

Community News & Views Ipswich

September 2018
Vol: 25 No. 9

A Free Magazine!
Published Monthly






Mission Statement: To enable older people at a local community level to participate in decisions and activities which affect their health and well-being.



2018—2019 Management Committee

From L to R: Bob Massey (Treasurer), Maureen Reinke, Dot Sawyers (Vice President), Ethel Llewellyn (President), Di Wooldridge, Barbara White, Desmond White (Secretary), & Lyn Bryant. Apologies from Pat Andrew, Ros Newsham, Sue Schonknecht.

Good Stuff in this Issue

-  A Tribute to Yvonne Smith
-  University of Queensland Student Placement: Joshua Lin
-  Cyber Safety
-  Japanese Gardens
-  Mindfulness and Connecting to our Senses
- + loads more



**IPSWICH 60
AND BETTER
PROGRAM Inc.**

Funded by



A PROGRESSIVE PROGRAM FOR THE OVER 50'S
You can't turn the clock back but you can wind it up again!

Supported by Ipswich City Council and Ipswich Hospital Foundation



Ipswich 60 and Better Program Committee Members 2017-2018

President: Ethel Llewellyn c/- 3282 8644 **Vice President:** Dot Sawyers

Treasurer: Robert Massey 0408 903 434

Secretary: Desmond White

Committee: Pat Andrew, Lyn Bryant, Roslyn Newsham,
Maureen Reinke, Sue Schonknecht, Barbara White, Diana Wooldridge

Office Staff Co-ordinator - Anne Bertram **Office Assistant -** Brittney McPake

Office Volunteer - Maureen Reinke **Facebook :** Brittney McPake

UQ Bachelor of Health Science Student: Joshua Lin **Annual Membership Fee** \$15.00 (including GST) pro rata

Contributions to the newsletter are welcome and should be in the office by the **5th day of the month** for consideration by the editing committee. Please provide name of source and date of printing.

Convenor updates required by 20th day of the month



IPSWICH 60 & BETTER PROGRAM Inc.

ABN 85 491 018 335

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Contact: Ph.: 07 3282 8644; Fax: 07 3282 8611; Mob: 0411661550 **office hours**

Website: www.60andbetteripswich.com.au; **email:** ips60bp@gil.com.au

Office Hours

Monday 9am - 5pm; Tuesday 9 am - 5 pm; Wednesday 9 am - 12pm

Thursday - CLOSED; Volunteer - Friday 9am - 2.30pm

Please call 3282 8644 first to ensure there is someone to attend to your needs.

Community News and Views Advertising Rates:

(*includes GST) Full Page: \$55* Half Page: \$33*

Business Card Size: \$22* Strip \$16.50*

1000+newsletters are printed each month and distributed through 104 outlets.

Also available at www.60andbetteripswich.com.au

Deadlines for advertisements – 1st day of the month

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President's Words

SPRING HAS SPRUNG! Who Spring cleans anymore?

Once upon a time that's when culling happened. Families got behind the clean-up and everyone saw how much untouched accumulation occurred in the time from the previous one done months before. In Australia most of us are very fortunate indeed and we can look to owning all the things we may desire. Then we find months after we really didn't need them at all.

Questions:

Do we want? Do we Need? Do we Really Need?

Your answers are your own!

So September is here and August along with the A.G.M. has come and gone. All positions have been filled and The Program can move forward into 2019 with a fully charged new spring in its' step.

Exactly five years ago Yvonne Smith came through our door at the Sixty and Better Office and offered her help. As it turned out she had many skills and it wasn't long before she became the Program Secretary taking over from Pat Andrew.

So talented. Her interest in the News and Views became evident and she started attending the Editors Meetings where in time she certainly started to make a difference. Her knowledge of the computer was incredible and straight away she became an integral part of the office. Anne, Sarah and Brittney found her helping hand invaluable. Especially around A.G.M. time.

She was a quiet person, loved a good laugh, accepted everyone for who they were, made no judgements, and just fitted in. Yvonne loved art therapy with Marion and those who joined in each session always found her great to get along with. For a time she enjoyed the Tai Chi of a Wednesday and found Meditation to be the time she enjoyed the most. I must admit I always felt she enjoyed our meetings.

