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Supporting Groups, Supporting You

Chip in to help our support groups here

Apr 2022 Edition:



- [Learning to Reflect \(Alone & Together\)](#)
- [Upcoming Workshop: Wheel of Wellbeing](#)
- [New QDN Peer Support Groups](#)

[Building a Reflective Practice](#)

Reflective practices are a way to build awareness of our own state of being. Mindful reflection brings us back to ourselves, allowing us to come closer to our body, emotions, thoughts, and spirituality.

While many people immediately think of sitting [meditation](#) when they hear the words reflective practice, there are many techniques for reflection and contemplation.

Reflective/contemplative practices allow us to:

- Become aware of how we are truly feeling in this moment, whether it be happy or sad, anxious or at ease, sleepy or alert
- Cultivate an understanding that this place where we sit right now, whatever our thoughts and emotions, is the point from which we can always begin again
- Recognize the great gift of simply being in the present moment – alive and aware.

Group Journalling

Journal prompts offer specific **themes and topics to reflect** on, which can be helpful when you have a lot of conflicting thoughts to sort through.

Some prompts can even help you collect your thoughts on a recent conflict with a friend or partner. For example, writing about specific relationship challenges can help you get more clarity on your emotional needs and how to make sure they're met.

Get into small groups with your question prompt and some paper and reflect together on the question. Note the thoughts, feelings and insights shared. Take a moment to scan the notes and reflect on the collective information.



Some group journaling prompts:

1. What values do you consider most important in life (honesty, justice, altruism, loyalty, etc.)? How do your actions align with those values?
2. What three changes can you make to live according to your values?
3. Describe one or two significant life events that helped shape you into who you are today.

These prompts can help you explore and process challenging emotions productively:

1. What difficult thoughts or emotions come up most frequently for you?
2. What parts of daily life cause stress, frustration, or sadness? What can you do to change those experiences?
3. What go-to coping strategies help you get through moments of emotional or physical pain?

Facilitators could also draw uplifting or more open-ended prompts from books such as, **[“One Question a Day: A Personal Time Capsule of Questions and Answers”](#)**. Books like these are also useful for individuals who would like to journal in their own time but don't know how to start.

Journaling as a group can help **[ease stress](#)** and create opportunities for deeper dialogue around one's shared or individual experiences.

[Group Journaling: A Tool for Reflection, Fun and Group Development](#)

[Upcoming Workshop: Wheel Of Wellbeing](#)

More and more research is showing us how certain things we do can improve our moods, reduce the risk of depression, strengthen relationships, keep us healthy and even add seven years to our lives. The Wheel of Wellbeing is your guide to some of these strategies.



SGQ will be hosting a Wheel of Wellbeing workshop facilitated by Melody Edwardson, President of our board.

[About the facilitator:](#)

Melody is a manager at a mental health service and a Certified Personal Medicine Coach with over 30 years of experience in community services helping people overcome challenges to make the most of life.

Oleander is a **[Walk and Talk leader](#)** and an invaluable SGQ Volunteer. She has had a rich and diverse professional background and is passionate about mental health in the Taiwanese and Hong Kong communities.

Date: **Saturday, 7 May 2022**

Time: **10 AM - 12 PM**

Location: **[St. David's Neighbourhood Centre](#), 68 Orange Grove Road, Coopers Plains QLD 4108**



**This workshop is tailored to students and professionals from Cantonese-speaking backgrounds.*

Head to **bit.ly/SGQWHEEL** to register.



Support Groups
Queensland



BODY. MIND. SPIRIT. PEOPLE. PLACE. PLANET.
RESEARCH SHOWS US HOW OUR HEALTH AND HAPPINESS CAN BE
BOOSTED BY DOING CERTAIN THINGS DAILY.

THE WHEEL OF WELLBEING IS YOUR GUIDE TO SOME OF THESE.

Wheel of Wellbeing Workshop

Date: **Saturday, 7 May 2022**

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Peer Support Groups all over Queensland with QDN

Queenslanders with Disability Network (QDN) is a state-wide organisation of, by, and for people with diverse disabilities. Their work is focused on disability rights and advocacy.


