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Raising resilient kids

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Supporting the elderly

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How can we be here again?

# Coping with COVID-19

Looking after ourselves in body, mind and spirit



# SALVOS

MAGAZINE





**You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once, but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own.**

**– Michelle Obama**



## The Salvation Army is about giving hope where it's needed most.

### What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

### Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

### Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

# Salvos Magazine

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**How can we be here again?**



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**Lessons from lockdown – finding a way through**

## Coping in a crisis

Today, millions of Australians are in lockdown. Many of those who are not still have loved ones in red zones and cannot see them in person. And many more have been separated from loved ones who have been overseas for months or even years.

In our feature this week, Robyn Smartt gives some tips on coping with COVID-19 and suggests ways individuals and families can get through lockdown together. Lyn Beasy adds to this with specific suggestions on building children's resilience, so they can better work through any crisis.

Amanda Hart shares a heartfelt poem, highlighting the struggles she has faced in the pandemic, as well as the peace and hope that comes from knowing God is with her, and she is not alone. This complements Robyn's comments about the biblical example of Elijah, who was overwhelmed with depression and tried to run away from God, only to be met with food, shelter, comfort and hope from the Lord.

And God continues to meet us where we are today, even in the middle of a pandemic.

Simone Worthing **Assistant Editor**

**Major Robyn Smartt is Clinical Manager, Pastoral Services, for The Salvation Army Australia. She recently spoke to *Salvos Magazine* about the impact of the COVID-19 pandemic and strategies that can help people get through and build resilience in body, mind and spirit.**

**Salvos Magazine:** We have been living with COVID-19 for more than 18 months now. What impacts are you seeing this have on people?



**Robyn Smartt:** The reality people are facing is dependent on where they live in Australia, what they're used to, their level of understanding of what it all means, and their personal circumstances.

For many, their past frames of reference and coping strategies aren't working anymore. Depending on how we live life, some of us are facing this as we would any new problem to solve, especially as the Delta strain of the coronavirus takes hold. Others of us are looking for peace and stability.

We are asking ourselves what is normal. Levels of anxiety, sadness, grief and anger are growing. Stress responses are heightened and energy levels are decreasing. Sleep patterns are being disturbed.

People are worried, feeling heavy. The media is using words like 'malaise' to describe what is happening, which seems sadly accurate.

Cancelled or interrupted holiday plans, and the inability to plan future trips, is preventing people from getting the circuit breakers of holidays that they can normally rely on.

People are increasingly feeling isolated, whether they're in a crowded house or living alone. Screen time for adults and kids has gone up.

We can't get into a rhythm. Everything we were accustomed to, even throughout the pandemic,



is changing. The risks are higher, advice changes, we have more questions and more concerns. It seems to be going on and on and we can't get back into a 'normal' life pattern.

**SM:** What can people do to get through?

**RS:** We need to be looking after ourselves and others in body, mind and spirit.

This can include:

- Choosing to be active, getting out in the fresh air and sunshine, eating healthy food and staying hydrated.

## Living with COVID-19



WORDS ROBYN SMARTT

- Sourcing reliable news and limiting media and social media exposure.
- Trying to keep a healthy perspective and not constantly imagining the worst.
- Not underestimating our inner strength, resources and coping mechanisms.
- Asking and applying what good self-care means for each person.
- Recognising and naming our feelings, without judging ourselves or others.
- Looking for the positive in each day.
- Being kind to ourselves and others.
- Staying connected to family, friends and those in our networks.
- Writing notes or sending gifts in the mail, reading a novel, having a board games night, listening to music from the past, setting challenges, being creative.
- Organising an activity to do with others online or joining an established 'online dinner club' or community connect group.
- Integrating regular times of mindfulness and prayer into each day to keep grounded.
- Sharing what we are grateful for and why, to help reduce anxiety and depression.
- Seeking help when you need it and knowing you don't need to go through this alone. ▶
- Watching our diet and not adding too many 'COVID kilos' to our weight. Enjoying screen time but keeping limits on it as well.
- If we're working from home, developing strategies such as routine, a well-lit work area, changing out of our pyjamas, and setting start and finish times, as well as regular breaks. It's also important to stay in touch with colleagues and our line manager.
- If we have children, it's making sure they have regular breaks, establishing a routine and finding ways to be flexible.