A great Management Committee member and always a valued member of the team. We all miss her so much.

Cheers Ethel

September Birthdays - Happy Birthday to you all!

5th Len Lamprecht & Mike Kingham; 6th Doreen Adams & Henry Hopper; 10th Margaret Cameron, Denise Goodger & Victor Swanson; 13th Colleen Adams; 17th Des Hatcher; 22nd Isabell Adams; 24th Eric Jonker; 26th George Sawyers



Welcome New Members

TO YVONNE

Yvonne was a friend of mine
She was a friend to everyone,
Everybody loved her.
Her loss will touch us all.

She was always there when needed,
Kind and generous with her time,
Always keen and willing,
To answer to the call.

Now forever she will stand -
Example to us all.

By Di Wooldridge



Ipswich Physiotherapy Centre

FOR ALL INQUIRIES AND BOOKINGS **07 3281 7611**

IPSWICH OFFICE: 102 LIMESTONE ST, IPSWICH 4305
KARALEE OFFICE: KARLEE SHOPPING VILLAGE,
SHOP 12 JUNCTION ROAD, KARALEE
FERNVALE OFFICE: FERNVALE VILLAGE SHOPPING CENTRE
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- Actively Aging Classes
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available for Ipswich Office.

Welcome Joshua Lin

I am an undergraduate student at the University of Queensland, currently finishing my 3rd year of studying the Bachelor of Health Sciences (majoring in Public Health). I am here at Ipswich 60 and Better for my placement. So far, the 5 weeks I have experienced here have been insightful and enjoyable. Being able to mingle with the members and regulars in their activities as well as get a thorough look at how programs are run has helped improve my knowledge of healthy ageing and non-profit organisation management.



The courses I've studied have developed my knowledge base and skills in the fields of nutrition, chronic diseases, management of illness, the health system and many other public health topics. One recurring topic amongst many public health areas has been the increasing ageing population in Australia. There are many physical health activities on the market, but there is a lack of mental health strengthening activities aimed at illness prevention.

In response, in my time at 60 and Better, I'm aiming to run a program focused on improving mental and physical relaxation and concentration (focus). The program will be split into two parts:

- Part 1 involves running an origami paper-folding program. Research has shown that origami folding can improve mental capacity and has calming effects. It has been utilised in mental health rehabilitation and in the improvement of one's ability to focus. This topic however, does require further study.
- Part 2 involves a tips and tricks brochure that can be used in daily situations. It may also include interesting facts on each of the activities that 60 and Better offers.

I'm hoping that my program (origami and such methods) will result positively on the participant's mental wellbeing. This research will also provide me with further understanding of how small daily changes can make a difference over time.

I look forward to the rest of my time here at Ipswich 60 and Better, and hope to see more of what this organisation and its activities have to offer.

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7 Jacaranda Street, East Ipswich Qld 4305

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Email: info@ableaustralia.org.au

www.ableaustralia.org.au



WHO IS ABLE AUSTRALIA?

Able Australia is one of Australia's leading not-for-profit organisations, delivering high quality, person-centred services to people living with multiple disabilities, including deafblindness and those in need of community support.

OUR SERVICES:

Active Living Program for

Seniors

An outreach community support program designed to connect older people with personal and community contacts.

Community Visitor Scheme

(CVS)

A program designed to enrich the quality of life for residents in aged care facilities who may be isolated or lonely and would benefit from having a regular, friendly visitor.

Disability Services

As an NDIS registered provider, Able Australia assists those in need of community support.

Transport

Transport solutions to help keep people connected to essential community services and assist with travel.

Secure Seniors Online

Does The Cloud have a silver lining?

Thanks Laurie Zaat for your contribution.

Unlike those dark, water-vapour laden things in the sky obscuring the sun, The Cloud(s) that store all those photos, documents, comments, opinions and other personal stuff we seem to love to put online (because there's soooo much happening in our and our family's amazingly interesting lives) have a questionable consistency and dubious lining, despite the fact that they are invariably free to use, no matter how much we store in them.

