

#### FEATURE

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Little yellow triangles

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# Re-engaging with life

Social connection is the key

NATIONAL MENTAL HEALTH MONTH



# SALVOS

MAGAZINE



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A woman with brown hair wearing a grey hijab and a patterned grey top is sitting on a dark metal bench. She is looking down at a white smartphone in her hands. A large beige tote bag is open on her lap, revealing a blue water bottle and other items. She is wearing blue jeans and grey sneakers with white laces. The background is a blurred outdoor setting with a building and trees.

NEVER UNDERESTIMATE  
THE POWER OF GOOD  
MORNING TEXTS,  
APOLOGIES AND  
RANDOM COMPLIMENTS.

TOBYMAC  
MUSIC PRODUCER,  
SONGWRITER, AUTHOR



## The Salvation Army is about giving hope where it's needed most.

### What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

### Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

### Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

# Salvos Magazine

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## Healthy connection

'Stay connected' is the overwhelming message from the feature articles in this issue of *Salvos Magazine*. For our mental and physical health it is vital that we stay connected to people, and habits, that help ease our worry and uncertainty.

Connection is one aspect of living that feeds into us being rejuvenated rather than worn out through trying to battle the turmoil of life by ourselves.

After almost 41 years as a Salvation Army officer, with 16 of them in editorial and communications departments, this is my final editorial. I am being transferred to a new assignment and Lieut-Colonel Neil Venables will be taking over as Editor-in-Chief. It has been wonderful to be part of terrific teams during these years.

Going forward, I know that I must keep my connection with Jesus Christ for my own mental, spiritual and physical health. I recommend this for everyone.

Lieut-Colonel Laurie Robertson  
**Editor-In-Chief**

# Taking back control

Routine is vital to a positive outlook

*October is National Mental Health Month in Australia. This week we continue our series of articles looking at different aspects of mental health and the help that is out there, for everyone. Our coverage features interviews with psychologists Karla Milner and Lyn Beasy.*

## WORDS

SIMONE WORTHING

"I feel constantly anxious and fearful, even if it's just below the surface, and I'm always exhausted."

"I'm just so tired all the time; I just can't seem to shake it off."

"Ironically, I feel like I have constant jetlag!"

As we progress through the pandemic in Australia and adjust to new routines – or the lack of them – more and more people are feeling consistently tired.

Unless this is the result of a serious medical condition, mental health experts say that lethargy and lack of energy may be coming from the knock-on effects of the pandemic.

The social and political upheavals we are seeing around the world could also be contributing to people's feelings of sadness, frustration and being overwhelmed.

Lyn Beasy, a psychologist in NSW with more than 20 years' experience, says that the pandemic, which has brought with it a prolonged period of new challenges, stress, fear and anxiety, has changed many people's lives and routines without providing a sense of certainty as to what the future may hold, or any sense of control over it.

"A lack of routine, even if it involves a slower pace in work and social life, is emotionally and psychologically unsettling, and takes a lot of mental energy and headspace to navigate," she explains. "This leads to feelings of exhaustion, especially when there is no real break from it."

"A lack of control can lead to feelings of anxiety and stress, which can then trigger what is basically a burnout response."

Lyn explains that feelings of anxiety can also release stress hormones, which can compromise a person's immune system and lead to a range of physical ailments. Stress also causes lack of sleep, which just adds to overall tiredness levels.

Add to this financial struggles, job losses, isolation, relationship breakdowns and worry over illness, recession, climate change and often, just getting through the next day, and conditions are almost 'perfect' for a range of mental health struggles.

## CHALLENGES AND JOYS

For some, the impacts of the pandemic have been surprisingly positive.

For those who have been able to work from





home and, despite the challenges, juggle work with home-schooling and adjust to social restrictions, the pandemic has slowed down an over-scheduled and frenetic lifestyle.

"These families have found a new rhythm, with less expectations and demands on their time," says Lyn. "This has led to spending more time as a family, cutting back on expensive or unnecessary activities and changing life priorities.

"Many families are trying to keep this going as they come out of lockdowns and restrictions."

For others, anxiety through the pandemic has exacerbated existing personal, work-related and relationship issues. Lyn, and other mental health professionals, report seeing an influx

of clients who are coming to see them for help with these issues that stress has brought to the surface.

### KEEPING IT SIMPLE

Understanding what we can control, and what we can't, is vital to maintaining mental wellbeing and adaptability through the pandemic and beyond.

"If we just focus on things that are out of our control, we open the door for anxiety and stress," says Lyn.

