

# salvos

magazine

## Self-care for tough times

Building resilience and finding joy



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### FAITH TALK

Swallowing our pride

### MY STORY

Art brings new life for Jordan

### NEWS

More than coffee on the menu

A circular frame with a dark border contains a sunset scene. The sky is filled with soft, golden clouds, and a silhouette of a person stands at the bottom center, looking out over the horizon. The overall mood is contemplative and serene.

“Self-care means giving  
yourself permission  
to pause.”

- Cecilia Tran



## 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



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and well-being of people of all ages, particularly children.

# Salvos Magazine

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**Feature [4]**  
**Self-care in tough times**

**Faith Talk [10]**  
**Swallowing our pride**

**My Story [12]**  
**The art of transformation**

## Take care

In a world full of anxiety, financial struggles, natural disasters and global upheaval, taking care of ourselves can seem like a luxury we simply don't have the time, or resources, for. The impact, though, of not taking personal well-being seriously is taking its toll throughout our communities.

Experts in mental health are encouraging us to look after ourselves and take steps to make sure we build resilience to get through the tough times. Learning to see glimmers of hope, and enjoy moments of encouragement, peace and joy, helps us cope with adversity and find meaning and purpose in life.

Our feature this week focuses on self-care and provides some ideas on how to look after ourselves, even when we're exhausted and feeling stretched to our limits.

In the Bible, Jesus assures us that he is "close to the broken-hearted" and rescues those whose "spirits are crushed". He is a source of love, comfort, encouragement, hope and healing. All we have to do is ask.

For these stories and more, go to [salvosonline.org.au](http://salvosonline.org.au)  
Simone Worthing **Editor**

## Self-care in tough times

Building our well-being by focusing  
on the positive aspects of life

**Salvos Magazine spoke recently to Warren Draney, Practitioner Development Coordinator, about the need for self-care and personal well-being, especially in the tough times of life. Warren also holds a Master of Counselling degree.**

Personal well-being and self-care – these are words and concepts we hear a lot about in both mainstream and social media. In a world full of anxiety, financial struggles, family breakdowns and natural disasters, experts encourage us to look after ourselves and take steps to make sure we can get through the tough times.

We've all heard about some of the essential steps to follow, such as eating properly, sleeping, exercising, socialising and doing something meaningful. Often, though, the bigger questions are around how and when we're going to do this, particularly when time and resources are limited, and we're already stretched in so many areas of our lives.

"Self-care is often the first thing to go because everything else is urgent and we don't have time or money or the head-space or whatever, and we think we'll do it later when life has settled down," says Warren. "The trouble is that life doesn't usually work like that and before we know it, we are burned out, our physical and mental health is suffering, and it's harder to get back up again."

Warren explains that many of us are living in survival mode as we battle constant threats to our security such as the rising cost of living, housing pressures, interest rate increases and personal challenges.

"We're also catching up after long periods of natural and other disasters," he says. "Think bushfires, floods, COVID-19 – these were traumatic for us as individuals in different ways, and as a nation. Some of these stresses are still impacting us, and that's not mentioning the everyday pressures people face."

All this makes a focus on personal well-being and self-care vital in improving our lives – building resilience, social support and self-efficacy, and helping us cope with adversity.







### POSITIVE MOMENTS

Warren explains that creating moments in our lives for things that help us get through the tough times, such as spending time with loved ones, hobbies, exercise and getting distracted from the world by something we enjoy, are all important.

"I like the 'Perma' model'," he says.

- Positive emotions (feelings of pleasure, happiness, satisfaction, comfort)
- Engagement (being absorbed or lost in something we love doing)
- Relationships (meaningful and supportive connections to others)
- Meaning (being part of something bigger than ourselves)
- Accomplishment (achievements, skill development, self-efficacy)

So, how do we make time for and engage in these activities that bring positive emotions, a sense of well-being and

moments of joy? And can we focus on these emotions and give ourselves a break from negative and stressful feelings?

'Losing ourselves' in something we enjoy is extremely helpful to our well-being. This could include music, reading, whale-watching, spending time with loved ones, hiking, craft, sport – the list is endless.

"It has to be something that fills and refreshes us, something where time just flies and we can be fully present and engrossed in what we're doing," Warren explains. "If we're always busy, or simply trying to cope or survive, we need those moments of distraction and involvement.

