



AWAREHUB is a dedicated and holistic Mental Health Practice. A space for you to **slow down, be mindful and enhance your mental well-being.**

DECEMBER NEWS

Hello everyone,

We hope this newsletter finds you in good spirits. As we approach the holiday season, we want to take a moment to wish you all a merry Christmas, happy Hanukkah and happy holidays.

We hope this time brings joy and relaxation to you and your loved ones. Remember to prioritise your mental health during this busy period. Here are a few tips to help you maintain good mental health over the festive season:

PRIORITIZE SELF CARE Take time for yourself, engage in activities that bring you joy and relaxation, and make sure to get enough rest.

SET BOUNDARIES It's important to set boundaries and manage expectations during the holidays. Don't be afraid to say no to activities or events that may cause you stress.

STAY CONNECTED Reach out to loved ones, friends, or support groups. Surrounding yourself with a supportive network can make a big difference.

Thank you all for your continued loyalty and support throughout the year. We are grateful to be a part of your mental health journey and wish you all a safe, peaceful and healthy holiday season.

See you in 2024!

Warmest regards,
Lisa and the entire AwareHub team!

NEW CLINICIAN - Clinical Psychologist DEE FITTINGHOFF



We are pleased to introduce our new clinical psychologist, Dee!

Dee specializes in **couples therapy, individual work, family therapy and parent skills training.**

With her expertise and compassion, she is dedicated to helping individuals and families thrive. We are excited to welcome Dee to the AwareHub team and look forward to seeing the positive impact she will make.

Did you know?



AwareHub offers a comprehensive range of assessment and treatment services and that you or someone you know might benefit from!

- Transcranial magnetic stimulation (TMS)
- Ketamine for treatment-resistant depression
- EMDR for trauma treatment
- Family therapy
- Brain mapping (qEEG)
- Neuropsychology
- Dietetics
- Couples therapy

Watch this space!

We are also really excited to be welcoming an **Occupational Therapist** and a new **Psychiatrist** who will be offering adult ADHD assessments in 2024!



The Christmas break is a wonderful time to relax, enjoy quality time with loved ones, and indulge in delicious festive treats. However, it's important to also prioritize your health and well-being during this festive season.

To help you stay active and relaxed, we have put together five simple exercises that you can easily incorporate into your Christmas break routine.



1. Morning Stretch Start your day with a gentle stretching routine to awaken your body and improve flexibility. Spend a few minutes stretching your arms, legs, back, and neck. This will help increase blood flow, release tension, and set a positive tone for the day.

2. Walking Take advantage of the seasonal climate and go for a walk. Whether it's a leisurely stroll around the neighbourhood or a brisk walk in a local park, walking is a fantastic way to stay active and clear your mind. Invite family members or friends to join you for some company and conversation.

3. Yoga or Pilates Find a quiet space in your home and dedicate some time to yoga or pilates. These practices focus on mindfulness, breathing techniques, and gentle movements that can help improve

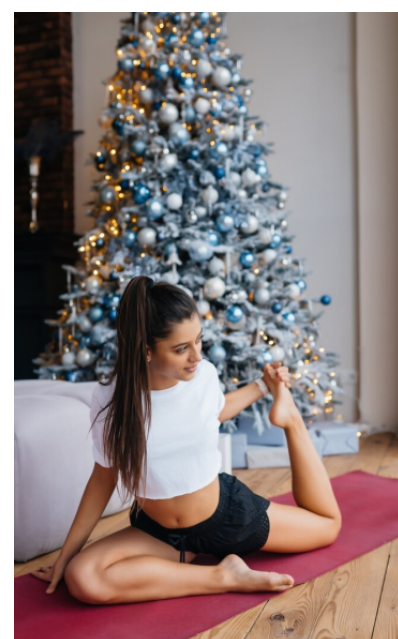
flexibility, strengthen your core, and promote relaxation. There are many online videos and apps available that offer guided sessions suitable for all levels.

4. Dance Breaks Get into the festive spirit by incorporating dance breaks into your day. Put on your favourite Christmas tunes and let loose! Dancing not only burns calories but also uplifts your mood and relieves stress. So, grab a partner or dance solo – it's all about having fun and moving your body.

