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GLOBAL WELLNESS NEWSLETTER FALL EDITION



2021 WORLD MENTAL HEALTH DAY IS OCTOBER 10TH

Mental Health Australia has launched the 2021 World Mental Health Day campaign for October 10th, encouraging all Australians to look after their mental health during the ongoing pandemic. No matter where we live and work, we can all benefit by strengthening our resilience as well.

Mental Health Australia CEO, Doctor Leanne Beagley says that COVID-19 has had a devastating impact on the mental health of many Australians and this year's campaign will encourage people to look out for each other, look forward and look up. Take time to notice your surroundings, taking care of others, and have activities on the horizon to feel enthusiastic about.

"The research tells us that one in five Australians are reporting that they feel high levels of distress resulting from the pandemic," said Dr. Beagley.

"For everyone, the pandemic has provoked a challenge for managing our mental health. Lockdowns and increased isolation make it harder to seek out stress management activities like chatting with friends over a coffee or participating in community sports.

"The message of this campaign though is that mental health is relevant to everyone. And we can all benefit from looking after our own mental health and the mental health of our families and communities."

Mental Health Australia will promote a series of community-driven ideas throughout October to help people keep mentally well during this difficult time.

The best way to follow the campaign is via social media using the hashtag #LookAfterYourMentalHealthAustralia or find out more at lookafteryourmentalhealthaustralia.org.au

What is resilience?

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. As much as resilience involves "bouncing back" from these difficult experiences, it can also involve profound personal growth.

While these adverse events are certainly painful and difficult, they don't have to determine the outcome of your life. There are many aspects of your life you can control, modify, and grow with. That's the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way.

Read a helpful article from the resilience institute on how to build a Resilient Mindset [here](#).

TOP 10 TRIGGERS THAT CAUSE SKIN FLARE- UPS

Skin disease can come in many forms – eczema, rosacea, psoriasis, dermatitis; the list goes on and on. What they all have in common is the ability to make life miserable. The difference between a good day and a bad day can be decided solely by the state of one’s skin. When a skin condition is under control, life can go on as usual. But when

flare-ups happen, the dryness, itchiness, even burning, can be all-consuming. The ability to concentrate on just about anything else in life goes out the window.

Skin disease can take many forms and also be the result of many different causes. A trigger differs from a cause. Whereas a cause is the root of the problem, a trigger is an aggravator of that problem. In many cases, everyday items which would normally not cause a problem whatsoever, can cause severe irritation in extremely sensitive skin going through one of these conditions.

Here are the top 10 triggers of skin flare-ups:

- **Rubber** – Certain proteins found within rubber and products containing it can trigger flare-ups. I
- **Nickel** – Some ions found within nickel can cause severe irritation in those suffering from a chronic skin condition. Nickel allergies can also develop due to prolonged exposure to nickel-containing items.
- **Clothing/Textiles** – The fibers used to create certain textiles will be inherently more abrasive than others. In addition, the additives and chemicals used in producing fabrics could also be contributing to the problem.
- **Preservatives** – Chemical preservatives include a broad array of compounds added to many different types of products, mainly for the purpose of extending shelf-life in one way or another. Most, if not all, synthetic chemicals used for preservation have been found to trigger flare-ups in skin conditions.
- **Extreme Climates** – Dry climates which reduce moisture in the skin as well as very humid climates which cause sweating can both trigger flare-ups.
- **Grass and Sand** – Environmental allergies can be a cause of chronic skin conditions, and certain natural compounds found in various grasses can also be irritating to those dealing with these conditions. Due to the coarse nature of sand, it can also be irritating to an existing condition.
- **Harsh Detergents** – The problem with detergents is they aren’t entirely washed off clothes while in the washing machine. Some detergent will remain after the garment is washed and dried, and if that detergent is an irritant, as mentioned in the clothing section, this is something your skin will be in contact with all day, every day.
- **Environmental Toxicants** – Air can contain triggers such as mold, chemicals, allergens and heavy metals. Water can contain man-made chemicals, pharmaceutical drug residues, and heavy metals among other irritants. Using non-toxic options for cleaning surfaces will also help deter triggers.
- **Petrolatum** – More commonly called petroleum jelly, was widely recommended for dry skin caused by skin conditions. However, it’s been found to be a triggering the skin condition more than it helps.
- **Perfume** – Almost all perfumes are composed mainly of artificial chemicals, many of which have been directly linked to triggering skin conditions.

Now that you are aware of these hidden triggers for flare-ups, you can identify which are affecting you, take a break from or remove them from your life entirely, and dramatically lessen the amount of time spent suffering through itchiness and burning. Combined with working with a practitioner to discover and begin reversing the root cause of the condition, managing flare-ups to the greatest extent possible when they do happen, allows the healing journey to be one you can comfortably manage.



HEARING AS AN ESSENTIAL PART OF GOOD HEALTH

Our senses are the tools we use to perceive and understand our world. Our hearing is one of our senses we tend to take for granted. We assume we will be able to hear waves crashing, children playing, or the words "I love you" as we wake up each day. Yet, hearing is one of the most common senses to decline.

As we age, we lose our ability to perceive higher frequency sounds associated with speech clarity. This can be frustrating when it affects our relationships negatively, or we feel isolated or left out. We naturally receive pleasure from sounds.

The actual perception of sound occurs in our brain, not our ears. The ears collect and convert sound to nerve impulses which are transmitted to the brain. With so much of our brain's ability to learn and develop tied to the stimulus received from our ears, hearing loss or a lack of sound stimulus referred to as auditory deprivation may have a negative impact on brain function and memory over time.

Here are 5 ways to protect your hearing:

1. Avoid loud noises - Any sound over 85dB can be harmful, especially if you're exposed to it for a long time.
2. Take care when listening to music - Listening to loud music through earphones and headphones is one of the biggest dangers to your hearing.
3. Protect your hearing during loud events and activities - Try to take a break from the noise every 15 minutes
4. Take precautions at work - if exposed to loud noises through your work make sure you wear any hearing protection you're given
5. Get your hearing tested - Get a hearing test as soon as possible if you're worried you might be losing your hearing. The earlier hearing loss is picked up, the earlier something can be done about it.

THE NEXT WAVE OF THE BURNOUT EPIDEMIC

The change to our work and home life happened rapidly and without notice. Since March 2020, many of us have been operating in crisis mode; quick pivots, learning new policies and processes on the fly while navigating growing societal unrest. Some of us are juggling a new work from home life, others are navigating the pandemic outside their homes, some are working right in the middle of the fight, but one thing is clear we are all battling the strain that is unavoidable in a global pandemic.

As we wade into uncharted waters – unlike any other time in our careers – we need the resources to maintain our resilience. Jennifer will discuss the prevention strategies and tactics to manage burnout during times of stress. She will walk us through our current realities and provide tangible solutions to increasing psychological fitness for a healthier and happier today and in our future post-pandemic world.

Click [here](#) to watch...

RESILIENCE 2021 WATCH NOW ▶

KEYNOTE

THE NEXT WAVE OF THE BURNOUT EPIDEMIC

Jennifer Moss, Journalist and author of the forthcoming book *The Burnout Epidemic*

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