



SOUND BODY, SOUND MIND

“Staaldak, webbing, geweer. Tree Aan!!”

Brothers and Sisters, this is phrase we will never forget. These words signalled the start of something that could be as simple as a 4km run, or as extreme as deployment inside Angola or a township.

The simple fact is that we punished our bodies daily during our service, and some of our veterans also have injuries sustained during combat operations or accidents. Well, the day has come when we must face the consequences of those physical excesses.

I came across this quote on the Australian Veterans Affairs website:

“Back then we stayed active – our lives depended on it...”

This is still true, because the quality of our life now depends on us taking care of ourselves, mentally and physically.

This Month's Peer Support Resources

I would like to bring to your attention the comprehensive resources provided by the Australian Department of Veterans Affairs (DVA) Health & Wellbeing website.



The **At Ease** programme focusses on the mental health of veterans and their families.

Browse the site at: <http://at-ease.dva.gov.au/>

Veterans Phone App!



Learn to Test, Adjust and Optimise.

Test your physical, cognitive, emotional and behavioural reactions to stress and adjust your response in real time by using the stress management tools in the app.

Optimise your performance and build your psychological resilience and mental fitness with regular resilience training.

Features include:

Interactive, easy-to-use tools that you can access on the go such as Controlled Breathing, Progressive Muscle Relaxation and Thought Stopping. A scheduler that allows you to set goals to practice the tools regularly. A resilience self-assessment that can help you keep track of your progress over time.

Download from the App Store and Google Play: Search for “High Res DVA”.

REVIEW: *Once I downloaded the app, I selected ‘ex-ADF member’ as the most appropriate option. The options in the app are extensive and include self-assessment tools, exercises for building mental resilience, and stress management strategies. I really like that you carry this tool with you everywhere and can easily use it.*

Conclusion = immediately helpful.



Men's Health Peer Education (MHPE)

Provides a wealth of veteran health information.

- Take the Online Health Quiz
- Information on health and lifestyle issues



Download the Online Veterans Magazine!

<http://www.dva.gov.au/about-dva/publications/health-publications/mens-health-peer-education-magazine>

REVIEW: Vol. 14 | no. 2 | winter 2015 *I liked the emphasis on "fitness" in every area of my life, and the strong point that our mental and physical state impacts on those around us – especially our loved ones. I found the articles relevant, helpful and challenging to every area of my life. The article on loneliness in men was particularly insightful.*

Conclusion = very helpful & relevant.

Take some time to browse the reviewed sites and see what they offer.

Doctor Noel Says:

Our fellow veteran in Qld, Doctor Noel Brown, says there are 3 important things us *Ou Manne* need to pay attention to (we will list more resources for these areas later).

- **Cardiovascular** Health (blood pressure, weight management, exercise)
- **Prostate** Cancer *"the third most common cause of cancer death"* (Cancer Council)
- **Bowel Cancers** (see the Bowel Cancer resource listed below)

Your Tax Dollars at Work!

There is a huge range of medical care provided for us at no cost, simply because we are citizens of Australia. I have highlighted two of these free services.



1800 022 222 Medical professionals give immediate advice & support
<http://www.healthdirect.gov.au> **Available across Australia!**



Australians aged 50, 55, 60, 65, 70 and 74 are eligible for the faecal occult blood test (FOBT). *Speak to your GP if you haven't received it.*

Veteran Regards,
Pierre van Blommestein



Veteran Pierre van Blommestein
SAMVOA
Welfare Officer



What do you need to know more about?
What can Peer Support provide that is helpful to you?

Email padre.samvoa@gmail.com