So what is The Cloud anyway? There's nothing fluffy about them. They are simply managed storage facilities, remarkably similar to the storage in your computer or smart phone, except orders of bigger magnitude. Let's face it, Cloud sounds so much cuter than Massive Disk Drive Arrays in Huge Remote Warehouses Connected to Global Wide Area Networks. Much shorter too.

Sounds expensive to operate and maintain to me, so how can they be free to use? Simple. What you put up on them is used by third parties in the hope of directing your life there after. They pay the owners and keepers of The Cloud for access to the data, which you gave them permission to do 'coz you ticked that box that said you read and agreed to the 'Terms and Conditions of Use' (yeah, sure you did... all 835 pages!). Occasionally third parties use the data for purposes of a highly questionable ethical (if not illegal) nature. Occasionally hackers get access to your data to hold you to ransom, or your enemies destroy your character, or marketers subtly influence your future buying or voting patterns, or criminals simply raid your bank accounts.

The most elementary search of the internet will reveal countless alleged breaches of trust and confidentiality by companies who operate online storage facilities you use regularly (whether they call them clouds or any other name, whether social media enterprise or financial or government institution) – not to mention alleged criminal breaches of those storage facilities by organised crime. Whether you believe Wikileaks or Edward Snowden are good or bad, what they reveal so patently is that your life online is under intense scrutiny, by persons known and unknown, for many reasons, very little of which arguably is in your best interest.

So, should we use The Cloud if there's no silver lining, or at best a severely tarnished one? Consider Russian Roulette: 1/6 chance of survival, and Timeless Truism: it's not how far you fall that kills you, it's the sudden stop at the end. Ultimately, it's what you are prepared to risk, and how you manage that risk. Store nothing in a Cloud and you're pretty safe online – chances of choosing the loaded chamber are very slim; store everything and it's likely a sudden stop at the end of the fall. Think long and hard before you post on social media or whatever other forum you're involved with. It may end up shared with a lot more people than you think. And it could come back to haunt you long after you posted it. Forever.

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● 07 3437 2500
● hearing.com.au

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Your monthly mind exercises and a little laughter

Anagrams to Exercise your Brain

Rearrange the words below to form relevant words/phrases:

- 1) ASTRONOMER
- 2) THE EYES
- 3) THE EARTH QUAKES
- 4) DORMITORY
- 5) ELECTION RESULT
- 6) A DECIMAL POINT
- 7) SLOT MACHINES
- 8) PRESBYTERIAN

Q: What insect is musical?

A: A Humbug

Q: What is the best time to go to bed?

A: When the bed won't come to you

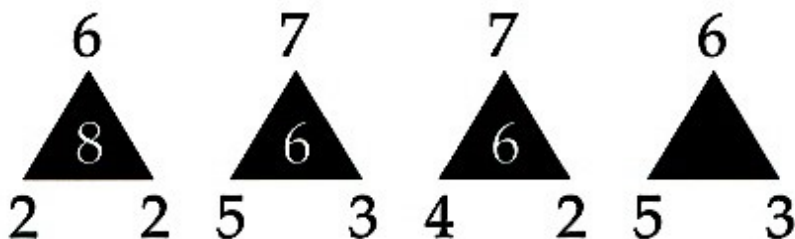


August's Answers

Sudoku Answers:

5	8	3	6	7	4	9	1	2
2	1	4	3	9	5	8	7	6
7	9	6	8	2	1	4	3	5
4	2	9	5	3	7	6	8	1
3	7	5	1	8	6	2	9	4
8	6	1	9	4	2	7	5	3
6	3	7	4	1	8	5	2	9
9	4	2	7	5	3	1	6	8
1	5	8	2	6	9	3	4	7

What number is missing?



Brain Teaser

A blind beggar had a brother who died. What relation was the blind beggar to the brother who died?

Farewell for Now 60 and Better

Not long now until my little girl is here and I can't wait to pop in to the office so bub can meet everyone. What a wonderful 60 and Better family she has! Thank you so much to everyone who contributed to my Baby Shower Money Tree at the AGM— we were able to get the last few bits and pieces in preparation of her big arrival—and for your support throughout my pregnancy, as well as my time here with 60 and Better. Words cannot express how appreciative I am. New and exciting things are in store for my little family!

