



Central Coast Problem Gambling Service.

Winter Newsletter 2009

Winter has been a reflective time for our service. Looking back on the last six months we can see there has been some new learning opportunities created and outcomes achieved.

We attended a two day workshop on funding facilitated by Warren Price at Mingara in May, which was professional, insightful and fun. Warren has a wealth of knowledge and participants came away with the ability to begin the process of creating new pathways and networks allowing them to broaden their funding base. This course is highly recommended and would be of great benefit to your service. For more information regarding workshops contact **Warren via email at pin01066@izone.net.au**. From our association with Warren the service has now received a vehicle from HandbrakeTurn, which will be a huge asset. **Big thank you to HandbrakeTurn, management, youth, staff, NRMA and of course Warren Price.**

Women's Group: We commenced the first women's group in late June at The Entrance Neighbourhood Centre, which ran every fortnight for four sessions, last session will be in early August. It has been well received with positive feedback. The program allows women to come together for learning, personal growth and awareness in a fun and informative way. The next group will commence at the beginning of October and will be held in the Gosford area. A flyer will be emailed soon.

Youth Project: This project is ongoing, being held in the High School's across the Central Coast. Julie who runs the programme has had interesting experiences with youth around the issues of gambling, assisting them to understand the pitfalls and challenges of problem gambling by expanding their thinking and allowing them to link this new knowledge to thinking and behaviour that may be contributing to compulsive actions.

Locations:

We have been consulting from Lifeline at Wyoming. The building is a great location, plenty of parking, disabled access also a large training/group room is available for hire on 43 236105. Our four locations, Woy Woy, Gosford, The Entrance & San Remo are all still running smoothly as well, with The Entrance being our busiest location at present.

Gambling Education:

Our service has been providing gambling education to the community which is of benefit to both service providers, clients and the general community. **Please contact us on 43 447992** to schedule a date. It has been well received by Youth workers, Drug & Alcohol services and Probation and Parole as well as members of the women's group.

Self Care



Today more than ever, due to the world experiencing a global crisis, with unemployment rising and families feeling the emotional effects of constant change, it is important to take the time to care for ourselves. Whilst most people are aware that it is important for our health to care for self it is not always clear what self care is. Self care can be described as our personal health maintenance. It can be described as 'any activity undertaken by an individual, family or community, with the intention of improving or restoring health, or treating or preventing disease' (Self Care Wikipedia, 2009). 'Self care includes all health decisions people make for themselves and their families to get and stay [physically](#), spiritually and [mentally fit](#)' (Self Care Wikipedia, 2009).

Some ways in which we care for ourselves is through [exercising](#) to maintain our physical fitness and good mental health. Plus, [eating well](#), practicing [good hygiene](#), taking care of our spiritual needs and avoiding health hazards, such as smoking. The importance of self-care is that it strengthens our resiliency to effectively manage life. Whilst it may appear as if self care is therefore 'just a matter of making healthy lifestyle choices' this is not the case. Self care also means having self-compassion, healthy boundaries, being attuned to your needs, and staying true to your values. All of which are important for healthy living and wellbeing.

Importantly, Dennis Portnoy (2007) tells us that simply recognizing the importance of taking better care of ourselves is not enough. We also need to address the psychological obstacles that limit attention to self-care and foster stress. Portnoy suggests examples of blocks to self care can be; putting pressure on yourself by being self-critical or becoming overextended and overlooking your needs. Or likewise, defining yourself by the good you do for others, having an exaggerated sense of responsibility, having difficulty saying no to other people's requests or by using negative "self-talk". Well, I am sure that all of us at some time have neglected to care for ourselves or we may recognise that we currently have psychological 'blocks' in place which limit our ability to care for ourselves. Therefore, the following self-care practices may assist us all on our journey:

- Learn and use stress-reduction techniques.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities.
- Seek and accept the support of others.
- Seek supportive counselling when you need it, or talk to a trusted counsellor or friend.
- Identify and acknowledge your feelings.
- Change the negative ways you view situations.
- Set goals.

(Wikipedia, 2009).

Deborah Rhoades.

Women's
Workshops.

Join like minded women in a safe,
confidential setting for discussion & support.

Topics:

Boundaries

Communication Styles

Self care & more.

Who are these workshops for?

All interested women.

Date: Commencing October 2009

Time: To be confirmed.

Venue: To be confirmed.

Morning Tea Provided

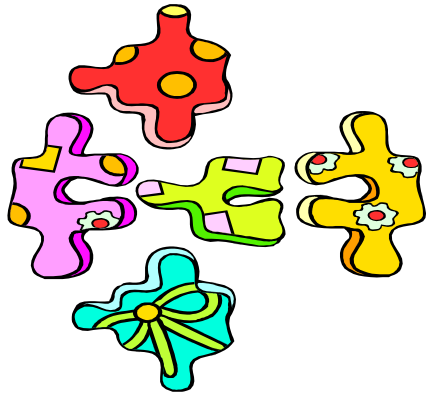
Central Coast Responsible Gambling Service

43 447992 or 43 447993

Register:

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Goals.....linking it all together.

