](http://bonheurmag.com.au)





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# PORT DOUGLAS TRAVEL GUIDE

MOSSMAN RIVER, MOSSMAN GORGE, QLD



## YOUR TROPICAL ADVENTURE AWAITS, AND WE'VE GOT THE SCOOP ON HOW TO CURATE THE PERFECT GET-AWAY!

### Explore the Daintree!

Head inland to the ancient Daintree Rainforest, where Mossman Gorge offers a completely enriching experience. Immerse yourself in its lush natural beauty and rich cultural history.

Just a 20-minute drive away from the heart of Port Douglas, the Mossman Gorge Centre provides shuttle busses to and from the entrance to the gorge along with guided tours providing information on the culture and history.

Upon arrival you'll be greeted by towering trees, thick foliage and the soothing sounds of the Mossman River cascading over boulders below. Take a walk along the Rainforest circuit track where you'll find several breathtaking lookouts and a spot to dip your toes in the water. Consider the guided Dreamtime Walk offering enriching inside to the Indigenous history, traditions and spiritual connection to the gorge.

*Hot Tip: Wear sturdy walking shoes and bring insect repellent!*

### Snorkel in the Great Barrier Reef!

Port Douglas is your gateway to the world-renowned Great Barrier Reef, one of the most spectacular natural wonders of our planet. Explore the reef on a snorkelling expedition in the underwater paradise and learn about the dangers threatening its beauty. Several tours offer day trips or even half day trips to parts of the reef departing from the Port Douglas Marina. Book the tour that's best for you by considering whether to snorkel of the beach or deep in the water. Snorkelling spots such as Agincourt Reef showcase the diversity of marine life.

As you glide through crystal-clear waters, you'll encounter a mesmerising array of coral, teeming with colourful fish, turtles and the occasional reef shark (totally harmless!).

Be mindful of stinger season, careful with the coral and don't forget your underwater camera to capture all the magic!

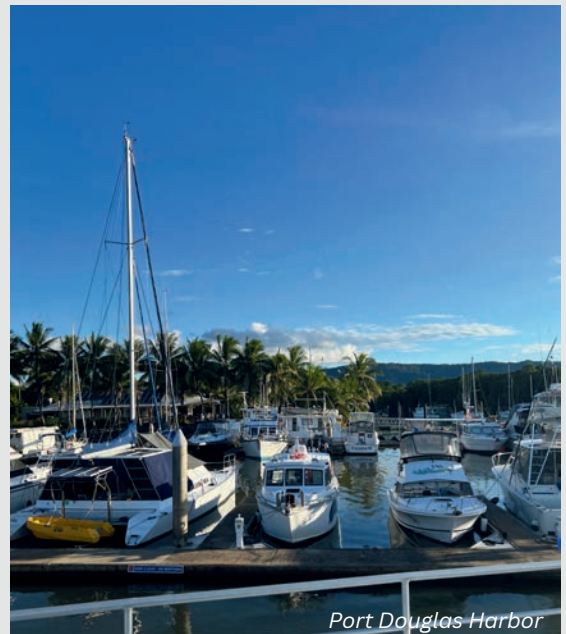
### Visit the crocs!

No trip to Port Douglas is complete without getting up close and personal with Australia's most famous reptile, the saltwater crocodile.

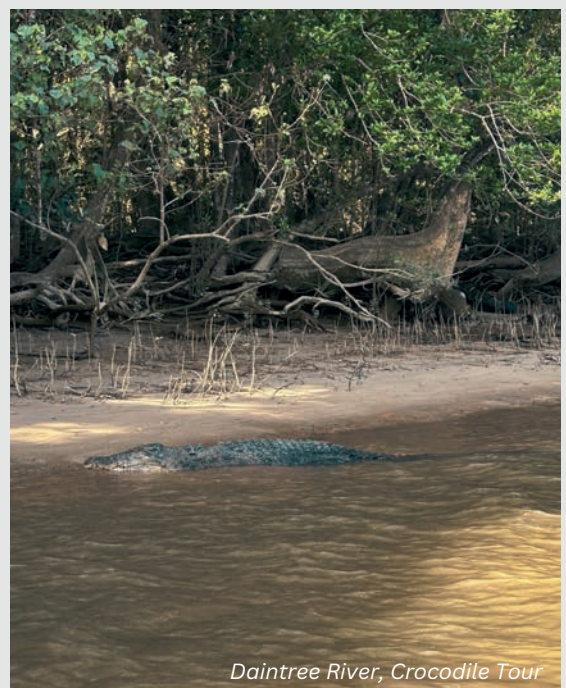
The best place to see these guys is at Hartley's Crocodile Adventures, located about 25 minutes south of Port Douglas. The wildlife park offers a safe yet thrilling way to observe crocs in their natural habitat. The star of the Hartley's show is without a doubt the crocodile show. Watch the predators get fed by skilled handlers, showcasing their power and agility. Or take a boat cruise through the lagoon to seek crocs lurking beneath the water's surface.



