

headspace

youthMAG

WINTER EDITION 2015

GET COSY &
RELAX WITH OUR
COOLEST MAG YET!



Body Image + YOU Heads Up!

What is body image and how does it affect our lives? Live a happy and healthy life no matter what your **body shape is**. For this edition's feature story head to: *pages 2-3*.

What you should know but perhaps **don't**. **Many events are coming up** that are recognised both nationally and around Western Sydney. Find out what all the fuss is about. Read more: *page 4*.

Youth Week Wrap

Every year Youth Week is a flurry of activity with headspace attending many events throughout the two-week **celebration of Australia's youth**. Check out some pics in our wrap-up for 2015! Read more: *page 5*.

Recipe & Fun Facts

A change of season means a change of recipe! Check out this winter **warmer that's guaranteed to hit the spot on a chilly day!** While you're at it, wind down with some mental health trivia. Read more: *page 6*.

Woo! Day Trip!

Keen to get out? Forget booking a **flight, there's so many places in your own backyard!** Grab a mate, your adventurous spirit and flip to our day trip planner for ideas—with or without a car! Read more: *page 7*.

Humans of Mt DrUITT

With 12 million+ likes on Facebook we are guessing you have heard of Humans of New York. This concept has now come to Western Sydney thanks to the Youth Advisory Group of headspace Mount DrUITT. Read more: *pages 8-9*.

Body Image + YOU

How would you describe your appearance? Do any positive and/or negative feelings come to mind? Body image is the way in which we perceive our physical appearance and the feelings associated with these views. Body image can be good (healthy) or bad (poor) and is often influenced by the **way you think and what's going on** around you.

Healthy VS. Poor Body Image

Body image is for the most part, influenced by environmental factors such as the people around you, certain events and experiences and perceived failures or success. There are problems associated with both an overly positive or overly negative body image.



Both guys and girls can have body image issues.

Poor body image can be caused by factors such as the media and peer pressure.



Poor body image has many problems that are associated with low self-esteem and overall confidence. These problems can be caused by factors such as rejection, neglect, bullying and thought processes. A person with a negative body image may react in a number of ways to a particular situation. For example when given an insult, it could make someone feel more self-conscious about themselves and feel worse overall.

However, some people may already have that perceived idea in their head and will just accept it because of past negative experiences. On the other hand, a similar situation can occur when receiving a compliment. Some people may have their confidence boosted when given a compliment whilst others may take it as an insult because it goes against their perceived idea about themselves and they **don't see any evidence to support it**. For example, they may think things like: **"they're only saying that to make me feel better"** or **"they're family, of course they'll**

say that.” These instances are what is known as negative self-talk.

A healthy body image leads to a happier life and a more confident outlook within yourself. However, there can be problems associated with positive body image. A common issue seen in the 21st century with the development of social media is a sense of entitlement and higher social standing based solely on physical appearance. Some people use their looks-based popularity to put others down and treat people differently because they don't compare to them in their eyes. This can be problematic for all **people involved as it can damage others'** self-esteem, and their relationships with other people. A positive view of ourselves should not impact others in a negative way.



A healthy body image means accepting and liking ourselves for who we are.

Tips for better body image:

- Focus on yourself as a person, not just how you look
- Aim to get healthier rather than lose weight
- Focus on the things you like about your body
- Stop being critical about others' appearance
- Remember, real bodies aren't perfect, and perfect bodies are almost always airbrushed.

To keep in mind!

It doesn't matter what body type a person is, they can still have personal issues with the way they look. The best advice would be to learn to accept and be comfortable with who you are, but still open minded to self improvement and becoming the best version of yourself that you can be. Focus your attention and energy on the positive **things in your life and you won't even need** to dwell on the negatives.

By Aaron D'Souza

NEED SOMEONE TO TALK TO?

Kids Helpline — 1800 55 1800

Lifeline — 13 11 14

headspace Penrith: (02) 4720 8888

headspace Parramatta: 1300 737 616

headspace Mount Druitt: (02) 9675 2602

Heads Up!

MEN'S HEALTH WEEK: 15 - 21 June, 2015

Did you know that Men's Health Week is coming up in June? It's all about focusing on the health and wellbeing of men and boys, as well as the stigma around men seeking help for health issues.

The theme for this year is 'MoMENts in Time' because often a small change in daily routine – a moment in time – can have a large effect on our wellbeing.

