



Upstream update February 2018

Our vision is to work from both a proactive and reactive perspective, assisting people to attain and maintain wellness.

Importance of engaging in activity/fun as part of managing stress

Often when we consider ways to manage stress we tend to think of the obvious (and important) ones of quality sleep, healthy diet, regular exercise and mindfulness. Perhaps equally important to consider is the value of engagement in enjoyable activity and fun. Often when we speak to people about being playful and having fun they say they don't know how to have fun. Children naturally engage in activity, have fun and are playful but we seem to lose this spontaneity as we grow up and deal with the responsibilities of life.

A study into the association of enjoyable leisure activities with psychological and physical well – being (Pressman et al., 2009) involved 1399 participants completing a self-report measure regarding their participation in ten different types of leisure activities as well as measures assessing positive and negative psychosocial states. Resting blood pressure, cortisol (over 2 days), body mass index, waist circumference, and perceived physiological functioning were assessed.

The results found that higher scores on the participation measure were associated with lower blood pressure, total cortisol, waist circumference, body mass index and perceptions of better physical function. These associations withstood controlling for demographic measures. These scores were also correlated with higher levels of positive psychosocial states and lower levels of depression and negative affect.

Future studies exploring the extent that these behaviours are useful predictors of disease and other health outcomes would be valuable and has important implications for our health.

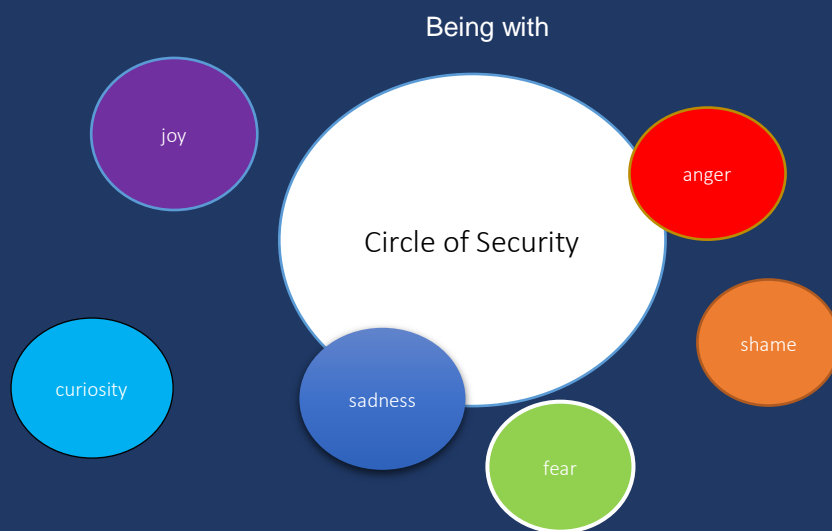


The importance of “being with” in regulating emotions

At a recent Circle of Security workshop, we discussed the development of emotion regulation with very young children and how parents need to “be with” them to support this development. The key point is that children need to learn to be OK with experiencing a wide range of emotions and not seek to only experience the “good ones”. As caregivers we need to be able to stay with our children in these uncomfortable emotions so that the feelings can regulate. Children then learn to be able to self – regulate and seek support when needed.

We did an exercise where we considered six key emotions and how comfortable our parents were with supporting us in these emotions and then went onto consider which emotions we are comfortable with experiencing. To represent this, we placed the comfortable feeling inside the circle, the uncomfortable ones outside and the in-between ones on the edge.

Typically, we will all be comfortable with navigating certain emotions both for ourselves and our children and will likely be uncomfortable with certain emotions also. Once we recognise this, we can then take steps to address this discomfort and aim to offset this in our children. See <https://www.circleofsecurityinternational.com/> for more information on this program.



Upcoming Upstream groups

Circle of Security: 8-week course led by Tim Fischer; both males & females welcome, starting 1 May, 6.30-7.30pm.

http://upstreamhealthsa.com.au/wp-content/uploads/2017/07/04_UpstreamHealth_Workshops_Circle_of_Security_Parenting.pdf

Mindfulness for children: 10-week Mindfulness Based Cognitive Therapy (MBCT) for children aged 9-12 years led by Kathleen Wright, starting 1 May, 4.30-5.45pm.

http://upstreamhealthsa.com.au/wp-content/uploads/2017/07/03_UpstreamHealth_Workshops_Mindfulness.pdf

Stress management workshop is currently being developed. Watch this space!

Book online option at www.upstreamhealthsa.com.au

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