Peer Support Groups connect people with disability to get together to talk about the things that matter to them.

They are places for sharing lived experiences, exchanging information, and connecting with people with disability in their local community or around a shared topic or issue.

Groups are led by people with disability who are part of the local community. They talk about topics like navigating the National Disability Insurance Scheme (NDIS), local activities, and helping each other achieve their goals.



There are 26 groups located all around Queensland. If there is not a group nearby, or it's tricky to get there in person, you can connect online.



Your support network is the solid ground from which you can propel yourself upwards.

— Anna Barnes, *How To Be Resilient*



Last Weeks Feature: Building Multicultural Support Groups

Support Groups QLD supports people to improve their health and well-being through peer support. We have some ILC (Information, Linkages and Capacity) funding to support multicultural and CALD communities to build disability and health supports in their own groups. We are connecting and working alongside local community workers who understand the complexities of their networks and can connect them with community members with shared lived experiences.

We are building social and emotional support for people with complex health issues and language barriers, connection to community knowledge, and building individual and collective capacity for self-advocacy when engaging with the health and welfare systems.

The project aims to unpack the developmental vulnerabilities of the community – for the child, parents, family, school and engaged health professionals.

Our goal is to:

1. Assist multicultural families experiencing disabilities navigate and accessing support
2. Engage community leaders and workers to build self-sustaining networks in their community



4. Build access to community information and resources
5. Build the capacity of community members to self-advocate.

Get Involved

We are looking for community members and organisations in the multicultural space to collaborate with us on information forums and to connect with multicultural community members. We welcome your insights into this exciting project.

If you are looking for support or want to be connected to cultural leaders and networks, please get in touch with us at info@supportgroups.org.au.

Parliamentary Inquiry into Loneliness and Social Isolation

On 27 May 2021, the Legislative Assembly agreed to a motion that the Community Support and Services Committee inquire into and report on social isolation and loneliness in Queensland.

There are many respected definitions of the terms social isolation and loneliness. The Department of Communities, Housing and Digital Economy informed the committee that acknowledging and understanding the differences between social isolation and loneliness is important.

SGQ called on medical and health professionals, the government and non-government sectors, to demonstrate an increased commitment to social prescribing. We recommended that people join support groups, patient organisations and social groups that can connect people to other people that share the same journey and stated that peer support should not be an afterthought.

[Read more here.](#)

Let us share your group and stories!

Support Groups Queensland assist over 600 support groups in Queensland. We invite you to share about your group with others, through our newsletter, Facebook or website. Please let us know how your group is going.

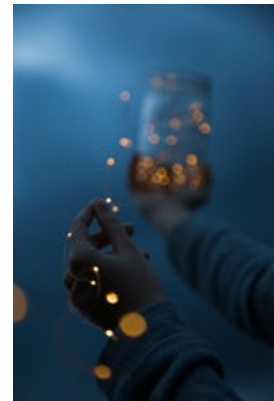
We are currently building an image bank to brighten up our newsletter and website. We invite you to share your photos with us. Please ensure the photos

love to have you featured on our page.

We look forward to your submissions at admin@supportgroups.org.au!

What to DO when someone discloses suicidal thoughts/self-harm

- Take the person seriously; do not ridicule, minimise or negate their thoughts and feelings
 - Stay respectful, patient and calm.
 - Let the person know that you care about them and do not want anything to happen.
 - Ask them if they are currently having those thoughts
-
- Listen non-judgmentally; accept what they are saying without agreeing or disagreeing with their behaviour or point of view
 - Let them know before you move on to another person that you'll connect with them at the end of the group to support them accessing crisis services or professional help
 - Remind the group at the end of the support available to them and if you're contactable after the session or at any time.



Source:

[QLS Information Sheet: Responding to threats of imminent serious physical harm](#)

SGO supports you to nurture your, and your groups' well-being. We connect people to support groups across a broad range of health issues, assist people in starting new groups and working with support groups to build their capacity.

121 Lister Street (PO Box 353),
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Phone: 07 3344 6919

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Queensland Government

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