## GOD'S PEACE

We can also find God's peace in all of this, as difficult as that may sound.

In the Bible, in 1 Kings chapter 19, we read about the prophet Elijah who, at one stage in his life, felt desperate and threatened and ran away. It was a self-imposed isolation, but God didn't judge him. The first thing God did was provide for Elijah's physical needs with food and rest.

Elijah expected to find God in the same way he had shown up in the past – in the earthquake, wind or fire – but God showed up in a different and unexpected way. He cared for Elijah's immediate needs, helped him realise he wasn't alone, and gave him some practical things to do.

You are not alone in your struggles either. There are people you can connect with who want to help you.



Scan here for more on finding meaning.

In Philippians chapter 4, verses 6-7, God tells us to bring everything to him in prayer and not to be anxious about anything. Instead, talk to God about everything and he promises a peace that we cannot understand as he keeps us anchored in Jesus.

Let's also be open to experiencing God's peace in the middle of lockdown, isolation and uncertainty. Let's look for God and notice him where he shows up.

If you're interested in learning about building resilience, check out Hugh van Cuylenburg's Resilience Project in Melbourne at [theresilienceproject.com.au/](http://theresilienceproject.com.au/)



## HELP IS AT HAND

- Lifeline 13 11 14
- Kids Helpline 1800 551 800
- MensLine Australia 1300 789 978
- Suicide Call Back Service 1300 659 467
- Beyond Blue 1300 224 636 or its COVID-19 support service 1800 513 348
- Headspace 1800 650 890
- ReachOut at [au.reachout.com](http://au.reachout.com)
- Care Leavers Australasia Network (CLAN) 1800 008 774
- Brother to Brother 1800 435 799

## Lockdown packs support clients and carers



Ben, left, and Laura, were part of the team putting together packs for clients and carers at Burrangiri Aged Care Respite Centre.

The Salvation Army Burrangiri Aged Care Respite Centre in the Australian Capital Territory actively responded to the needs of its Day Centre clients and their carers who were in lockdown during recent COVID-19 outbreaks.

Staff delivered 'boredom buster' packs to all locked-down clients, including an activities booklet with word searches, crosswords, quizzes and more. Some little edible goodies were part of the packs, along with sensory objects for those with dementia.

Resources for carers and families, many of whom were struggling to support their loved ones during the challenges of lockdown, were also delivered. These included phone numbers to call and information on support available to them during lockdown.

A favourite item within the pack was a personalised photo album that was put together for each client. This involved a printout of photos of the client and the

activities they have been involved with at the Day Centre.

"Putting together and delivering the 'boredom buster' packs was a very special privilege as I knew how important it was for our clients and families to know that they are not forgotten and that we are still there for them in these trying times," said Laura Novak, Day Centre Coordinator.

The clients loved the packs. "Lots of thought had been put in the pack, and I am sure all recipients appreciate it very much. Well done!" said Jen, a client's wife.

Ben Oldroyd, Lifestyle Assistant at the centre, shared his positive attitude during lockdown. "Use your smile to change the world; don't let the world change your smile."

Dementia Action Week takes place from 20-26 September. Check out [dementia.org.au/dementia-action-week](http://dementia.org.au/dementia-action-week)

– Laura Novak

# Raising resilient kids

Equipping young people to tackle the challenges of life

**WORDS** LYN BEASY

Challenges, difficulties, failure and disappointments are inevitable in life. Over the past 18 months, particularly, we have all had to adapt and respond to the many and ongoing changes that COVID-19 has brought into our lives.

Resilience has been tested in both adults and children. Resilience is having the emotional strength to develop the skills to overcome obstacles in life as they arise so they don't become overwhelming. Resilience can be learned, and we can all benefit from the results this brings.