*Mossman Gorge, Walking Trail*



*Port Douglas Harbor*



*Daintree River, Crocodile Tour*



# Spring Produce



WORDS AND  
PHOTOGRAPHY BY SHREYA KAPITAN

With the arrival of spring, Australian produce is about to burst with vibrant colours and fresh flavours, offering a diverse range of fruits, vegetables, and herbs.

Juicy strawberries, sweet pineapples, and fragrant mangoes - perfect for refreshing desserts or fruit salads - will begin to appear on the shelves. Crisp apples and pears are also in their prime, offering a balance of tartness and sweetness.

Vegetable gardens will thrive with an abundance of fresh greens like spinach, lettuce, and rocket, alongside tender asparagus and young peas, which are perfect for light, seasonal dishes. Spring is also the time for root vegetables like radishes, beets, and baby carrots, adding earthy flavors and vibrant colors to any meal.

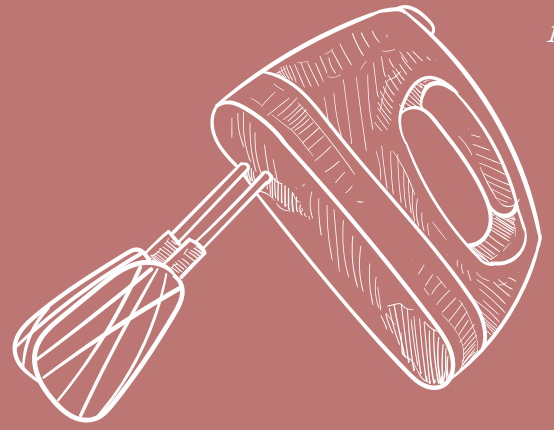
Herbs such as basil, mint, and parsley will flourish in the warmer weather, adding fresh, aromatic notes to a variety of dishes. Spring onions and garlic also come into season, bringing a mild, yet flavorful kick to meals.

For those seeking something unique, try bush tucker ingredients like finger limes and warrigal greens, which add a native twist to your culinary creations.

Spring in Australia is a time of renewal, reflected in the fresh, flavourful, and abundant produce available during this season.



# Chewy Choc Chip Cookies



## Ingredients

350g plain flour  
1 teaspoon bicarbonate of  
soda  
1/2 teaspoon salt  
1 large free range egg  
2 teaspoons vanilla extract  
230g unsalted butter  
100g caster sugar  
220g brown sugar

LOTS of chocolate chips!

## Method

Preheat oven to 170C. Using an electric mixer, beat both sugars and butter together till creamy.

Whisk eggs and vanilla together in a separate bowl then add into the butter and sugar mixture. Mix in well.

Add the flour, baking powder, salt and chocolate chips and mix in with a spatula.

Divide cookies into balls and place on baking sheet. Bake for 12-15 minutes or until golden brown.







# Taste of Italy



## Nonna's Potato Gnocchi

Explore the richness of home cooked Italian flavours that dance on your tongue with this simple meal.

There's nothing better than a home cooked meal that leaves you feeling satisfied and well fed. At Bonheur we understand the need for quick, easy and (most importantly) delicious meals that fit into your busy lives. This classic dish uses minimal ingredients for maximum results... safe to say it's a staple meal worth adding to your recipe books. Whether you elevate this dish with the freshly made sauce or use a bottle from the pantry, one bite of Nonna's gnocchi is sure to leave you wanting more!





## Ingredients

**Gnocchi:**  
 1kg peeled potatoes, roughly  
 chopped  
 30g butter  
 2 cups (250g) plain flour  
 1 egg, beaten  
 Parmesan, for serving

### Sauce:

1 tablespoon oil  
 1 onion, chopped  
 1 celery stalk, chopped  
 2 carrots, chopped  
 2 cans crushed tomatoes  
 1 teaspoon sugar  
 1/2 cup fresh basil, chopped

## Method

1. To make gnocchi, cook the potatoes in boiling water for 15 minutes or until very tender. Drain well and mash until smooth. Using a wooden spoon, stir in the butter and the flour, then beat in the egg. Leave to cool.
2. To make the tomato sauce, heat the oil in a large frying pan and cook the onion, celery and carrots for 5 minutes, stirring regularly. Add the tomatoes and sugar and season. Bring to the boil, reduce the heat to very low and simmer for 20 minutes.
3. While the sauce is simmering, turn the potato mixture out onto a floured surface and divide in two. Roll each half into a long sausage shape. Cut into 3-4 cm pieces and press each piece lightly with the back of a fork to give the gnocchi ridges.
4. Bring a large pot of water to the boil, add the gnocchi and cook for 3 minutes, or until they rise to the surface. Drain with a slotted spoon and serve with the tomato sauce and grated Parmesan cheese. Top with fresh basil.

### Notes:

For Vegan Options simply replace butter with substitutes like Nuttelex or margarine and use egg replacer. Top with your favourite vegan cheese!

Take this meal to the next level and top with sautéed cherry tomatoes for an extra juicy bite!

To save time, pair this soft melt-in-your-mouth gnocchi with a bottled sauce.







We believe in *real* food!







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# THE WELLBEING HUB

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ISSUE 23



# *Bonheur*

\$14.50 AUD



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