5. Mindful Meditation Amidst the holiday hustle and bustle, take a few moments each day to practice mindfulness meditation. Find a quiet and comfortable spot, close your eyes, and focus on your breath. Allow any thoughts or worries to drift away as you bring your attention to the present moment. This practice can help reduce stress,

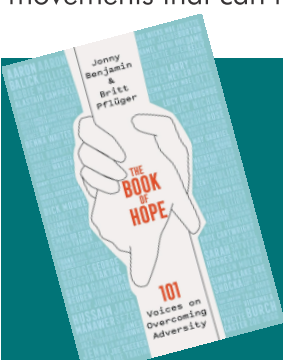
promote relaxation, and enhance overall well-being.

Remember, the goal is to stay active and relaxed during the Christmas break while enjoying the festivities. Listen to your body, be gentle with yourself, and embrace the joy of the season.



BOOK RECOMMENDATION

If you enjoy an inspirational holiday read, we have a book recommendation for you to dive into during the holiday period. **The Book of Hope** by award-winning mental health campaigner Jonny Benjamin and co-editor Britt Pflüger, brings together people from all walks of life – actors, musicians, athletes, psychologists and activists – to share what gives them hope. This joyful collection is a supportive hand that shows, no matter what you may be going through, you are not alone.



PUDDING! with a TWIST!

We all love indulging in delicious festive treats. But who says we can't enjoy our favourite desserts while still staying healthy? This year, we are excited to share with you a delightful twist on the classic Christmas pudding – a healthier version that tastes just as amazing!

Method

1. Preheat oven to 350°F (175°C) and grease a 9-inch round cake pan.
2. In a large mixing bowl, combine the almond flour, grated carrots, chopped dates, mixed dried fruits, chopped walnuts, ground cinnamon, ground nutmeg, ground ginger, and orange zest.
3. In a separate bowl, whisk together the flaxseed "egg," melted coconut oil, applesauce, maple syrup, and orange juice.
4. Pour the wet mixture into the dry ingredients and mix well until all the ingredients are combined.
5. Transfer the mixture into the greased cake pan, pressing it down firmly and smoothing out the top.
6. Cover the cake pan with aluminium foil and place it in the preheated oven. Bake for 45-50 minutes or until a toothpick inserted into the centre comes out clean.
7. Once baked, remove the pudding from the oven and let it cool in the pan for 10 minutes. Then, transfer it to a wire rack to cool completely.
8. Serve the pudding as is or garnish with a dusting of powdered sugar, a dollop of Greek yogurt, or a drizzle of homemade caramel sauce. ♡

Ingredients

- 1 cup almond flour
- 1 cup grated carrots
- 1 cup chopped dates
- 1 cup mixed dried fruits (e.g., raisins, cranberries, currants)
- 1/2 cup unsweetened applesauce
- 1/2 cup chopped walnuts
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 2 tablespoons ground flaxseeds mixed with 5 tablespoons water (flaxseed "egg")
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- Zest of 1 orange
- Juice of 1 orange

HOLIDAY HOURS



Please note that AwareHub will be closed from 5pm on 22 December 2023, until 8.30am on 8 January 2024. During this period AwareHub will not be monitoring calls or emails.

In case of emergencies, please contact your GP, the Mental Health Access Line on **1800 011 511**, or attend your local hospital's emergency department.

We know that the holiday season can be very challenging, and it is important that you reach out for help if needed. Some additional support services that are available to you include:

BEYOND BLUE aims to increase awareness of depression and anxiety and reduce stigma. Call **1300 22 4636**, 24 hours/7 days a week, chat online or email.

KIDS HELPLINE is Australia's only free 24/7 confidential and private counselling service specifically for children and young people aged 5–25. Call **1800 55 1800**.

LIFELINE provides 24-hour crisis counselling, support groups and suicide prevention services. Call **13 11 14**, text **0477 13 11 14** or chat online.

MENSLINE AUSTRALIA is a professional telephone and online counselling service offering support to Australian men. Call **1300 78 99 78**, 24 hours/7 days a week, chat online or organise a video chat.