Here are a few ideas to add to your parenting toolkit on developing a child's resilience, as well as building your own.

Let's begin with toddlers and pre-schoolers.

## 1. EMOTIONAL REGULATION

Emotional regulation is not developed fully in children until middle-school years (grades 8-9), so younger children often quickly lash out as it's the only way they can express a distressing emotion.

I've developed five steps to help with emotional regulation that you can also adopt with older children.

1. Stay present. If you're using 'time out', don't see it as a punishment, depending on what caused the tantrum in the first place, and ensure it's limited and age-appropriate. This helps a child calm down before you talk about what is happening.
2. Use a soothing voice and language.
3. Let go of trying to reason during the tantrum.
4. When the child has settled, talk about and name feelings. For example, "You sounded frustrated that you couldn't have that toy."
5. See if you can find a solution together.

Emotional regulation starts early and is an important factor in helping kids and adolescents build resilience.







## 2. GET OUT OF THE HELICOPTER

Model your own regulated emotions. Anxious parents will try to smooth over issues for their child, rescuing, fixing, to avoid their discomfort. Over-protecting children doesn't help them learn how to solve their problems.

Our stress levels and how we express them can influence our kids. If we feel out of control in the moment, that can play out in how our children react. Self-awareness is important. Ask yourself, am I protecting them from being hurt or am I avoiding my anxiety and discomfort in seeing them fail?

## 3. BE A COACH

Instead of fixing the problem for your children, support and encourage them to have a go themselves. This will be an opportunity for them to learn how to do it, even if it means making mistakes.

Show or model the desired behaviour, such as tying shoes or unpacking the dishwasher. This is a process called 'scaffolding', where you model behaviour and then gradually allow them to do more tasks until they are learned. Ensure your praise of the child is specific and attached to the task.

Having a growth mindset is helpful – seeing challenges as opportunities to grow because you understand that you can improve your abilities by effort.

Focus on their strengths and opportunities and balance that with an acknowledgement of their weaknesses. Be realistic – they may never be a top footy player or performer if that's not their skill set.

## ADDITIONAL TOOLS

- a. Set boundaries and routines. Kids like structure. It helps them feel secure when life has some predictability.
- b. Focus attention. Look for the good in their behaviour and focus your attention there.
- c. Use gratitude as a way to focus on the positives.
- d. Think differently using the three Cs of thinking.

**Catch** the thoughts you or your child is having and watch for the language around those thoughts.

**Collect** the evidence: How true is this thought?

**Challenge** the thought: Can I think about this in a more balanced way?

Aim for self-acceptance. We can't do everything and be the best, and that's okay.

You don't have to change everything all at once. What tiny thing can I do that will make tomorrow better? This can help build kids' resilience as well as your own.

*Lyn Beasy is a psychologist practising in New South Wales.*

# How can we be here again?

The power of knowing we are not alone

**WORDS** AMANDA HART



*Captain Amanda Hart is a Salvation Army officer (pastor) in Victoria.*



Scan here for more  
on finding meaning.

I looked at the news and had to get out.  
Something deep inside screaming, “How can we be here again?”  
I thought I was stronger, I thought I could manage,  
But the fear is suddenly creeping in.  
Loneliness. Pounding at the door.  
Deafening in its silence.  
I can’t even hear myself think.  
What am I thinking?  
My brain is like a brewing storm and I’m scared of what’s coming.  
I can already feel the darkness descending.  
Closing in.  
Tightening its grip.  
I don’t know if I can face the struggle.  
Maybe I should just ... let it consume me?  
The old Amanda tries to creep back in.  
The one that would allow the black hole to open up and swallow her.  
I’m not her anymore.  
Those feelings of worthlessness, self-doubt, shame  
They don’t belong here; they don’t align with my name.  
Amanda – fit to be loved, worthy of love.  
**That’s who I am, that’s what I am.**  
**Loved. Loved by God. Loved by others.**  
Blessed to have friends like family.  
Blessed to have people who care.  
A child of God who holds me in his protective arms.  
How can we be here again?  
I don’t know, but we are.  
And I am not alone.

