

SPANNER IN THE WORKS?

WHEN WAS YOUR LAST SERVICE?

Spanner in the Works?

October 2020

Newsletter

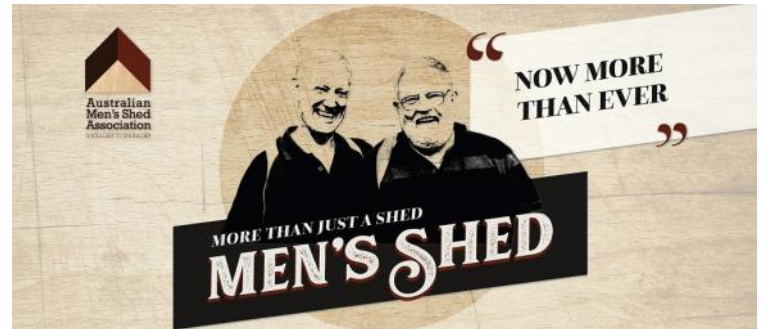
**Working together
for men's health**

www.malehealth.org.au

**More than just a Shed | Making
connections and spreading healthy
lifestyle information | Now more than ever!**

Men's Shed Week 2020

28 September to 3 October



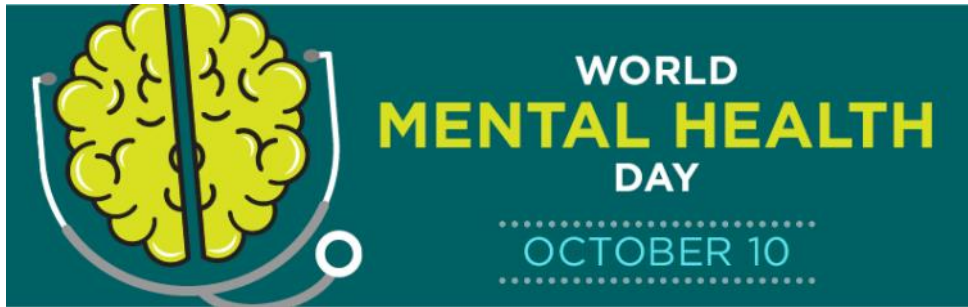
Wes's health and wellbeing story

Health and wellbeing were basically foreign to me in my early formative years. Being male and following the script that young men are bestowed with, I entered into the world of risk taking and competitive efforts to become one of the boys. This behaviour unfortunately extended into adulthood. Climbing the ladder of success, which in retrospect was actually leaning against the wrong wall, fortunately alcohol and tobacco were the only drugs available in those days. I guess if recreational drugs were around I would no doubt have given them a shot too.

The unfortunate part was the poor health outcome from over indulgence in these two evils. And it wasn't until my mid-thirties that illness kicked in and my life took a U-turn. Hospitalisation, flown out of Malaysia where I worked, 3 months recuperation to return and then venture into an obsessive pursuit of health, severely limit alcohol intake, stop smoking, follow a healthy diet, start running and watching my weight. Life was pretty boring after the excitement of partying all night, drinking to excess and the occasional incidents of very poor behaviour with no recall in defense of my actions.

Being able to apply myself to the discipline required in leading a new lifestyle gave me an acute sense of wellbeing and my life certainly changed for the better. Change is rarely an easy route to follow but the reminder of my rehabilitation efforts and the effects of my previous extravagance served me well. The plus side was the feeling of wellbeing that resulted from making a change in lifestyle, which in turn provided me with an entirely new outlook on life and the incentive to continue the journey. Coming up 83 this year, I'm not old enough to stop the pursuit of continued health and wellbeing.





As Winston Churchill once said: “Never waste a crisis.”

During COVID-19 it's a great time to practice our health learning and really improve upon our good habits during lockdowns and restrictions. The basics as we know them.

Nutrition: Keeping up a good amount of water each day, reducing or cutting out any salt or sugar. (No lollies or chocolate in the house!) Filling our plate with veggies and salads. Watching our alcohol intake and making sure that we stick under the 10 standard drinks a week. Keeping to an appropriate portion size (2 hand size!) and watching your weight. Corona calories DO count!

Exercise: Now is the perfect time to make a daily habit of exercise. After all, for a lot of us we have extra time as we are not travelling or working as much. The Huff n Puff test, fast pulse rate, sweaty, short-of-breath type of exercise for 30 minutes a day or 150 minutes a week.

Sleep: Sleep can be more difficult in times of stress but its even more important to practice good sleep hygiene. No technology in the bedroom, all lights out, not too cold or warm in bed and sticking to a regular pattern of bedtimes.

