Recovery Tip

New years resolutions for mental health

Whatever your new years resolution, remember to FOCUS on taking better care of you in 2019 this will improve your mental health, and helps you care for the people around you, too.

Some new years resolution suggestions

PAY ATTENTION TO MORE THAN JUST YOUR PHONE THROUGHOUT THE DAY-Do your best in 2019 to ground yourself in the here and now, when you’re oblivious to your surroundings you can easily overlook little details throughout your day that might just bring you more positivity than you realize.

TAKE YOURSELF OUT ON DATES, JUST BECAUSE-"Me time" Make 2019 the year that you start dating yourself, to really dive into what you like about yourself and to create space to find value in the person that you are.

EMBRACE THE POSITIVES INSTEAD OF DISMISSING THEM-Throughout each day, every time something good happens, take at least 10 seconds to actually soak it in.

GIVE YOUR PERFECTIONISM A REALITY CHECK-Say it with me: I do not have to be flawless. It is OK to be complicated, messy, and uncertain.

MAKE ADJUSTMENTS AS YOU GO-Don't sweat it if, come Sunday night, you realize the goal you set out to achieve on Monday morning didn't exactly pan out. After all, the beauty of weekly goals is that you can start again the following week.

Taken from https://www.elitedaily.com/p/heres-how-to-set-weekly-goals-to-make-your-new-years-resolutions-more-doable-according-to-experts-15646522

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Meet our New Management Committee Members

Brian Edward Wooller

I am the father of 2 sons and 4 grandchildren, 2 girls and 2 boys. I have always had an interest in sailing and am currently sailing from the Nedlands Yacht Club I was their treasurer for 9 years finishing in June 2018. Following my graduation with a degree in economics I enrolled in and completed the graduate diploma in social work in 1967. My working career in the social work profession included work within a variety of fields, mental health, children's welfare, juvenile and adult corrections, youth, drug and alcohol services, administration and education and training. This has included working for the WA government and the not for profit sector where I spent some of my later career with Mission Australia as Operations Manager for their community services here in WA. My association with the University of WA has been as both a student and a staff member where I was on the teaching staff of the Social Work department from 1971 to 1976. I have served on a variety of Boards and Committees ranging from the Youth Affairs Council of Western Australia (YACWA), up until October 2018 I was Chair of the Board of the Consumers of Mental Health WA (CoMHWA). I was for a number of years WA Branch President of the Australian Association of Social Workers (AASW), on the national executive 1985 to 1999 and 2008 to 2012. I was fortunate to be accorded the honour of life membership of both the AASW and YACWA. In 2003 I was one of the founding members of the Society of Professional Social Workers and its inaugural President. I am the father of 2 sons and 4 grandchildren, 2 girls and 2 boys. I have always had an interest in sailing and am currently sailing from the Nedlands Yacht Club I was their treasurer for 9 years finishing in June 2018.

Monika Townsend

Hi, my name is Monika, I am married and am a Recovery Worker for Richmond Wellbeing’s Recovery Outreach Program. I have worked with Richmond Wellbeing Inc. for 7½ years in various roles and I am a member of the People and Culture Working Group which aims to support employees in job satisfaction, focusing on acknowledgement of staff, awarding, recognising and validating staff. I am currently studying Psychology and Counselling with the hopes of finishing in 2019. I have a great interest in mental health with my overview interest in staff wellbeing as well as supporting participants in having their voice heard, acknowledged and supported in achieving aspirations.
Daniel Habermann, Amanda Waegeli, and Lyn Mahboub were elected to the Recovery Rocks Community Management Committee at our February 2018 Annual General Meeting, when all current management committee members stepped down and a new committee was formed under our new constitution. Terms of office for a management committee member are for three years.

Executive Management Committee Members Elected January 2019

Chairperson:
Lyn Mahboub

Vice Chairperson:
Amanda Waegeli

Secretary:
Monika Townsend

Treasurer:
Brian Wooller

Robert Blakeman

Robert lives in Bunbury WA and is a Clinical Counsellor, holding a Graduate Diploma in Psychology and a Master of Counselling, both from Monash University. He has been in private practice for eight years. Robert is a strong advocate of consumer/patient centred recovery in areas of mental and physical health, recognising the critical importance of relationships between consumers/patients and therapists/support workers together with effectiveness of ‘talk therapies. Robert previously held positions in both the public and private sectors as a Behavioural Economist and company CEO, holding bachelor’s degrees in Economics (UWA) and Commerce (Public Accounting) (ECU). Robert’s personal journey has involved depression.

Other current Management Committee Members and Executive

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Vice Chairperson:
Amanda Waegeli

Secretary:
Monika Townsend

Treasurer:
Brian Wooller

The management committee is responsible for implementing our incorporated association's rules and ensuring that it meets its obligations under the Act. Committee members must comply with and act within the rules at all times. Its role is to ensure that it manages a mechanism that project manages outcomes, while guiding and controlling the strategic and operational outcomes of Recovery Rocks Community. All management committee members volunteer their time, skills and experience to their management committee roles for the benefit of members and Recovery Rocks Community. With a highly skilled and experience management committee, we are excited about what the future will bring. If you would like to contact us email our.recovery.rocks@gmail.com
RRCi Members Picnic and Social Event
SAVE THE DATE
Sunday February 24th 2019
12 midday till 4pm

BYO Picnic lunch
Members bring your peers, friends and family.

Connect socially with other members and like minded people.

Volunteering with Recovery Rocks Community Inc.
Recovery Rocks Community operates 100% on volunteer power.

Put simply, without volunteers we can't exist.

We are committed to ensuring all our volunteers are valued and appreciated by providing resources, induction, training and support.

To discuss your interest or find out more about volunteering with Recovery Rocks Community, contact us via phone or email.

RRCI MEMBERSHIP
Being a member of Recovery Rocks Community helps keep you connected with a peer run mental health community and helps RRCi to achieve our goals and objectives as decided by our members.

Individual unwaged one year $5.00
three years $12.00

Individual waged one year $20.00
three years $50.00

Organisational $50.00 a year

Membership applications available:
https://recoveryrockscommunity.org/membership/

Contact us for more information
Recovery Rocks Community Inc.
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Phone
044 764 1122

Email
our.recovery.rocks@gmail.com

Postal Address
PO Box 11
Kwinana WA, 6966

Check out our Website
www.recoveryrockscommunity.org

Join our Facebook Group
Recovery Rocks Community Inc.

Visit our YouTube Channel
Recovery Rocks Community

Thankyou to MIFWA for your ongoing support in printing and postal distribution of the newsletter to our community.