Recovery Tip - Working on your Wellbeing

Wellbeing is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life. Every aspect of your life influences your state of wellbeing. The following factors are known to enhance a person's wellbeing: Sense of purpose and meaning, A sense of belonging, The ability to adapt to change, Fun hobbies and leisure pursuits, Network of close friends, Enough money, Regular exercise, Nutritional diet, Sufficient sleep, Healthy self-esteem, Optimistic outlook, Realistic and achievable goals.


FREE EVENT by Psychiatric Drug Awareness Group

The PDAG Psychiatric Drug Awareness Group would like to invite you to the Australian premiere screening of 'Cause of Death: Unknown' "A personal investigation exposing the deadly secrets of Big Pharma and the multi-billion dollar industry of psychiatric diagnosis & medications Wednesday the 19th of June 6:00-9:00pm. Registration from 6:00pm. Screening will begin at 6:30pm sharp.

LOCATION:
Bank West Lecture Theatre, Curtin University (Building 200A, Room 220) TICKETS:
This event is FREE, tickets are available through Eventbrite via the link below. https://www.eventbrite.com/e/australian-premiere-screening-of-cause-of-death-unknown-tickets-62196799301
Numbers are strictly limited. Please RSVP your attendance by Wednesday the 12th of June. Early responses are appreciated. Any queries contact via email: the.pdag@gmail.com
Living in a World of Hurt

By Trish Tran

Recently, I have come to learn about something called Core Sensitivities and the Circle of Security which have arisen out of research around Attachment Theory. Core Sensitivities looks at the levels of how safe, seen, secure and soothed we felt as a child with our care givers. Core Sensitivities research suggests that only 9% of the world’s entire population is lucky enough to grow up in families equipped to provide secure attachments to their children. This tells me that almost everyone I meet will be living with varying degrees of defense strategies arising from their childhood. Core Sensitivities suggest that there are three types of defense strategies which will be used (some in combination, depending on how difficult the childhood was).

**Esteem Sensitive defense patterns.** People who are Esteem Sensitive have only one, often unconscious objective: protect self / promote self. They often look as if they believe that they are perfect and 100% of the time. As they are constantly self-generating this without any input from others, they carry a small voice (which they fight to silence), whispering in their ear that they may not be as perfect or loveable as they think. Whenever anyone triggers these fears – strong defense mechanisms are deployed.

**Safety Sensitive defense patterns.** People who are Safety Sensitive fear losing control over their life. They crave closeness but are deeply afraid of it because most often in childhood, love & closeness came with strings attach. The price they paid was too high and now they live on a see-saw, constantly running towards and away from people they care about. Their fears and defense triggers are around loss of self and loss of control over their lives.

**Relational Sensitive defense patterns.** People who are Relational Sensitive have one drive and that is to be loved at all costs. They often do not know how to protect themselves at all in their quest for connection. They feel incredibly alone and unlovable. They work incredibly hard at relationships. Their defense mechanisms are triggered whenever they feel rejected or different.

I have been asking myself, “How do I move about in a world where almost everyone has been hurt and we all speak different languages of self?” In response, now-a-days, whenever I meet someone new, I begin with the language of the Esteem Sensitive (for protection). I will be direct in promoting self (not being shy about my achievements and what I am good at), state directly what I want and need (without pleading or making it sound as an attack), and defend as necessary (understanding if the person is esteem sensitive, the best defense is coming from a place of calm self-belief).

I also know that it is important to give people time and space when building relationships and working through things. If they need to walk away for a bit, that’s okay. It is what they need and less about what I have done. Then the last addition to my new social skills is the understanding that some people need certainty in relationships to be able to plot their way through them. I now communicate my thoughts and intentions (what I can and can’t do) in honest, transparent and compassionate ways. That way people know what to expect from me and there are no false promises and fakeness.

Finally, when I go into social arenas, I go in with the expectation that the hand stretched towards me will hold a dollar not a dagger… That the person has something to give me, not something to hurt me with. By trusting in the potential goodwill of the person, I feel more confident and willing to connect.

When all things are combined, a powerful alchemy occurs!
**How to renew your membership with RRCI**

Renewing your membership with Recovery Rocks Community, helps you stay connected with a community of likeminded people who believe that the voice of lived experience matters and that peer support can and does support people who choose to recover from mental distress and live a meaningful life. As a member you also receive discounted rates at all trainings and events. Renewing your membership helps Recovery Rocks Community, as an unfunded incorporated association to work towards achieving our objectives and maintaining our legislative obligations as stated in our constitution click here [https://recoveryrockscommunity.org/publications/governance-resources/](https://recoveryrockscommunity.org/publications/governance-resources/) Membership subscriptions are for one year or three years and our membership year begins on the 1st of July and ends on the 30th June. RRCi Membership Subscriptions are:

- One Year Unwaged Individual $5.00
- Three Year Unwaged Individual $12.00
- One Year waged individual $20.00
- Three Year waged individual $50.00
- One year Organisational $50.00
- Three year Organisational $150.00

If your membership is due, you will receive a letter via email/post with a new updated membership renewal form. You can pay your subscription via bank transfer to Recovery Rocks Community **BSB: 633000   Account: 153388509** PLEASE include your name as reference on your bank transfer or notify us you have made the transfer. You will also need to email/post your completed membership renewal form to [our.recovery.rocks@gmail.com](mailto:our.recovery.rocks@gmail.com) or RRCI PO BOX 358 Cannington, WA, 6987. And let us know if you want a receipt. Should you require assistance don’t hesitate to contact us.

**All MEMBERS who RENEW BY 30th June 2019 will go in the draw to win a $25.00 gift card **

**Low Fee Counselling Clinic open for referrals**

A low fee clinic run by qualified practitioners undertaking Post Graduate Training in systemic and family therapy.

- Cost: $20.00
- Time: Wednesdays 5.00pm to 8.00pm
- Venue: 2/141 Stirling Highway, Nedlands, Perth
- Contact: Roxanne Garven
- Contact Details: 0423 165 971 or [hello@roxannegarven.com.au](mailto:hello@roxannegarven.com.au)

Upcoming Event
Members Social Event
(Catch Up with RRCi Founder Amanda who will be present at this event.)

Friday June 28th
6pm – 8pm

Venue: Dome Café
Cockburn
817 Beeliar Dr,
Cockburn Central WA 6164

RSVP by Thursday June 27th
Email: our.recovery.rocks@gmail.com
Phone/text: 044 764 1122

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

Join our Facebook Group
You can join by clicking this link and requesting to join.
https://www.facebook.com/groups/1243903435626053/

This is another way you can stay in touch with our community and join in the conversations
New members welcome.

Contact us for more information
Recovery Rocks Community Inc.
ABN 86935166752

Phone
044 764 1122

Email
our.recovery.rocks@gmail.com

Postal Address
PO Box 358
Cannington WA, 6987

Check out our Website
www.recoveryrockscommunity.org

Join our Closed 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.