"The pandemic is happening but we can, for example, control our awareness of health advice and make sure we are responding to the advice around hygiene, social distancing and self-isolation. Those things are in our control.

"We can maintain a good diet, exercise regularly, establish a sleep routine and manage our exposure to technology.

"We can also reach out to those who are on their own and do what we can – helping them, and ourselves, to stay connected to people and have social contact at least every day.

"Self-care is critical – laughter, having fun, expressing joy and a sense of humour – these are the simple things we can do in that space, however difficult it might seem.

"If we keep it simple and basic, with routines we can maintain and control, we can get through this time and help others to do the same."



Scan here for more  
on finding meaning.

# Re-engaging with life

Social connection is the key

## WORDS

SIMONE WORTHING

"As humans, we need social interaction," says Karla Milner, clinical psychologist with The Salvation Army in Tasmania.

"This involves seeing people, reaching out and touching them, and being able to read people's facial expressions and body language. This is how we have meaningful communication with others and how we make sense of what they're saying. Screens and phones just don't give us what we need for the 'whole person'.



"This is especially hard for people living on their own."

Karla, who is also Team Leader for the Salvos Alcohol and Other Drugs (AOD) counselling programs in Hobart, explains that the pandemic and its lack of predictability has intensified the mental health issues of many people in the community, especially those who were already vulnerable and with fragile mental health. People's resilience and ability to process information has been dramatically reduced.

This includes AOD clients, and those accessing counselling and support for a range of mental health issues.

## EFFECTS OF ISOLATION

"Recovering from an addiction to alcohol or other drugs was disrupted by COVID-19, which caused mental health symptoms to become exacerbated and people turned back to relying on substances," says Karla.

"Many of our clients were becoming more stable through participating in our recovery programs, including counselling, but their mental health suffered due to isolation and only having interactions with people via the internet or phone.

"It was the isolation that got to so many, and levels of anxiety and depression really increased. Many of our clients live on their own and don't have a lot of support from family and friends, so there was no physical contact with anyone."

Throughout lockdown and restrictions, Karla and her team established the ability to run all their support groups and counselling sessions online. Clients continued to have access to staff, to information and material, and to each other.

"We did the absolute best we could, but it was still not the same," shares Karla. "The camaraderie of people talking spontaneously in a group was less and we had quite a few drop out."

## MEANING AND PURPOSE

Many community members, as well as AOD clients, are struggling with job losses. As well as the obvious financial fears, this is also leaving them with nowhere to go, nobody to see, and often with no purpose or meaning to their days.

"People need a purpose to their days, no matter who they are," says Karla.

She shared the story of one of the clinic's clients, who has schizophrenia, and was being supported and doing well prior to the COVID-19 pandemic.

"This person completely relapsed and went back to using drugs and alcohol in the early weeks of lockdown," says Karla. "They were suicidal and taken to hospital twice. The clinic staff have now re-engaged with the client face-to-face and the centre has also helped them engage in volunteer work to provide a sense of meaning and purpose to their days. The client has now turned a corner and is managing well."

## ACCESSING HELP POST LOCKDOWNS

Karla emphasises that mental health issues need to be addressed and treated, and that there is less stigma attached to seeking help for mental health conditions as the issues are more widely accepted and understood.

"If people are starting to feel that they can't regulate their emotions, their thoughts are more negative or symptoms of previous

mental health issues are increasing or returning, it's time to get help," she says.

"Make an appointment to see a GP. Phone appointments are also available. You may need to get on a mental health plan and see a psychologist or get additional professional assistance."

Karla also recommends:

- Routine. Having a routine helps give structure and predictability.
- Social connection. Whether it's accessing family and friends online, meeting face-to-face, being part of a support group, walking into a shop and talking to someone, social connection is vital.

"Help is out there. Nobody needs to go through this alone."

### WHERE TO GET HELP?

**In an emergency: 000**

**Beyond Blue: 1300 22 4636**

**Coronavirus 24-hour helpline:  
1800 512 348**

**Findapscyhologist.org.au or call  
1800 333 497**

**Headspace: 1800 650 890**

**Kids Helpline: 1800 551 800**

**Lifeline 24-hour telephone crisis  
support: 13 11 14**

**MensLine Australia: 1300 789 978**



Scan here for  
more on addiction

## Taboo topic right on the money

Imagine you're relaxing at a barbecue with friends and your host suddenly turns to you and says, "Let's talk about money. How are your finances?"

If you find yourself squirming at the thought, you're not alone. Studies have found that money is our least favourite topic to talk about. We'd rather talk about politics, sex or even our weight!