Eat Your Words Answers:

1. Eggs Benedict
2. Peach Melba and Melba toast
3. Sandwich (Montagu was the 4th Earl of Sandwich)
4. Granny Smith apples
5. Clementines



60 & BETTER GROUPS				
Art Group	Thursdays 1.30pm-4pm	* Donation BYO Art Supplies A/Tea to share	Annex Humanities Building	Ted 3288 6398
Boccia	Tuesdays 9am-12pm	* Donation includes Morning Tea	Annex Humanities Building	The Office 3282 8644
Bridge	Wednesdays 12.30pm- 4.30pm	* Donation	Shalom House Cnr of Green St & Glebe Rd Booval	Garry 3281 4072 or 0411 876 668
Chess	Tuesday 10 –12noon	* Donation	Office, Humanities Building	The Office 3282 8644
Concert Party	Fridays 1pm-2.30pm Practice	* Donation Bring A/Tea to share 2.30pm –3 pm	Auditorium Humanities Building	Kath Hogan 3201 6075
Discussion Group	Friday 10 am-12 pm	* Donation	60 & Better Office	The Office 3282 8644
Gentle Exercise	Tuesdays 9.45am-10.45am Fridays 9.30am-10.30am	\$5	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Cuppa & Chat After Class	Tuesday 11am-11.30am Friday 10.30am-11am	*Donation	Congregational Church Hall, Willey St, Raceview	The Office 3282 8644
Tai Chi for Diabetes	Wednesdays 2pm-3pm	\$5	Cafeteria, Humanities Building	The Office 3282 8644
Movie Buffs	2nd Saturday of the month <u>Pending changes</u>	<u>Pending changes</u>	Limelight Cinema, Ipswich	The Office 3282 8644
UFO: Un-Finished Objects * Donation Thursday 13th & 27th September 10am Start 60 & Better Office Ph.: 3282 8644 Bring your own 'unfinished' project.				

60 & BETTER GROUPS continued

* \$2 donation welcomed

Newsletter Editing Sub Committee	Mon 10 September 1 pm	No Cost	60 & Better Office	The Office 3282 8644
Newsletter Workshop	Wednesday 26 September 9am	M/Tea Provided	60 & Better Office	The Office 3282 8644
60 & Better Social	LUNCH @ Dinmore Cottage 12th September 11am 1A Dinmore St, Dinmore, 4303			The Office 3282 8644 RSVP asap
Social Sub Committee	17th September 1.30pm		60 & Better office	The Office 3282 8644
Table Tennis	Tues 1pm-4.30pm Fri 1pm-4.30pm Wed 1pm-4pm	* Donation Bring A/Tea to share	Annex, Humanities Building Aveo Springfield	The Office 3282 8644

Activities in Partnership with Ipswich 60 & Better

Square Dancing	Monday 1pm - 3pm \$6 Beginner 12 noon -1pm \$3	Caller: Kay Walker Town & Country Squares	Annex, Humanities Building	The Office 3282 8644
Stroke Support Group	Friday 21st Sept 10am		Silkstone Baptist Church Hall	Bill Waterson 3281 4925
Tai Chi for Health	Tuesday 1pm advanced 2pm beginners	\$3	Goodna Neighbourhood House	Phone 3818 1648



FIT4LIFE
Fitness Activities

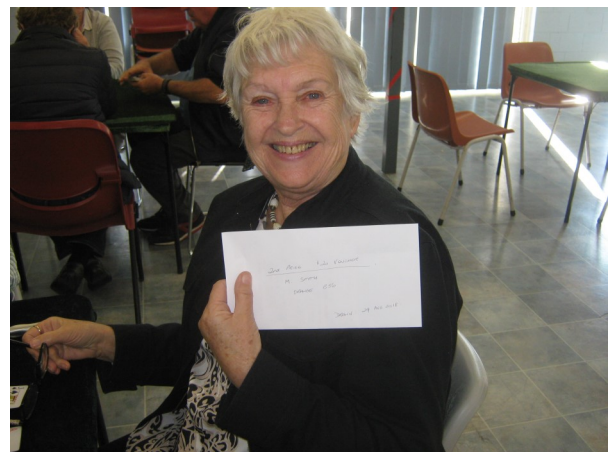
LOW COST SESSIONS

For detailed information please visit:

www.ihfoundation.org.au

Or phone the IHF office on: 1300 736 428

Prostate Cancer Support Group	Thursday 20th Sept 7.30pm		Cafeteria Humanities Building	Len Lamprecht 32813656
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2018 AGM 29th August, 2018

