



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

FEBRUARY NEWS

Welcome back! We hope this message finds you well and ready for a meaningful year ahead.

We understand that there is a lot of uncertainty in the world, and for many of you who attend AwareHub, this uncertainty may extend to various aspects of your lives – be it your own health, the health of a loved one, or concerns about work and finances. We acknowledge that these uncertainties can be difficult to tolerate and sit with.

However, we encourage you to see uncertainty as a signal for opportunity and something exciting. Instead of focusing on what is beyond our control, let us shift our attention to what we can control. Setting small and realistic goals can help us navigate through these uncertain times and provide a sense of direction and purpose.

We are thrilled to announce that we have welcomed new team members to our clinic – a psychiatrist, Dr David Binetter and an occupational therapist, Lori Bernstein. Their expertise and dedication will further enhance the services we offer, ensuring that we continue to provide the best care and support to our patients.

Additionally, we are excited to share that we are expanding our services to Bundaberg. This is aimed at providing support and help to rural areas, where access to mental health services may be limited. Our focus in these areas will be on introducing treatments such as Transcranial Magnetic Stimulation (TMS) and ketamine, particularly for cases of treatment-resistant depression. We believe that by reaching out to these communities, we can make a positive impact and offer hope to those in need.

As always, our clinic staff is here to help. If you have any questions or concerns, please feel free to reach out to the reception team or our Practice Manager, Steve. We are committed to offering the best care and support to our patients, and your well-being is our top priority.

We hope that the year ahead is fulfilling and meaningful! Thank you for your ongoing support and for being a part of our AwareHub community.



Start your treatment before the end of March 2024 and receive 5 additional **FREE** TMS treatment sessions, once you complete the course of 35 sessions! (Medicare rebates do apply for TMS treatments.)

Want to know if TMS is suitable for you?

Schedule a **FREE** 15 minute call with one of our TMS nurses, Aash or Amy. Alternatively, book an assessment (45 minutes) with Dr Myers (*discounted 25% the fee of a regular consult for this service, until the end of March. Applies only to TMS appointments*).

Contact tms@awarehub.com.au

Read more below about how TMS works and what our clients are saying about it.

CONTACT

We would **LOVE** to hear from you!

Contact us today to explore or discuss the complete suite of AwareHub services.
reception@awarehub.com.au

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TMS How does TMS work?

We have seen excellent results from Transcranial Magnetic Stimulation (TMS) used over the past two years at AwareHub to treat clients struggling with a range of conditions, some of which include anxiety, depression, PTSD, OCD and Autism.

TMS works differently to medication and it has the ability to make longer-term improvements to the brain's networks and connections. TMS uses magnetic pulses to either stimulate or inhibit specific areas of the brain that are involved in regulating mood, anxiety, obsessive thoughts and compulsive behaviours.

By directly targeting the underlying activity in specific areas of the brain, TMS aims to restore the necessary balance of brain activity associated with a particular condition. TMS promotes neuroplasticity and a stronger, better-connected brain.

TMS has a very low side-effect profile (less than that of most medications), it is relatively painless and non-invasive. TMS doesn't negatively impact memory or change a patient's personality. TMS is very different to electroconvulsive therapy (ECT). Following a TMS treatment, patients can return to their normal daily activities. Sessions last from 3 minutes to 20 minutes.

Here is what clients are saying about TMS treatment:

"Feeling a sense of calm, and since starting TMS I have noticed a decrease in negative thought pattern. My anxiety driven responses are less. I am able to remain calmer and objective in situations that would previously have triggered me. Although I still have some brain fog, my thoughts are clearer". JS45

"TMS improved my mood significantly". I felt happy and a lot calmer just after a few sessions. After 15 sessions I noticed my energy levels increase, and my sleep pattern improving". AL26

"TMS has helped me in the most incredible way with my depression. TMS has helped my anxious feeling, like no other antidepressant has". DF51



HEALTHY MORNING SMOOTHIE

Ingredients

- 1 cup of plain or Greek yogurt
- 1 tablespoon of honey
- 1/2 cup of coconut water
- 1 cup of mixed fruits (such as berries, banana, mango, or pineapple)
- 1 tablespoon of chia seeds (optional)
- Ice cubes (optional)

Instructions

1. Add the yogurt, honey, coconut water, mixed fruits, and chia seeds (if using) to a blender.
2. Blend the ingredients on high speed until smooth and creamy. If desired, add a few ice cubes to make the smoothie colder and more refreshing.
3. Taste the smoothie and adjust the sweetness by adding more honey if needed.
4. Pour into a glass and enjoy!

Optional variations

- For added protein, you can add a scoop of protein powder or a handful of nuts/seeds to the blender.
- To make the smoothie thicker, you can use frozen fruits instead of fresh ones, or add a few ice cubes.
- If you prefer a sweeter smoothie, you can add a ripe banana or a few dates to enhance the natural sweetness.