"Money has long been a taboo topic in our society," says Seema Sanghi, The Salvation Army's Financial Inclusion project officer. "This is a big problem because it stops people from asking for help when they need it. You might have a friend with a huge debt, and you have no idea."

Seema also says people may put off going to a financial counselling service like the Salvos' Moneycare, waiting until things have "spun out of control".

COVID-19 has triggered a surge in the number of Aussies losing sleep over money.

"There's a whole new group of people who have never asked for help before," says

Seema. "Some of them have no idea what services are available because they've just never needed them."

The following groups are over-represented in this 'newly vulnerable cohort':

- People aged 18-24 and 65+
- Migrants who have been in Australia for less than 10 years
- Owners of businesses with less than 20 employees
- South Australians, Tasmanians and Victorians

Mounting money stress could be affecting your best friend, your workmate or your neighbour.

This year, as part of Anti-Poverty Week (11-17 October), the Moneycare team is urging us all to help disrupt the taboo.

### FREE WEBINARS

Each day during Anti-Poverty Week, the Moneycare team will broadcast a free, 20-minute webinar. The series is called 'Money Essentials' with each webinar giving a simple tip about how to get on top of your money and reduce the mental stress around it.

An action plan at the end of each webinar keeps the focus practical.

*For information on webinar topics and times, see back cover.*

*To register for the webinars go to [calendly.com/moneycare](https://calendly.com/moneycare)*

– Claire Hill



## Quarantined family going the distance for the Salvos

A Sunshine Coast family has returned to Australia from Canada unexpectedly due to COVID-19 and decided to spend their 14-day mandatory quarantine by walking, jogging, jumping or running 300km in their hotel room to raise money for the Salvos.



Nicola and Jeffrey Ross with their five children – Deja, 10, Lavinia, 3, Denzel, 12, Heath, 7, and Esetta, 5.

Nicola and Jeffrey Ross and their five children were in Canada on a 12-month teaching exchange program when COVID-19 began sweeping the world.

After a marathon 48-hour journey back to Australia, the family had to go into mandatory quarantine in a Sydney hotel. With five young children and unable to leave their room, Nicola and Jeffrey knew they would need to find something to keep the family active and motivated.

Nicola said they came up with the idea of trying to walk or run as far as they could each day, within the confines of their room.

Another dimension was added as an incentive – raising money for those less fortunate. The family decided on supporting The Salvation Army's "vital services" and set up a Facebook page for donations.

Nicola has been a long-term attendee of the mainly music program – firstly at Ipswich Salvos from 2009-12, then Maroochydore Salvos from 2013-19.

"It's [also] a great opportunity for the children all to learn more about those in need and understand why we're doing this and how lucky we are." – **Darryl Whitecross**

## Tamil and Indian groups unite for bushfire victims

Despite COVID-19 interrupting fundraising efforts, the Sri Lankan Tamil and Indian communities in Canberra have donated to The Salvation Army Bushfire Disaster Appeal to assist individuals and families who continue to experience hardship as a result of the Black Summer bushfires.

The Salvos' Major David McMurray said it was an honour to receive the donation at the Vishnu Shiva Mandir in Canberra recently.

"This was a real community effort, a real grassroots effort," he said. "It was good to



be able to thank the community, and the families who have gone to such effort to help people just like themselves who need these funds – families, individuals and people still doing it tough, still recovering from the bushfires." – **Lauren Martin**

# Little yellow triangles

Following the right markers on the trek of life

## WORDS

BELINDA DAVIS



Recently, in accordance with COVID-19 restrictions, my husband and I decided to go bushwalking in the Grampians National Park of Victoria. We chose the two-kilometre route from the village of Halls Gap to the Pinnacle Lookout, estimated to be a 40-minute walk.

My first clue that this wasn't just going to be a wander in beautiful bush surroundings was the fact that the walk was called a 'hike', with a 'medium difficulty' rating. We decided that we were reasonably fit and relatively 'young-ish', so why not give it a go?

Not long into our adventure I discovered that

my eight-year-old runners, with almost no tread left, were not the best choice of footwear. The path was both sandy and rocky, but there were also many large, smooth rocks, and I struggled to clamber over them in my runners, which offered no grip.

At the start of the hike, I also noticed these little yellow triangles that seemed to be pointing in the direction we were to go. I thought they were quirky, and I didn't appreciate just how valuable these markers would become. As we got further along the path, it became evident that sometimes the direction we were to take was obvious, and other times it looked

like we had reached a dead-end, only to discover a little yellow triangle pointing us on.