"Healthy relationships are an important part of this. Especially for those who help care for others, relationships with people who aren't experiencing trauma are important, as are those with people where the caring is mutual. We all need a healthy balance in our relationships and a place where we feel safe." ►



Warren explains that research in the neurosciences is showing that spending time in nature is a 'new green pill'. The findings suggest that being in a natural setting four times a week – even if it's just a local park for 20 minutes – can make a difference to our mental state.

He added that spending one day a month in a semi-rural setting, and somewhere off-the-grid three days a year, also gives the brain a rest from dealing with so many life issues and provides a peaceful place in which we can relax. Research has also shown that those who spend time near the ocean are also happier. This is called the 'blue effect', due to the blue of the ocean and sky.

### MEANING AND PURPOSE

"Coming back to our sense of meaning – why I do what I do and how my world and goals have changed or not – is also an important part of self-care," says Warren.

"This can be with our work, our families, with God – the 'why' questions we need to answer. We all need to be part

of something bigger than ourselves, whether that is God, spirituality, a social justice cause, charity, volunteering, building a family or so many other things."

Once goals are set and priorities made, it's also important that we take time away from the bombardment of tasks we face each day and look at what we have done, or are in the process of accomplishing.

"Our brains automatically go to the negative in our lives," Warren explains. "We need to sort those out to survive, but we also need to look at how we record the positive moments, the compliments and the 'miracles' in our lives. For example, I keep a list of compliments I've received and things that have been successful. During times when I'm overwhelmed or focusing on the negative, I can review that list and gain a different perspective."

Building new skills that bring freshness and excitement is an important part of this. They may be work- or study-related but could also be a hobby or following an interest you've had for a while.

Warren explains that people who can largely avoid burnout, vicarious trauma and compassion fatigue are those who have a higher skill level in their chosen fields of activities. "These people are not influenced as much by the work of others," he says. "They have learned methods and models of doing the job, as well as how to respond in difficult times. They aren't as impacted by being overwhelmed or not knowing what to do.

"However, education is a privilege not all have the opportunity to receive. Perhaps we can also ask those who operate well how they do it. Or if we have the knowledge, we can share it with others."



## TIME MANAGEMENT

This all sounds great, and many of us recognise the importance of personal well-being. But how do we make time by stopping some of the unimportant things we do in order to take care of ourselves? Some questions to ask ourselves might include:

- How do I do some of my tasks in less time?
- How do I utilise the time I do have?
- Am I looking for opportunities to find and make time to do more of the things I want to?

Warren suggests that setting boundaries around our time, and safeguarding it, is also important. "People come for assistance when it suits them, so if we build boundaries around our time and priorities, that allows us to do what we need and want to do at appropriate times.

"Of course, a lot of things happen over which we have no influence, but we can learn to manage those so we can do what we need to and take care of ourselves in the process."

"Well-being is a state in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community."

- World Health Organisation



Scan here for more information on Salvation Army services.

## More than coffee on the menu

**For the Salvos, a cup of coffee is more than a nice hot (or cold!) drink. It's about conversation, community and connection. Two Salvos cafes featured below are great examples of a good coffee, warm hospitality and friendship.**

### FROM BRITAIN TO BALLARAT

When Salvos officer (pastor) Lieutenant Graham Kennedy was conducting funerals in a Church of England parish in the UK several years ago, he had an encounter that sparked a new idea for ministry.

The parish was hosting back-to-back funerals, and Graham said he had only an hour to reset the room for the next service. While he was rearranging the room, he noticed a woman who had been at the first funeral sitting in the hall.

"I approached her," he says, "and asked, 'Do you know the next people as well?' She said, 'No. I don't really know the next people, but I've got nowhere to go. I don't want to go home. I lost my husband a few years ago and all I do is sit in my chair and stare at the dark.'"



Volunteer Mark makes coffees for patrons at Cafe@102.

This conversation prompted Graham to start a community cafe in the church hall, which quickly grew popular. When he returned to Australia and accepted a posting in Ballarat (Vic.) with the Salvos, he decided to begin a similar program.

At the start of July, Cafe@102 launched at Ballarat Salvos. In the first week, 250 people came for a meal, a cup of coffee and a chat. The cafe features a full commercial kitchen with a large coffee machine, and offers clientele the opportunity to give a gold coin donation, but some give more generously and are happy to pay it forward.