Stress: At difficult times like this, it is even more important to activate your own mental health plan. Practice mindfulness, meditation, daily gratitude and work on better communication and connections with your loved ones.

Remember your GP is always there and they have your back. Most GP's are available now via telephone for a tele/video consult and most are choosing to bulk bill this service for the time being. Your GP is just a phone call away and it is a great time to connect with them to clarify any health issues that may have arisen during this difficult time.

Do your best. Consistent small changes matter. It is not an all or nothing. Anytime you move the needle in the right direction, even the slightest bit, it makes a big difference.

Thanks to Prick + Pint for permission to reprint — check out their website pricknapint.com

What is the state of men's bones in Australia?

Osteoporosis affects around 250,000 Aussie men.

Osteoporosis is often seen as a woman's disease but men suffer too. Around 250,000 men in Australia have osteoporosis and this is expected to increase. Men account for 30% of all fractures that occur in people over 50.

Osteoporosis can be prevented and treated. Taking early action is the most effective way of preventing a broken bone. Find out more at osteoporosis.org.au [factsheet men](#)



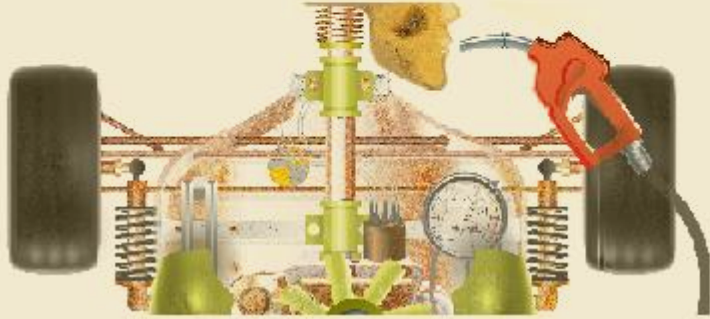
**Share your health story.....
The Spanner team would like
to hear from you about your
health or wellbeing
experience.**



Send your submission to info@malehealth.org.au

Every submission will receive a welding glove and apron set for your Shed. Include your name, Shed name and state, email address and contact phone number. Each entry should be no longer than 300 words and be related to health and wellbeing. Entries may be used here in the newsletter or on our health blogs. So get writing!

D.I.F.F.



- | **Distance**
- | **Intensity**
- | **Fastness**
- | **Frequency**

Like the differential of a car, it's about transferring energy from the motor to the wheels.

Anytime you undertake an activity, if you increase, the distance, intensity, fastness and frequency with which you do that activity, you are improving your overall performance. One step at a time.

**Doing that bit more can make a big difference.
So why not get moving?**

national safe work month
October

BE A SAFETY CHAMPION

#safetychampion | safeworkmonth.swa.gov.au

"Look after your mental health, Australia."

10 OCT
WORLD MENTAL HEALTH DAY

WATCH OUT FOR....

TRIPS

SLIPS

&

FALLS

Reduce the risk of work accidents

AMSA has produced Men's Shed Health & Safety Manual 'Safe Use', risk assessment and more. Information can be found under the member resources library section of www.mensshed.org

DO YOU SEE WHAT I SEE?

WORLD MENTAL HEALTH DAY ON 10 OCTOBER

SEE BEYOND THE STIGMA AND MAKE MENTAL HEALTH MORE VISIBLE.

One in five Australians are affected by mental illness annually, yet many don't seek help because of stigma. Promise to make mental health more visible this World Mental Health Day on 10 October

VISIT 1010.ORG.AU

10 OCT
WORLD MENTAL HEALTH DAY

Mental Health Australia

World Health Events this October



28 Sep to 3 Oct | Men's Shed Week mensshed.org

All Oct | National Safe Work Australia safeworkaustralia.gov.au

All Oct | Mental Health Month livingworks.com.au

All Oct | Breast Cancer Awareness ([Yes men get it too](#))

2 Oct | World smile day (just sayin 🤗)

10 to 18 Oct | World Mental Health Week

12 to 18 Oct | National Nutrition Week [Nutrition Australia](#)

15 Oct | Global Handwashing Day (Yes it's a day...but try it everyday)

20 Oct | World Osteoporosis Day [Osteoporosis Australia](#)



**Spanner in the Works?
Check your symptoms**

healthdirect

Feeling unwell and not sure if you need a doctor? The *Health Direct Symptom Checker Tool* can help you decide

[Get started with the Symptom Checker.](#)