We had been 'hiking' for 25 minutes and I was already feeling quite spent after a particularly taxing section when we came to a flatter path. As we rounded a corner, I figured we must be coming close to the end of our journey because I could see the Pinnacle summit ahead. The only problem was, it appeared to be at the top of a completely different mountain, and a ridiculous distance away. Not only that, this path was heading down, not up. Just ahead of us, though, pointing us onward, was another little yellow triangle and then a sign saying we were only 600m away from our destination.

We continued to pick our way up these last few hundred metres. At one point I found myself in tears, feeling quite anxious about how I was going to make my way back down the steep and difficult rocky path.

On top of that, we seemed to have lost sight of the yellow triangles. This was the closest I came to giving up, but as we rounded the corner, we discovered that we had somehow deviated from the path. We soon found the intended path, which appeared to be far less taxing and dangerous. The sense of relief was palpable.

As we rejoined the triangled path, I pondered the reality of endeavouring to follow a direction in life and how important it can be to keep an eye out for the markers that keep us on track to our greatest success.

For me, the equivalent to those little yellow triangles in my life is the Word of God. The Bible gives me instructions for living my best life, whether it is about my relationships with friends or others, or building my character and becoming more like the example Jesus set. When I deviate from the life lessons



contained therein, my path is way more difficult than it needs to be.

A verse from Psalm 119 tells me that God's Word "is a lamp for my feet, a light on my path". Or, in the Belinda Davis translation, "is a little yellow triangle that points my way".

We made it to the Pinnacle Lookout and the view was well worth the effort. On the way back down, we followed every yellow triangle and arrived back safely.

Greater than even the view was the reminder to hold tight to the guides in my life in the form of the Word of God. I would like to encourage you to check it out for yourself as you also trek through life.

*Major Belinda Davis is a Salvation Army officer (pastor) in regional Victoria.*



Scan here for more on finding meaning.

# Heroes of the hydro pool

Raw inspiration from the road to recovery

## WORDS

BRYCE DAVIES

My lovely wife, Sue, has had some trouble recently with her leg. She was born without a thigh and, during the COVID-19 lockdown, she did not use her prosthetic leg at all. We thought this was a wonderful blessing but it turns out the muscles in her 'little' leg have atrophied and she now needs to go to the hydro pool as often as she can to get them moving again. So, most days the lovely Sue and I go to the pool and eventually we have got to know some of the folks who also come on a regular basis.

There is the delightful older lady who gives us the report on the temperature of the pool when we arrive. It's always a bit too cold for her liking. She bought a thermometer the other day to prove her point. But as she and her buddies gathered around it, none of them could read it without their glasses, so, laughing their heads off, they called me over to see if I could read it. Nope, I'm useless without glasses too. So there were 20 people in this pool and nobody could read a thermometer.

There's this young guy who comes with his carer. He says, "Hello, how are you going?" to every single person in the pool, and if you catch his eye again, he'll say, "G'day, how are you going?" for a second time, or a third time, and everyone smiles and says 'G'day' back.

There's the lady who lost her arm in a wheat shredder when she was 11. She has a 'dodgy' knee and comes regularly to the pool. She was sharing with me that none of the boys

wanted to dance with her when she was a teenager as she was different, but she did end up getting married and now has a family of her own. "So, things can turn out alright sometimes," she said. I agreed and said, "The lovely Sue is a bit different too; she's only got one leg but she scored the biggest stud muffin in the whole country." We both had a good laugh.

There's the lady with lymphedema, a condition that has resulted in her body retaining large amounts of fluid and fat. She's so big she struggles to walk. In chatting with her, we met a beautiful, articulate and intelligent woman. She shared that she loves the pool as it is one of the only places where she feels like a normal person. In the pool, she can move and walk without pain or the risk of hurting herself.

There's the guy who has cerebral palsy and can't walk or move in the pool without a carer to hold him. His eyes are kind of off-centre and he's always rolling his head and smiling. I'm not sure what I was expecting, but when he met us and introduced himself, clearly articulating his name and the exact nature of his condition and informing us of the various wheelchair options we perhaps should consider, it became very apparent that he was a very cognisant and socially-nuanced young man. We chat regularly now.

Then there's the couple whose lives were devastated by a serious motorcycle accident





Sue Davies daily joins the other “heroes” of the hydro pool as part of her rehabilitation and determination to walk again.

10 or so years ago. The man was severely injured and cannot walk at all. His wife broke multiple bones and is still dealing with the challenges. She’s a very chatty lady and she shared with me the many health challenges her husband has to deal with, and so she has to deal with too. But a more ‘glass half full’ kind of lady you will never meet. She describes these challenges with good humour and a genuine gratitude for the many positives she still has in her life.