Setting goals can be a very helpful tool in keeping you and your life on track. They need to be achievable and meaningful. They assist us to recognize areas in our lives that are lacking purpose and structure, keeping us motivated, assisting with change and growth and provide a record of achievement.

Tips for Setting Goals:

1. Make goals meaningful.
2. Use positive language and present tense.
3. Always put goals in writing.
4. Goal setting should take place in every area of life.
5. Life goals will add dimension and texture to your life.
6. Unable to achieve - doesn't mean you did something wrong in goal setting or implementation was not adequate.
7. Review before setting goals again.
8. Remember to keep them realistic and achievable.
9. Add some fun elements.
10. Laugh and enjoy trying new things.



Boredomthe path to enlightenment.

Have you ever felt bored? I think everyone has experienced this from time to time. Boredom is a period of restlessness. When we experience boredom our bodies and minds become 'twitchy' and a need arises to fill the space. Being uncomfortable you push against it resisting; beginning to feel an intensity within to end it, by doing 'something'. Once you have entered the doing cycle you have again lost the opportunity to explore within by doing nothing, the ability to enter a peaceful state of being.

You tell yourself you are lazy, you won't achieve, you are wasting time and maybe missing out on something. With tapping fingers and pacing feet you get pulled into the whirlpool, spinning around and around deluding yourself into thinking you are doing something worthwhile and not being a sloth. On the other hand if you can master this period it can transform and actually become meditative, relaxing and peaceful, a time of learning/being.

So is boredom an urge that calls us to look inward or something to fear? Maybe it is the fear of our own power. For some the urge within is so uncomfortable that being alone with it becomes painful, the need to act becomes necessary to escape this state. Compulsive thinking/behaviour takes control and blocks the urge, allowing numbness to emerge and swallow the pain, pushing it far below the surface until it reappears in a self defeating dance again.

Cheryl Richardson tell us "once you get good at being bored and are able to maintain a reserve of space in your life, you will engage a spiritual power that will draw you towards the people, opportunities and resources you'll need to accomplish your goals quickly and easily" (topic of the week 'Finding Peace' July 2009 Newsletter).

Why not test this theory and see what happens.

Simply try these steps.

- Be mindful of how you avoid boredom.
- How do you fill up your time?
- Consciously make space in your life to just BE.
- Cancel events, appointments and schedule time for you.
- What takes place within, when you just sit with this feeling?
- Journal you thoughts and feelings and allow these feeling to teach you.

Benefits.

- You will learn to relax and stop being restless, by entering a meditative state.
- Develop self discipline, which will enhance many areas of your life.
- Become less impulsive/compulsive and make clearer decisions.
- Become more peaceful and enjoy silence/stillness.
- Have fresh and creative ideas without the clutter of unwanted justifications.
- Identify priorities and communicate with yourself and others from a more authentic place.

As Cheryl says "become a master of being not doing. If you can sit long enough with yourself in order to feel the peace within you can achieve much". You may even end up actually enjoying your own company.

Bronwyn Schwetz.

One final word...empathy in action.

The Land Of Unknown People

A stranger found himself in the Land of Unknown People. As he arrived the peasants were in great terror.

“What is terrifying you?”, asked the traveler.

“We will show you.” And they led him out onto a field where a huge melon was growing.

“We have never seen anything like this. This is a dangerous creature. It grows so quickly and it will soon take over our country.”

“Nonsense” said the traveler. “It is only a melon”, and with his sword he cut it up into pieces.

And the unknown people waited until he was asleep and they killed him at night, saying “He must be terribly powerful to be able to slay that fearful creature. We had better kill him while we can”.

And shortly, another stranger came past, and the peasants were terrified again for another melon had appeared and was growing very quickly. He asked them about the creature, and, with them showing him the location, he approached the melon very tentatively, examined it from a respectful distance. Withdrew thoughtfully, and discussed the strange creature with the peasants. Gradually he encouraged them to experiment with approaches to the melons, to touch one, and slowly to discover more about them and what they could do. Gradually they lost their fear, and learnt about melons. This is indeed a therapist story. How many therapists have been ‘slain when they discovered the ‘real’ story too quickly, perhaps saying quite early, “It’s obviously a gambling problem”. It is no easy task for a therapist to control impatience, and to postpone the opportunity to demonstrate capacity for accurate diagnosis until the person is ready...but the penalties are extreme.

A.N.Z.J. Fam. Ther., 1993, Vol. 14, No.2



Before Withdrawing Money

**Stop
Take A Break
Organize Priorities
Put into Action.**