There were 31 participants at this years meeting—thank you to all those who attended. Thank you to Keryl Harman who represented Jennifer Howard (MP) and John McVeigh from SeniorNet Ipswich for joining us, and to Lori Patrick for speaking about the development and contents of her book, ‘The Publican’s Wife’.

We raised \$298 from the raffle! Congratulations Debbie Penley (1st, donated from Jim Madden MP) and Marlene Smith (2nd) on your winnings, and thank you to all who donated.

We are in for another exciting year!

"ONE - It's all about me"

A S-Troupe Production

When:

Friday 7th September 7pm
Saturday 8th September 2pm & 4pm
Friday 14th September 7pm
Saturday 15th September 2pm & 4pm

Where:

Jean Pratt Building, Incinerator Theatre

Cost:

\$10 adults
\$7 aged pensioners, students and people with disabilities

S-Troupe, formed in 1992, comes under the umbrella of the Ipswich Little Theatre and caters for people with disabilities and gives them an opportunity to be part of this very exciting drama experience.

Bookings:
Visitors Info Centre @ Queens Park (32810555), online: www.ipswichlittletheatre.com.au, or via Di Johnston (Director): 0447 191 954 or jimndi1954@gmail.com

Ipswich Orchid Society Inc

Ipswich District Bromeliad Society Inc

Presents

Ipswich Garden Spectacular

29th September 8:30am—3pm
30th September 9am—2pm

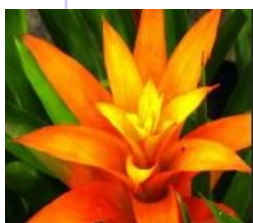
Admission \$4.00

**Silkstone State School,
Prospect Street, Silkstone**

Contact **3281 5496** for more information

- * Plants available for purchase
- * Cultural lectures
- * Coffee shop
- * Floral arrangements
- * Raffles

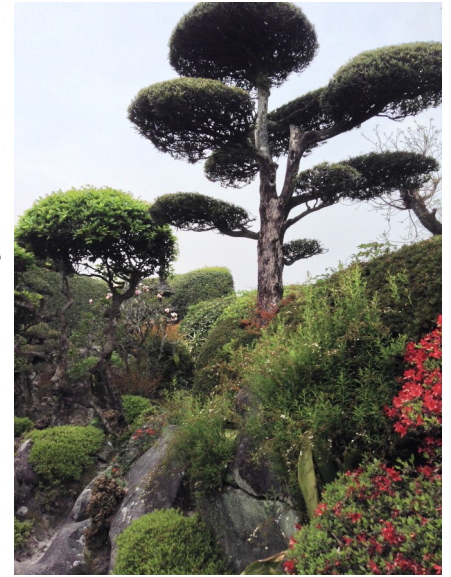
- * Wheelchair friendly
- * Bus trips and groups welcome
- * Disabled parking available



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The tranquillity of Japanese Gardening

Seeing the Chiranchokori Samurai Residence Garden in Minamikyushu city which is located on the southern tip of the Satsuma Peninsula in the Kagoshima Prefecture, Japan is a wonderful feeling. The long lanes to walk along have high, manicured hedges which are the protectors of the gardens living behind them. They have been in existence for well over one hundred years. Buildings in the precinct are of a great age too and represent the culture superbly in more ways than one.



In the same Prefecture are fields of tea growing in a pristine environment. Produced are the purest of teas. Tea-making ceremonies are not to be missed and they represent an age gone by. No tea bags on hand, just leaves. Beautiful teapots are everywhere to purchase to aid in making the best brew possible and fine teacups to sup from are too.

Caring for the living plant can be seen in the end result within both the Bonsai and the larger entity of the Japanese Garden. A challenge it would be to create one's own Bonsai.