Every morning there are either little kids who wave at us and smile as they get ready for their swimming lessons, or older ladies jumping and jiving to loud disco music as they do their aqua-aerobics. It’s a fabulous place and there’s lots of positive energy there.

There’s a special fellowship in the hydro pool. Everyone we meet has some story to tell of how they are damaged and on the road to recovery. They share vulnerability and are

candid about their frailty and struggles. I love going to the pool and catching up with my ‘busted-up’ friends. They never fail to inspire me and remind me to be grateful for every good thing in my life.

In the Bible, God says, “My grace is sufficient for you, for my power is made perfect in weakness” (2 Corinthians chapter 12, verse 9). The real power of relationships and connection for community is actually vulnerability. When we are humbled by the frailties of our life, our capacity for love and genuine friendship is often tripled.

*Major Bryce Davies is a Salvation Army officer (pastor) in Sydney.*



Scan here for more on finding meaning.



## Homemade bounty bars



### Ingredients

1 tin sweetened condensed milk  
3 cups shredded coconut  
250g milk chocolate

### Method

In a mixing bowl, combine condensed milk and coconut.

Form mixture into bars and place on tray or plate lined with baking paper. The mixture should hold the shape you form. If it's too wet, add more coconut as needed.

Freeze coconut bars for at least 30 minutes. Break chocolate into pieces and place in microwave-proof bowl.

Microwave at 10- to 20-second intervals until smooth.

Dip coconut bars into chocolate until completely coated. Use two forks to lift bars out of chocolate and allow some chocolate to drain off before placing on tray or plate lined with baking paper.

Allow chocolate to set until hard.

## Have a laugh



**Why is Peter Pan always flying?**  
He neverlands!



**How many apples grow on a tree?**  
All of them!



**Why did the golfer wear two pairs of pants?**  
Just in case he got a hole in one!

## Bible byte

"Love is large and incredibly patient. Love is gentle and consistently kind to all."

1 Corinthians chapter 13, verse 4  
*The Passion Bible translation*

1	4	2				8		
				5				
		9						7
		7	1			9		
			8				4	
4		8			7			
	3	4		7		1		
			5		3			
		1			2		9	

## Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9.

## Tum-Tum

On which page of this week's *Salvos Magazine* is Tum-Tum hiding?



**Answers:** 1. Endurance, change, hope, and life. 2. With their front feet. 3. Four. 4. As caterpillars. 5. 17,500.  
Page 5.

1	4	2				8		
				5				
		9						7
		7	1			9		
			8				4	
4		8			7			
	3	4		7		1		
			5		3			
		1			2		9	

## Quick quiz



1. What do butterflies symbolise?
2. How do butterflies taste their food?
3. How many wings do butterflies have?
4. In what form are butterflies born?
5. Approximately how many species of butterflies are there worldwide?

## Did you know?

- Bumblebees can fly higher than Mount Everest.
- The average person will grow 965 kilometres of hair in their lifetime.
- The ocean produces up to 85 per cent of the earth's oxygen.

Free

# Money Essentials

**7 free webinars to help you master your money essentials**

Hosted by our Moneycare experts over Anti-Poverty Week

**Monday**  
12 October



With Bernie

Time: Midday AET | 20mins  
**"Buying your dream car"**  
The true cost of your next car:  
signposts, potholes and  
choosing the best lane.

**Register  
today!**

**Tuesday**  
13 October



With Jennie

Time: Midday AET | 20mins  
**"What to do when you  
can't buy upfront?"**  
Navigating through the  
minefield of money loaning  
options.



With Karyn

Time: 2.00pm AET | 20mins  
**"Sort your life out."**  
Learn how to clear the clutter,  
sort your documents and set  
up systems to succeed  
(so simple you'll wish you did  
this sooner!)

**Wednesday**  
14 October



With Nina

Time: Midday AET | 20mins  
**"Your life, your  
program, your power"**  
How to track your money and  
get in control of your life for  
good.

**Thursday**  
15 October



With Noel

Time: Midday AET | 20mins  
**"Why insure?"**  
What to insure and why.



With Terry

Time: 2.00pm AET | 20mins  
**"Winning at the game  
of life."**  
Gambling is a normal way of  
life for some – but you might  
be surprised by these high  
stakes.

**Friday**  
16 October



With Mandy

Time: Midday AET | 20mins  
**"Be smart, put your hand  
up!"**  
Common financial issues and  
where to seek help.

*you're the boss*



**Moneycare**

Register at <https://calendly.com/moneycare>