"People come in and they instantly feel welcome," he says. "You've got that low constant chatter as well, and I think that's what opens people up. It feels very human in there." – **Kirralee Nicolle**



Graham Kennedy in the kitchen at Cafe@102 in Ballarat.



## SALVOS THRIVE CAFE GIVES NOOSA YOUTH A BOOST

What would you say if someone rang you to ask if you wanted a fully operational cafe, rent-free? For Captain Matt Gluyas, Salvos officer (pastor) at Noosa-Coolum on Queensland's Sunshine Coast, the answer was an emphatic "Yes!"

THRIVE Noosa cafe, a partnership between Noosa-Coolum Salvos, the local Harcourts Real Estate and Padre Coffee, officially opened its doors to the community on Saturday 22 July. About 200 people attended the opening event in support of the Salvos social enterprise.



THRIVE cafe coordinator Joe Young welcoming patrons.

"I just want to see young people get an opportunity," says Nathan O'Neill, one of the managing directors of Harcourts Property Centre in Noosa. "I started my real estate business at a young age from almost nothing, got help along the way, and see this as a chance to give back."

Nathan is a member of the Noosa-Coolum Salvos Red Shield Appeal advisory group, so he knew about the focus on training young people struggling in traditional education systems with career and life skills. When the opportunity came to take over the cafe's lease, he saw the potential to enhance the work of the Salvos.



Matt Gluyas with Nathan O'Neill, a managing director of Harcourts Noosa, celebrating the cafe's opening.

"Through the generosity of Harcourts Noosa, we are able to see the trajectory of young lives shift to one where they are thriving in a career," Matt says. "We believe we will see many lives transformed through THRIVE Noosa."

The cafe initiative aims to train students to work in the local hospitality industry, raise funds for the Salvos SCILS (Sunshine Coast Individualised Learning Support) program to re-engage students in education, and create a community space for people to gather.

"This is a great concept, and I just want to see what can be achieved," says Nathan. "What Matt is doing is phenomenal, and he deserves a lot of credit for how he goes about creating partnerships in the community." – **Cliff Worthing**



Community and supporters attend the recent opening of THRIVE Noosa cafe.

# Swallowing our pride

Getting by with a little help from our friends

By Belinda Davis

A few years ago, I discovered what it means to be dependent on others, and I struggled with the swallowing of pride that needed to come with that.

I had fallen over during my regular parkrun and, as well as some nasty grazes, had fractured a small bone in my left hand. While it was my non-dominant hand and a relatively minor fracture, I discovered just how much I needed it to perform even simple tasks. Any kind of twisting, weight-bearing or clutching was agony as I learned my limits with this injury.

“

**I needed to reframe my vulnerability in such a way that it allowed others to do things for me.**

”

For the first few days I had difficulty washing my hair, putting my socks on, doing up buttons, carrying my handbag, driving my car, holding a cup of coffee, tying shoelaces and doing dishes. Each and every time, I decided to give something a go myself, despite the people around me offering to help. Each and every time I ended up needing to accept the assistance offered after discovering I wasn't able to complete those tasks myself.





## ACCEPTING HELP

Why was I so reticent to ask for and/or accept help? I had a reasonable excuse. It couldn't be interpreted as laziness or a failing, and yet I was incredibly slow to learn from previous pain and ask for help.

“

I needed to be okay with accepting help ...

”

I needed to undergo a mind-shift. My pride, which was already damaged from the embarrassment of a very public fall, was obviously too important to me if I was choosing unnecessary pain and difficulty over assistance. I needed to be okay with accepting help and not viewing it as a failing. I needed to reframe

my vulnerability in such a way that it allowed others to do things for me.

The biblical book of Proverbs has many pearls of wisdom about life in general, and one of the verses says, “Pride lands you flat on your face; humility prepares you for honours” (Proverbs chapter 29, verse 23 *The Message* translation). My pride was getting in the way of my recovery, and also denying those who love me who were trying to demonstrate care in my convalescence. I am pleased that I am more gracious these days in accepting help offered when it's needed.

My injuries from that incident eventually healed nicely, but I still needed help with the dishes for quite some time after that!



Scan here for more stories of hope.

# The art of transformation

Jordan's creative talent has blossomed on his journey to a better life

By Cliff Worthing



Jordan with the artwork that he created for the reception area of Foster House in Sydney.

A tough start in life. Making a decision to thrive rather than survive. Getting help on the recovery journey. Arriving at a good place both physically and psychologically. This all sounds like a stereotypical recovery story, but every story has a unique perspective.