BOOK RECOMMENDATION

MAYBE YOU SHOULD TALK TO SOMEONE, by Lori Gottlieb

This is the perfect book for anyone wanting to bring about positive change in their lives. It provides a greater understanding of therapy for those who are new to psychology and want to know more, but is an equally thought-provoking and insightful read for someone engaged in their therapy journey.

The author, a single mother and psychologist, is triggered to resume her own therapy following an unexpected break up of her long-term relationship, leaving her overwhelmed and questioning her decisions. Gottlieb skillfully weaves her own story with that of her clients and constantly challenges the reader to look at their own life and choices. A highly recommended book!



MINDFUL MOMENTS

A positive start to the morning helps to set your intention for the day to come. **Here are 5 tips for a mindful morning routine:**

- 1. Start with gratitude:** Begin your day by expressing gratitude for the things you have in your life. Take a moment to reflect on the positive aspects and appreciate them. It could be as simple as being grateful for a good night's sleep, a warm cup of tea, or the presence of loved ones.
- 2. Set intentions for the day:** Take a few moments to set positive intentions for the day ahead. Consider what you want to achieve, how you want to feel, and how you can bring mindfulness into your daily activities. Setting intentions helps create a sense of purpose and direction.
- 3. Practice mindful breathing or meditation:** Incorporate a short mindfulness practice into your morning routine. Sit in a comfortable position, close your eyes, and focus on your breath. Take slow, deep breaths, and observe the sensations of each inhale and exhale. Alternatively, you can try a guided meditation to calm your mind and set a peaceful tone for the day.
- 4. Engage in gentle movement:** Move your body mindfully to wake up and energize yourself. This could be a short stretching routine, yoga, or a mindful walk. Pay attention to each movement, the sensations in your body, and the connection between your mind and body. Engaging in gentle movement helps promote physical well-being and mental clarity.
- 5. Limit technology and embrace silence:** Create a technology-free zone in your morning routine. Avoid checking emails or scrolling through social media right after waking up. Instead, embrace silence and allow yourself to ease into the day without distractions. You can use this time for reflection, journaling, reading something inspiring, or simply enjoying a quiet moment with a cup of tea or coffee.♥



LORI BERNSTEIN Occupational Therapist

We welcome, Lori Bernstein as our new Occupational Therapist (OT) at AwareHub. An OT plays a crucial role in supporting mental health and we are thrilled to have Lori available. Lori's work will help

clients to reach their unique goals and live more fulfilling lives by developing or regaining the skills needed to participate in everyday activities including self-care tasks, work or school-related tasks, social interactions and leisure activities.

Some ways in which our OT, Lori can help:

- 1. Assessments and reports provided.** Functional capacity or sensory processing reports for school, work or NDIS purposes.
- 2. Developing effective coping strategies to manage stress, anxiety, and other mental health symptoms.** This may involve teaching relaxation techniques, stress management strategies, and problem-solving skills.
- 3. Enhancing daily functioning and the ability to carry out daily activities independently.** This can include skills such as self-care tasks (e.g. grooming, dressing), time management, organisation, budgeting and meal planning.
- 4. Promoting social participation by developing social skills and building and maintaining meaningful relationships.** Lori may provide guidance on communication, assertiveness, and social interaction skills.
- 5. Addressing environmental factors** that impact on a client's mental health and creating modifications or adaptations to promote well-being and reduce stress. This might include **sensory processing and integration work** to limit the distress caused by sensations, such as noise, touch and tastes or textures of food.
- 6. Supporting vocational goals** by exploring interests, developing job-seeking skills, and providing support during the transition into the workforce.



DIETITIAN Nicole Wolman

We are excited to announce our Dietitian, Nicole Wolman, is now accepting new referrals. Nicole is an Accredited Practising Dietitian (APD) of 23 years and can assist with:

- Facilitating healthy lifestyle goals
- Improved health and well-being
- Successful management of eating disorders, chronic illness and reducing risk factors such as raised cholesterol and blood pressure

Appointment fees with Nicole can be claimed from Medicare under:

- An Enhanced Primary Care Plan (EPC) – 5 sessions (requires GP referral), or
- Eating Disorder Plan (EDP) for anorexia, bulimia, binge-eating disorder – 20 sessions (requires GP or psychiatrist/paediatrician referral)
- NDIS and some private health will also cover.

Contact reception@awarehub.com.au today.

Did you know?



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

- Couples and family therapy
- QEEG
- Ketamine treatment
- Psychology and psychiatry
- Perinatal psychiatry
- Women's mental health
- Neuropsychology – ADHD and Autism assessments (amongst others)

Q&A with Dietician, Nicole Wolman

What is your favourite food?
Definitely chocolate, all types and all kinds.

What do you do to relax outside of work? I feel so privileged to live near so many beaches, so if the weather is good, you will find me on the beach.

What is one of your all-time best movies?
I love movies, so this is hard one. As a child my favourite movie was E.T. (I am giving my age away).

What is your most inspiring quote?
"This too shall pass"

What is your mental health tip to others? My nutrition and basically the best thing you can do for your mental health is don't worry about counting calories or macronutrients, your body is smarter than you think. Eating a variety of foods will give your body and brain the nutrients it needs.