Ipswich has its very own Nerima Japanese Garden in the Queens Park area and it is certainly worth a stroll through. Just half an hours drive away, the Brisbane Botanical Gardens at Mt Coot-Tha has one also. Experiencing a day out to enjoy the beauty of these creations can be most enjoyable and another way to instil peace and calm into one's daily lives.



Just over the bridge here in Ipswich, a couple of streets past the Riverlink shopping Centre, opposite the old Q.A.S. depot, is the Browns Park area which is designed as a sensory garden. Nothing like all aspects of our senses being addressed through the beauty of a garden. Scents/Smells, Sights, Touch, Taste and Sounds. We need them all to appreciate nature and our surroundings.

Thanks Ethel Llewellyn

New Season Opens for Incinerator Theatre in Ipswich

Ipswich Little Theatre performs 'Sleuth', an award winning play written by Anthony Shaffer.

Les Chappell, will direct the play, ably assisted by Desley Cronon.

'Sleuth' is a fiendishly clever thriller written for stage productions, although it also has Movie status. In 1972 Michael Caine and Laurence Olivier and in 2007 Michael Caine (this time as the older man) and Jude Law performed this extremely well written thriller.

The plot opens with Andrew Wyke, a wealthy and successful writer of mystery novels, and Milo Tindle, a handsome younger man, who have something in common –Andrew's wife. In an attempt to find a way out of the potential divorce costing him a fortune in alimony, Andrew invites Milo to his house and suggests that Milo pretends to rob him of his wife's jewellery so he can claim on insurance. Milo agrees and Andrew leads him through an elaborate charade to fake the robbery.

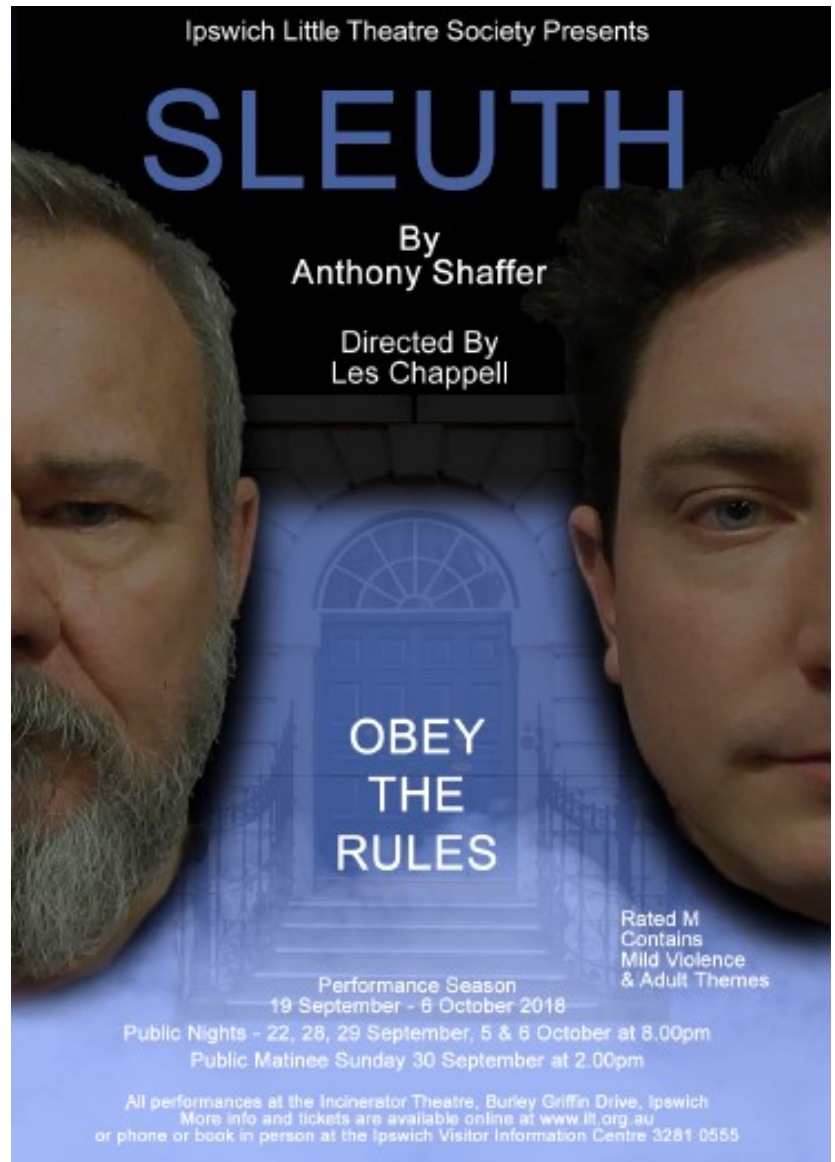
Once this elaborate fraud has been set up, Andrew pulls out a pistol and reveals that the entire plot was meant to frame Milo as a robber, giving Andrew an excuse for shooting him. But does this deadly game come to an end just there?

