



## WELCOME

Welcome to the third edition of *Your Family Doctors*, a newsletter from the team at Shell Cove Family Health. This edition focuses on the importance of your mental health and provides tips and ideas for maintaining or improving your mood.

October is Mental Health Month. Mental Health Month is part of a national campaign which coincides with World Mental Health Day on October 10. Mental Health Month is a useful reminder for all of us to think about our own mental wellbeing and also of those around us.

With the weather warming up, and the days getting longer, this is a great time to be making some positive lifestyle changes. If you would like some support or advice to get you on the right track, Shell Cove Family Health is here to help. Our multidisciplinary team includes GPs, nurses, dietitians, exercise physiologists, physiotherapists, psychologists and podiatrists.

## 'VALUE YOUR MIND'

Making your mental health a priority is important for many reasons, including personal wellbeing, having good relationships, getting a good nights sleep, and performing well at work and in other commitments. Poor mental health increases the likelihood of engaging in unhealthy behaviours such as smoking, excessive alcohol or drug use, poor eating habits, and reckless behaviour. Research also indicates untreated mental health problems such as depression, anxiety and stress, can reduce the strength of your immune system, making you more vulnerable to becoming sick.

The good news is there are various ways to value your mind and improve your mental health. Try including some of these activities in your day:

- Take time to notice and celebrate the positive things in your life
- Organise to catch-up with a friend or family member
- Try something new that creates meaning and purpose for you
- Volunteer or help someone in need
- Make rest a priority by having an early night or a sleep-in
- Go for a walk or do some other type of physical activity you enjoy
- Spend some time with your pet.

By doing activities like these regularly, and making your mental health a priority, you can take steps to improve your wellbeing and quality of life.

If you would like support for making your mental health a priority, or are experiencing mental health issues, talk to your GP about the psychology services available at Shell Cove Family Health.

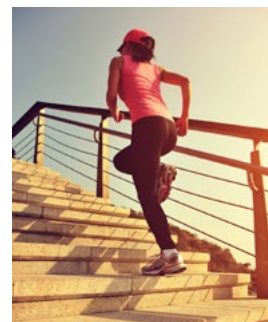
For immediate support contact LifeLine for 24 hour telephone support on 13 11 14.



## EXERCISE AND MENTAL HEALTH

Not only is exercise important for your physical health, but also your mental health. Research has shown that regular exercise may be as beneficial as medications or psychological therapies in the treatment of mild to moderate mental health issues, as it can:

- Reduce symptoms of low mood, anxiety and stress through the release of chemicals within the brain called endorphins
- Improve self-esteem
- Improve sleep.



Research also shows some people living with mental health conditions are at a higher risk of having chronic physical health conditions such as diabetes, cardiovascular disease, and chronic pain. For these people in particular, finding ways to be regularly active is important.

It is recommended that all Australian adults accumulate at least 30 minutes of moderate intensity exercise on all or most days of the week, regardless of their mental health status. This may include walking, swimming, cycling, playing sport or lifting weights. Most importantly - remember to choose an activity you enjoy so that you will stick to it!

If you would like help to begin an appropriate exercise program, ask reception about making an appointment with one of our Exercise Physiologists.

## RECIPE: SALMON AND MIXED VEGETABLE FRITTATA

Serves: 4  
Cooking time: 25 minutes

### INGREDIENTS

- 2 tsp canola oil
- 1 medium brown onion, halved, thinly sliced
- 2 garlic cloves, crushed
- 1 red capsicum, finely chopped
- 3 cups frozen or fresh mixed vegetables (e.g. zucchini, spinach, corn, sweet potato, peas, cherry tomatoes, mushrooms)
- 415g can red salmon, drained, skin and bones removed, flaked
- 6 eggs
- 1/3 cup grated cheddar cheese
- 1/4 cup roughly chopped fresh flat leaf parsley leaves
- 2 tbs finely chopped fresh chives
- Cracked black pepper, to season

### METHOD

1. Heat oil in a 22cm non-stick frying pan over medium heat. Add onion and garlic and cook, stirring occasionally, for 3 to 4 minutes or until softened.
2. Increase heat to medium-high. Add capsicum and vegetable mix. Cook, stirring occasionally, for 5 to 6 minutes or until just tender and heated through. Add salmon and stir to combine.
3. Whisk eggs in a bowl. Add cheese, parsley and chives. Season with pepper. Stir to combine.
4. Preheat grill on medium-high. Pour egg mixture over salmon mixture. Lift and tilt pan to spread mixture. Reduce heat to low. Cook for 7 to 8 minutes or until almost set (mixture should be set underneath but surface still runny).
5. Place pan under grill. Cook for 5 minutes or until just set. Stand for 2 minutes and serve with a salad.

Note: The frittata can be baked in the oven as an alternative to cooking it under the grill. Place the cooked vegetables and egg mixture in a non-stick oven proof frying pan or baking tin and cook on 180°C for 25-30 minutes, or until set.

Source: Recipe adapted from The Heart Foundation website.  
For more recipe ideas visit <http://www.heartfoundation.org.au/recipes/>



## DID YOU KNOW YOUR BRAIN IS MADE UP OF 60% FAT?

Eating foods rich in healthy fats daily can help ensure your brain functions at its best. Omega-3 fats in particular have been linked to improved mental health and the prevention of depression. These fats can be found in oily fish such as salmon, tuna and sardines; some seafood such as prawns, oysters and squid; as well as walnuts, linseeds, chia seeds and canola oil.

Aim to have a daily intake of healthy fats by including fish, particularly oily fish, 2-3 times per week and some of the other omega-3 rich foods mentioned above on other days.



## LUNGS IN ACTION

Lungs in Action classes are now available at Shell Cove Family Health. Lungs in Action is a safe, fun and inexpensive maintenance exercise class for those with stable chronic lung conditions or heart failure.

**When:** Mondays 2.00pm - 3.00pm

**Cost:** \$8/class

Please contact reception on 02 4220 8800 for referral requirements and registration.

## SHELL COVE FAMILY HEALTH OPENING HOURS

**Monday:** 8.00am - 8.30pm

**Tuesday:** 8.00am - 6.00pm

**Wednesday:** 8.00am - 8.30pm

**Thursday - Friday:** 8.00am - 6.00pm

**Saturday:** 8.00am - 12.00pm

## SHELL COVE WELLNESS CENTRE OPENING HOURS

**Monday, Wednesday:** 8.00am - 9.00pm

**Tuesday, Thursday, Friday:** 8.00am - 6.00pm

**Saturday:** 8.00am - 12.00pm

## JEANS FOR GENES DAY

On the first Friday in August, Shell Cove Family Health staff and patients supported Jeans for Genes Day by wearing denim to raise funds to help support research into childhood genetic diseases.

Together we raised \$155, which has contributed to the \$324,000 raised this year by the Jeans for Genes organisation.

Thank you to everyone who supported this worthy cause and special mention to Janet and the other admin staff for coordinating this important fundraiser.



Shell Cove Family Health is owned and operated by Grand Pacific Health with funding assistance from the Federal Government's GP Super Clinic program.