# Lessons from lockdown – finding a way through



AS MILLIONS OF PEOPLE IN AUSTRALIA FACE ONGOING LOCKDOWNS AND RESTRICTIONS, A FEW SALVOS SHARE SNIPPETS OF SOME OF THE ISSUES THEY'VE STRUGGLED WITH THE MOST AND WHAT HELPS THEM MANAGE WHAT THEY'RE GOING THROUGH.

## TEENAGE DREAMS

As a father of two teenagers, I struggle with seeing their active lives being nullified during what should be a vibrant time in their lives. My 19-year-old daughter has been unable to follow her travel dream, and her excitement about starting university life has been confined to studying in her bedroom. My son is a talented tennis player on the Australian junior circuit but has been unable to follow his dream, being reduced to practising on his local court. But, as a family, we are coping by doing daily walks on the beach, playing board games, and enjoying regular fire-pit nights.

- **Dean**

## HOPE FOR THE FUTURE

I'm struggling to maintain hope when things don't seem to be improving. Reflecting on the plight of others helps reassure me that at least I am safe, can access food and medicine, and my kids still have a future. So many parents around the world living in conflict zones see their children's futures destroyed by violence. There's no doubt this pandemic has negatively impacted kids, but I am comforted to know that they can still safely ride a bike in their neighbourhood, access remote education, and plan for their future.

- **Holly**

## COMPASSION IN ACTION

Helping people at The Salvation Army's Melbourne Project 614 has meant being physically at work and engaging with people. There is hard physical work and monotony, as well as stress. But there is also joy. Compassion in action is a form of prayer.

I'm grateful for conversations and kind acts; during quarantine periods, friends and workmates dropped off food for my family. Music, nature, our dog, friends and family have all helped us stay sane. We are finding God in (isolated) community. Thank God!

- **Barry**

### PHYSICAL CONNECTION

My biggest pandemic lockdown struggle – I am now in #6 – is not hosting family get-togethers. The grandchildren can no longer really connect with cousins, aunts, uncles and grandparents. Videoconferencing just doesn't cut it. My grandkids and I crave physical connection.

The tough times don't seem too much when I put everything into perspective. I've accepted I am to stay at home. I have quiet times alone in prayer; I find activities that give me a sense of accomplishment – finishing a book, knitting, weeding the veggie patch, cooking; and I schedule video catch-ups regularly with friends. - **Anne**

### GENUINE HOPE

I am amazed at the hope that comes alongside the desperate realisation that the pandemic just will not go away. The compulsion to watch the daily press conferences only adds to the heartache. The daily struggle is real, and yet not one of us is alone in this. The deep truths from Psalm 23 and other well-known scriptures have taught me that I can be vulnerable and strong at the same time. God gives me genuine hope in the middle of this messy experience.

- **Angela**

### LEARNUP

I struggle with the word lockdown, so I've tried to create another word to describe what is happening. Learnup. This describes me relating 'up' to God, learning as much as I can about my relationship with him and how he wants to utilise me effectively in my every day. Family support is so important, as is walking most days, reading books, watching favourite shows and sport. I miss personal interaction with others but am so grateful for technology that enables us to still connect. As the learnup period has kept going, I have also reassessed my information intake. It's important to not just focus on COVID-19. So many excellent things are happening. - **Laurie**

### BACK TO BASICS

This year, lockdown feels like we had only just put all our rooms back into order, and suddenly, 'BOOM' – every room in the house is upside down again. We are still trying. What seems to be working is coming back to the basics and getting more out of them – a good sleep, morning devotion (time with God), daily laughter, talking to friends on the phone, and not feeling guilty when we forget about a Zoom class for our child.