Public Performances are held 22, 28, 29 September and 5 and 6 October at 8pm. **Matinee on Sunday 30 September at 2pm @ Burley Griffin Incinerator Theatre, Burley Griffin Drive in Queens Park.**

The theatre has a licensed bar, selling cold and hot drinks and snacks.

Bookings can be made online at www.ilt.org.au or at the Ipswich Visitors Information Centre, 14 Queen Victoria Parade, Ipswich, in person or by phoning 3281 0555. (60 and Better have tickets available too—contact us to secure one)

Make a night of it by dining at Tomato Brothers in Limestone Street, Ipswich and receive 25% off the bill by presenting your theatre tickets.



Is your home getting too much?

This is Helen Bryan from RE/MAX answering questions about Real Estate.

Question: Do I need to put my address on the advertising?

Answer: Buyers are put off if the address isn't displayed. It puts doubt in their mind that something is wrong with the property location. They like to do research or do a drive-by prior to inspecting a property.

Helen Bryan Taking the stress out of selling

- Living locally for over 40 years, brilliant firsthand knowledge
- 19 years' experience, warmth and friendliness
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Helen Bryan

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Activity News

Movies Unfortunately the bus we've been using has become unavailable so we are exploring other transport options for this activity to continue. If you have any ideas, feel free to share them with us. The Buffs usually enjoy their outings and either go shopping, grab a bite to eat or see a film. Call us on 3282 8644.

Walking Every Tuesday 4pm at Limestone Park - meeting in the Griffiths Rd carpark closest to Chermside Rd. Bring hat, water and wear comfy shoes. Phone 3282 8644 to let us know if you are coming.



Wanting to be more active but can't decide on a sport? Have a competitive edge or just want to meet others and have some fun? 60 and Better has partnered with Aveo Springfield and offers Table Tennis each Wednesday, 1-4pm. We'd love to see new faces! \$2 only! Absolute beginners welcome—bring a friend!

Many thanks to all members and friends who have collected and donated used stamps: David Walker, Dot Sawyers, Pauline McFaddin, Yvonne and Eric Jonker, Patrick Pearce, Sharon Born, Brian Schilling, Gladis Alford, Fay Hancox, Betty McMillan, Ruth Benstead, and all others



Stroke Support Group

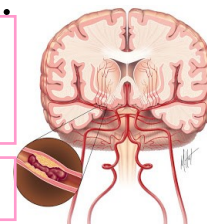
When: 3rd Friday of each month, 10am - 11:30am

Where: Silkstone Baptist Church Hall

Contact Bill on 3281 4925 with any questions you have.

Welcoming new participants now

\$2 for morning tea



Diabetes Support Group

When: 2nd Thursday of each month, 9am - 10:30am

Where: Ipswich Health Plaza, Bell St, Ipswich

For any queries, feel free to Contact Marlene on 3281 4859.

IPad for Beginners

2 week series

with Laurie Zaat

Phone 3282 8644 to

register for next classes

Computers for Beginners

Fridays 1pm, 60 and Better Office

Phone Doug 0421 285 506

after 9am.