Men have a lower life expectancy than women, are four times more likely to complete suicide, and are less likely to seek help for their physical and mental health, so taking a moment in time to talk about health is a great way to pass on the message of Men's Health Week.

For more info, head to: <http://www.menshealthweek.org.au/>



NAIDOC WEEK: 5 - 12 July, 2015

NAIDOC Week celebrates the history and culture of Aboriginal and Torres Strait Islander (ATSI) peoples.

This year's theme is 'We all Stand on Sacred Ground: Learn, Respect and Celebrate,' which talks about the importance that connection to land and sea has in Indigenous cultures.

Even though the main event is being hosted in Adelaide this year, there are plenty of cool events around the area to go to such as Jamison Park.

For more info, visit: <http://www.naidoc.org.au/>

JAMISON PARK EVENT

When:

Friday, 10th of July.

Activities: sausage sizzle, rides, face painting, performances + more!

HOMELESSNESS PREVENTION WEEK: 3 - 9 August, 2015

This year, HPW will be focused on getting people to **'step up' to help prevent homelessness** – and you can help by attending some fun events around the area!

On any given day in Australia, 1 in 200 people don't have a place to call home, and 37% of these people are under the age of 25. You can help raise awareness for this and also have a great time by coming along!

For more info, head to: <http://www.homelessnessaustralia.org.au/>



By Jayden O'Brien

Wrap-up: Youth Week 2015



Since April 2000, Youth Week has been an important event on the yearly calendar of young people. Established by the youth of Australia themselves to make sure they are celebrated, cities across the country host hundreds of special events and activities that recognise the unique strengths and contributions made by this talented generation!

15 years on and Youth Week is bigger and better than ever before — especially in Western Sydney! Together headspace Mount Druitt, Parramatta and Penrith attended a bunch of fun events spanning from the Hawkesbury to Auburn and its surrounds to the Nepean Valley.



Valley Youth Festival at the Mondo (above) & St Clair Skate Park



Bring it On! Festival, Fairfield



Quick Eats



GRILLED MINI PIZZAS

Ingredients:

- 2 x english muffins, halved
- 2 x tablespoons tomato paste
- 100g ham (or any meat of choice)
- 1 x capsicum
- 50g shredded cheese



Instructions:

1. Spread tomato paste on base of muffins.
2. Add ham as a base layer, then add capsicum.
3. Top with cheese, grill until golden brown and eat!

**toppings can be modified depending on personal preference or dietary needs.*



DID YOU KNOW?



headspace Penrith, Mount Druitt and Parramatta ALL have Facebook pages!



Give us a **'LIKE'** to see regular updates from your local headspace centre!

Albert Einstein's schoolmaster wrote in his school report **that he "would never amount to anything."** Einstein went on to redefine the way we understand the world and revolutionised modern science.

If you voice your goals to someone, you are more likely to make them happen because you will increase your motivation! (This works best if you tell a supportive friend or family member!)

Allowing yourself some time and space **just for "you"** can be highly beneficial to your overall wellbeing. Keep in mind though that it is also useful to talk to somebody if you have a problem or worry.

WITHOUT A CAR DAY TRIP PLANNER

WITH A CAR

Bondi Beach

For those warmer days heading down to Bondi is still possible. If just to hang on the sand or go for a swim, this still remains a cheap and easy place to go to. Just hop on a train to Bondi Junction then grab a bus for a quick cruise to the surf!



CROSSING
RAIL
ROAD

STOP

Taronga Zoo

Go to one of Australia's biggest zoos. With animals from all over the world and tonnes of interactive activities with animals you won't be left bored. For anyone under 15yrs it's \$23 per person and for those 16yrs + it's \$46



Wisemans Ferry

If the day's looking good why not go for a cruise to Wisemans Ferry out towards the Hawkesbury region? Great spot for picnics, fishing, swimming, kayaking and boating. Oh and don't forget to use the ferry - it's free!



Katoomba Sports and Aquatic Centre

Open 'til 8pm during the week at \$6 you get full access to the heated indoor pools for you and your friends to relax in. There is also a spa and sauna available to guests.

For more information call: 4780 5156



Hoyts Penrith

With a free student edge card you can order online movie tickets from hoyts Penrith as cheap as \$13 a movie. Located in Penrith plaza next to the station it is an easy day or late night activity.