Jordan's journey encompasses a strong artistic element that is now showcased at Foster House, The Salvation Army's Inner City Homelessness Service in Surry Hills, Sydney.

Not only was Jordan commissioned to create a painting to welcome visitors to the Foster House reception area, he also presented other artwork for sale at an Inner-City Art Expo on 8 August.

"Nobody taught me how to paint, but my older sister was an inspiration for me," Jordan says. "We would tell each other how cool their work was."

Jordan now offers that inspiration to others through an art workshop he runs at a local refuge. "I knew I had potential," he says. "This is all coming together because I got my life together."

While at Foster House, Jordan noticed that "the hallways were a bit bare and dull". Thinking they could do with a bit of colour, he suggested that some artwork would provide a lift. Knowing of his artistic interest, Foster House carers asked him to create a painting for the lobby.



Jordan says he worked on the lettering first, adding the Salvos Red Shield logo and painting around it. "I usually listen to music, and just enjoy doing whatever comes to my mind," he says. "I also like to create my own hip hop music as another artistic outlet."

Jordan has transitioned out of Foster House, but maintains a connection there for support, and also with Street Media at the Salvos Oasis Youth Network as a creative outlet.

The Inner-City Art Expo at Foster House garnered artistic works from Salvos program participants, including regional and Indigenous services.

"We wanted to showcase people's talents and create an opportunity for them to sell their work," says Marnie Lamb, Foster House case manager, who has supported Jordan in his journey



One of Jordan's black and white creations.

out of homelessness and championed his artistic endeavours. "The Art Expo brought together the local community, highlighting the artistic abilities of people at risk of or experiencing homelessness."

"A few years ago I had no hope," Jordan says, "but I made a decision to end the cycle and surrender to God. Good things are coming, and I know I can develop a career if I stick on the path of recovery and keep progressing every day with my creativity.

"It's only gonna get better and better, with God by our side. It may take time, it may take everything you have, but by staying faithful and consistent nothing is impossible."



Jordan adds some finishing touches to a wall mural.



Scan here for more information on Salvation Army homelessness services.

## Sweet and sour sausages



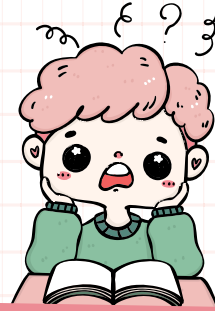
### Ingredients

½ kg thin sausages (any variety),  
1 cup tomato sauce, 1 cup white  
vinegar, 1 cup white sugar, 1 tbsp  
cornflour, 1 tbsp water, 1 tin pine-  
apple pieces, rice to serve

### Method

- Cook sausages and cut into 2 cm segments.
- Combine tomato sauce, vinegar and sugar in a pot and bring to the boil.
- Mix cornflour and water and stir into boiling mixture.
- Add pineapple and sausages. Serve with rice.

## FUNNY THINGS KIDS SAY to teachers



"I can't wear my new glasses in your class because it's maths. The doctor said they are just for reading."

While watching a *Walking with Dinosaurs* video, a student asked the teacher, "Is this actual footage?"

After a teacher writes on a whiteboard: William Shakespeare (1564-1616), a sixth-grader asks, "Is that Shakespeare's actual phone number?"

## SIGNING IN



# Sudoku

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

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



## Quick quiz

1. How long can a macadamia tree live?
2. Who is the macadamia tree named after?
3. Macadamias are toxic to which domestic animal, causing paralysis if ingested?
4. Macadamia nuts are made up of what percentage of fat?
5. Which US state is a major producer of commercially grown macadamias?

# Tum-Tum



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

## Bible byte

"If you are tired from carrying heavy burdens, come to me and I will give you rest."

Matthew chapter 11, verse 28  
*Contemporary English Version*

**Quiz answers:** 1. 100 years 2. Scottish-born chemist John Macadam 3. Dogs 4. 80% 5. Hawaii!  
Tum-Tum: is hiding in the mural on page 13.

**DID YOU KNOW?**

### 4 September is National Macadamia Nut Day.

Macadamia trees are native to Australian rainforests.

Only two of the 10 species of macadamia trees produce edible nuts.

The macadamia shell, which is five times harder than a hazelnut shell, is said to be the toughest nut to crack.

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



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# EVENTS MEETINGS CONFERENCES



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