Weekly Aqua Aerobics

Goodna Aquatic Centre 3381 8240

Tues, Fri 8-9am Mon, Wed, Thurs 6.15 - 7.15pm

\$10 per session or 10 sessions for \$88

<http://www.australiancrawl.net.au/>

McMahon's Swim Factory \$9.00 3812 2923

Gentle Mon Fri 1pm, Multi Level Wed 1pm; Tues

Wed Thur 6pm; Fri 8am

<http://www.swimfactory.com.au/index.html>

Tai Chi for Arthritis

Please contact Instructors for 2018 info

Ipswich: Phone Roslyn 54644515

Rosewood & Lowood : Phone Jean

54641023

Laidley: Phone Joanne 0448050447

Marburg: Phone Roslyn 54644515

Weekly Social Dancing:

Phone Bruce: 3281 4288

Fridays 7.30am - 12 noon \$6.00

Mondays 9-12noon beginners \$6.00

Trinity Uniting Church Hall

Jacaranda St, East Ipswich

Mindfulness: Connecting to our Senses

It's a quiet Sunday evening. My body's heavy in my chair and legs, although restless, are firmly planted on the linoleum floor that is in my mother's kitchen. Peering around the dimly lit room, I notice shopping on the counter that's yet to go away, scraps for her guinea pigs on the stove top and huge, bright-yellow, locally grown bush lemons on the edge of the sink that I'm just dying to slice and drop into my glass of water. There's a cool yet soft breeze creeping through the window (that admittedly needs a wipe over). Brought in with the fresh air are the songs of various native birds, the rolling of toy truck wheels and chatter of my younger brother, squeaking of the clothesline as it spins, and the rustling of the dancing leaves on the huge eucalyptus out the back. At almost 4pm, the sun is fading out of view and it seems even later given how overcast it is. I'm no weather specialist but I'm anticipating rain isn't far behind. The winter weather has my nose all blocked up and so unfortunately the usually delightful scent of air fresheners and food cooking are non-existent. The sandwich I had for lunch still lingers on my taste buds and it makes me excited for the shepherd's pie that's on tonight's menu. Considering the relatively tranquil environment, I've noticed my breaths are deep and slow, my heart beat is soft and regular, and bub is kicking away in my tummy (although her kicks are usually hard to miss). It's such a rewarding feeling that overwhelms me with a range of emotions including, joy, excitement and so much love. I'm in no hurry to move on to my next task and am enjoying revelling in this moment.

Reflection by Brittney McPake

Living mindfully can be restorative of our minds. Life can be exhausting and many of us get caught up in the “hustle bustle” that is life. Complete awareness helps to neutralise our overwhelmed nervous systems and recharge our minds and bodies. At any given moment, we are reminded of our pasts and search for our futures, and thus are never really ‘present’. If your mind is elsewhere, you are cheating yourself of the full benefits this moment has to offer.

The mind and body is complexly intertwined – our thoughts affect our bodies. Anxiety comes from all those ‘what ifs’ and the ‘could/would haves’, for example. Our thoughts affect emotions and our emotions affect our moods and the combination affects our behavioural choices.

Although mindfulness may sound simple enough, it can be quite tricky for people who live a fast-paced life. Connecting with your senses is a sure way to become more mindful and experience life to the fullest. Try this exercise:

- 1) Look around you. What do you see? How many different colours and shapes can you spot? Try to silent your thoughts – just look.
- 2) Feel without thinking – you're not aiming to describe sensations. The task is to notice whatever you are feeling. Is your body tense? Heart racing? Are your

breaths deep or shallow? Do you feel grit under your feet (and now have the urge to sweep the floor)? Is your chair firm or plush? Etc.

- 3) Take a deep breath. Is there anything you smell? Take another breath – this time with your mouth open. Has the smell changed or is there now something that you taste?
- 4) Close your eyes and remain still. Relax completely and breathe deeply. Notice sounds and any noises. Aim to keep your mind quiet – there's no need to identify the sound(s) (and try not to feel annoyed even if that noise is particularly irritating). Simply hear and acknowledge the existence of sound.

Learning to pay full attention to our senses can help to enhance our everyday experiences, aid us in overcoming undesirable emotions and ultimately help us to feel more rested and peaceful overall. The exercise above can be performed at any time



and any place, whenever you're needing a re-charge. Let go of your thoughts and emotions, and instead, just revel in the moment!

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