- **Sean and Lydia**

### LONELINESS

Despite working from home and daily Zoom meetings, the silence in the house and lack of face-to-face contact with people have been hard. The loneliness can be overwhelming. From time to time, I allow myself a moment to shed a few tears, but then move on. I call friends and family for chats, and make sure that every day I do something for someone I know is struggling. - **Heather**

### HOME ALONE

My biggest struggle with lockdown, apart from the uncertainty that comes with being in and out of lockdown, is singleness. I'm okay with being on my own, but I've discovered that I really struggle when being home alone for long periods is forced on me! There have been times I've felt incredibly disconnected, so I've had to find ways to reconnect and keep connected. Catch-ups with friends, prayer meetings, Bible studies, survivor parties and games nights have all been carried out on Zoom, and having a bubble buddy has been a great source of comfort. - **Amanda**



Scan here for more on finding meaning.

# Spring smoothies



PHOTO: ANDREA REDFORD

## Ingredients

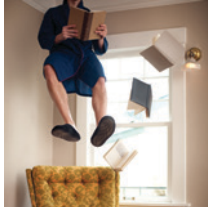
1 mango (or 1 to 2 cups frozen mango pieces), 1 pineapple (or 3 to 4 cups frozen pineapple chunks), 2 bananas, 1 cup orange juice, 8 to 10 strawberries, ice.

## Method

- Chop up the mango and pineapple into cubes. Slice the bananas and strawberries.
- Add the bananas, mango, pineapple, orange juice and about 1 cup of ice to the blender and blend until smooth.
- Add more juice or ice as needed.
- Pour half the smooth mixture into cups but don't fill them. You'll need to leave room for the second layer of smoothie mixture.
- Add the strawberries to the remaining half of the smoothie mixture and blend until smooth.
- Pour this pink smoothie mixture into the cups on top of the yellow smoothie.
- Decorate the glasses as desired.

# HAVE A LAUGH

I just read a book about Helium. It was so good that I couldn't put it down.



Sixty is the new 50. Try telling that to a police officer!



I waited and stayed up all night, trying to figure out where the sun was. Then it dawned on me.

To call the whole Elon Musk controversy "Elon-gate" seems like a bit of a stretch.



# SIGNING IN





## Quick quiz

1. Which famous Australian chocolate is named after a variety of orange?
2. What is Australia's oldest chocolate bar?
3. "It's moments like these you need ..." – which brand of confectionary?
4. Chocolate bullets usually contain what type of filling?
5. Which Cadbury chocolate features pineapple, orange, strawberry, Turkish Delight and caramel fillings?
6. Which chocolate is Australia's most popular?

## Tum-Tum

On which page of this week's *Salvos Magazine* is Tum-Tum hiding?



## Bible byte

I have told you these things so that you will be whole and at peace. In this world, you will be plagued with times of trouble, but you need not fear; I have triumphed over this corrupt world order.

John chapter 16, verse 33  
*The Voice Bible translation*

## Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 5 | 9 | 8 |   |   |   |
|   |   | 9 |   |   |   |   |   | 5 |
| 2 | 5 | 4 | 3 |   |   | 9 | 8 | 6 |
| 7 | 4 |   |   | 6 | 9 | 8 |   | 3 |
|   | 2 |   |   |   | 4 | 5 |   |   |
| 6 |   | 3 | 8 |   | 2 |   |   |   |
| 4 |   |   |   | 8 | 5 | 3 |   |   |
| 5 | 8 | 7 |   |   | 3 |   | 4 |   |
|   |   | 2 | 4 |   |   |   | 5 | 8 |

## DID YOU KNOW?

It's impossible to hum while holding your nose.

The platypus doesn't have a stomach.

A full moon always rises at sunset.

You can cut a pie into 8 pieces with only 3 cuts.

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

**Answers:** 1. Jaffas. 2. Cherry Ripe (1924). 3. Minties. 4. Licoice. 5. Snack. 6. Cadbury's Dairy Milk. **Tum-Tum:** is hiding on page 8.

**“As we go through this pandemic,  
choose to do something positive,  
have some fun family times with  
the kids, and know that help is out  
there. You are not alone.”**

*- Major Robyn Smartt, Clinical Manager,  
Pastoral Services, The Salvation Army Australia*



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