Blacktown Drive-In

It's getting darker and sooner which can be a bummer... but! This means more movies showing at Blacktown drive-in. Movies run between 5:30-12pm every day with it costing only \$10 a person.

Contact number: 9622 4170

Website:

<http://www.eventcinemas.com.au/cinema/drive-in-blacktown>

By Max Fenton

SPEED
LIMIT
70

Humans of Mount DrUITT

With Mount DrUITT being well-known as a suburb of Western Sydney with a low socio-economic status, a group of local young adults from headspace Mount DrUITT took it upon themselves to change the negative outlook and misrepresentation of their community and home associated with this disadvantage.

As Mount DrUITT has a bad reputation, people are often slow to turn their heads to learn about the positive aspects of our suburb. As the young generation who are part of this great community, we wanted others from surrounding suburbs to know of all the great things our town has to offer now and for our futures.

Inspired by the Facebook page 'Humans of New York', our project of 'Humans of Mount DrUITT' reflects the voices of the locals who share what they enjoy about living in Mount DrUITT. From the vast variety of culture to the strong sense of community and family, our



Show your support LIKE on Facebook:
[facebook.com/MydrUITT](https://www.facebook.com/MydrUITT)

Humans of Mount DrUITT has been using a public Facebook page with nearly 300 'likes' so far to reduce the negative stigma that surrounds Mt DrUITT and show the positives of Mt DrUITT through real people and their views. Young people who have participated in interviews answered questions like "If you could describe Mount DrUITT in one word – what would it be?" and the answers included "hopeful, strong, diverse". Throughout this project the aims have always been to connect and engage with the Mt DrUITT community to reduce the negative stigma that Mt DrUITT has. We hope to continue this project by doing more interviews and showing the positives throughout the Mount DrUITT community.

By Courtney Clark & Chareece Reid



Humans of New York is HUGE! Check it out if you haven't! [facebook.com/humansofnewyork](https://www.facebook.com/humansofnewyork)

peers seem to agree that we live amongst some of the country's most genuine citizens. Not only do we hope to convince those who live outside of Mount DrUITT to see the same hope our locals see, but we hope our council can take advantage of the undeniable potential and opportunities within the walls of Mount DrUITT.

FACTS ABOUT MOUNT DRUITT:

- 37.9% of households in the Mt DrUITT precinct earned a low income, compared to 34.8% respectively for Greater Sydney. That's just a 3% difference!
- 12,592 people in Mount DrUITT Precinct had a tertiary qualification in 2011.

**data according to the most recent census from the Australian Bureau of Statistics., 2011.*



"What do you like the most about Mount Druitt?"
"You know, the people, the locals."

"What would you like more of in Mount Druitt?"
"More programs for kids, especially those leaving high school."



"What do you like the most about Mount Druitt?"
"The strong sense of community."

"Can you describe Mount Druitt in one word?"
"Hopeful."



Ask about Richmond PRA support at headspace!!!!

Do you need some FREE help with...

- Support engaging with new services
- Attending appointments
- Travel training
- Shopping & healthy meal planning
- Budgeting support
- Study support
- Group social outings

Ask someone at headspace about this service!!

Ask about financial counselling and support at headspace!!!!

Do you need some FREE help with...

- Managing debt (Credit cards, loans & fines)
- Budgeting
- Financial goals
- Managing expenses
- Managing bankruptcy
- Sorting your superannuation
- Info on loans and credit cards

Ask someone at headspace about this service!!





COMING SOON: PRESS , PAWS AND PLAY!!!

headspace Penrith and the RSPCA are teaming up for a new initiative incorporating pet ownership into young **people's lives. Companion animals are known to offer a** range of health related benefits including improvement in overall health and psychological wellbeing. You will learn how animals can improve your health, how to become a responsible pet owner and even possibly adopt your own pet!

Wanna be our friend?



- <https://www.facebook.com/headspaceMountdruitt>
- <https://www.facebook.com/headspaceParramatta>
- <https://www.facebook.com/headspacePenrith>

headspace Mount Druitt

Shop 12, Daniel Thomas Plaza,
6-10 Mount St Mt Druitt NSW
2770

Phone referrals:
02 9675 2602

headspace Penrith

606 High Street
Penrith 2750 Sydney NSW

Phone referrals:
02 4720 8800

headspace Parramatta

2 Wentworth Street
Parramatta NSW 2150
(Enter via Parkes Street)

Phone referrals:
02 8624 1348

