

# Holistic Psycho-Social Solutions

The Journal of an Holistic Psycho-Social Service from a Bio-Psycho-Social-Cultural-Spiritual perspective.



## What's New

- \* Mindfulness Meditation group to start in October.
- \* Relaxation, Recuperation and Stress Management group planned for November.
- \* Men's 'Man maintenance' group on the cards (if my wife lets me.)
- \* Please contact us to register interest in any of these groups.

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## Resilience —“I get knocked down, I get up again!”

**Psychological Resilience** is “the positive capacity of people to cope with stress and catastrophe.

“Resilience also includes the ability to bounce back to homeostasis after a disruption.

“Thirdly, resilience refers to having an adaptive system that uses exposure to stress to provide resistance to future negative events. “

(Source: Wikipedia referring to Masten A.S, (2009) “*Ordinary Magic: Lessons from research on resilience in human development*” *Education Canada*, 49(3): 28-32.)

So Resilience is about coping, bouncing back to balance and improving coping for future stress.

This Column will cover stories of survival, strength and hope from a holistic bio-psycho-social-cultural-spiritual perspective starting with our own.

Our beautiful daughter was born last year with her trachea (windpipe) and oesophagus (foodpipe) joined (Trachealoesophageal Fistula) and a hole in her heart with other problems called ‘Tetralogy of Fallot.’

Life saving surgery started on the second day of her



life, concluded in her fifth month with open heart surgery, and a week of medical comma following months of hospitalization.

Thanks to holistic, physical, mental, emotional, cultural and spiritual healing, Bridie, Beata and Gregory are all now fighting-fit and living life fully.

## What on Earth is Holistic Bio-Psycho-Social-Cultural-Spiritual Health?

Holistic means looking at the whole picture implicating the whole as greater than a sum of the parts. Each part matters.

Robust biological systems, good nutrition, moderate physical exercise and relaxation are foundations to Mental and Emotional Health and Wellbeing. A healthy body promotes a healthy Mind.

Likewise, sound psychological habits like optimism and flexibility are important to mental (and physical) health.

Good social influences and supports play significant roles in withstanding stress and bouncing back with resilience.

Respect and sensitivity for culturally appropriate explana-

tory models is imperative for healthy capacity building in individuals and communities.

Making space for spiritual beliefs and practices, including subtle energy, in the lives of individuals and communities can significantly deepen the quality of their Wellbeing.

In other words, “it’s all good!”

**Magic Not an Option** “It may be no coincidence that communities with strong surviving beliefs are often more functional than those where traditional practices have been disturbed.

For the magic realm... is not an optional extra that can be simply shorn away as desert Aboriginal society modernizes.

It is close to the core of that society, perhaps one of its lessons for humanity at large.” - Nicholas Rothwell – ‘Another Country’.



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(Cadduceus: Ancient Western symbol of balanced healing)

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### Peace — Inner and Outer

With the world in such conflict will we ever find peace?

The answer is of course, “Yes, of course!”

Peace comes from within and starts with our selves.

Bringing our minds to quietness, centering ourselves and learning equanimity are the

keys to personal and global peace.

Greater patience, improved communication, deeper understanding and a true appreciation of difference and similarities all arise from a calm mind and a tranquil heart.

When we learn to do this we learn to live more in

our deepest principles and less from our fear based, ego driven impulses.

Meditation is a key to personal, interpersonal and global peace.

The proof is in the pudding.

Try it.

Meditate.

### Nutritional Approaches to Holistic Wellbeing—Ayurveda and Tumeric

Tumeric is a medicinal and culinary root spice.

Ayurveda is an ancient medical system of India. A traditional Indian kitchen is full of home remedies.

Ayurvedic wisdom says a good way to avoid cancer is regularly eat turmeric.

You can mix up a jar of honey with turmeric (2 honey :1 tumeric).

Each day dip a spoon in and lick it like a lolly pop.

It will help to make a protective coating in your oesophagus and beyond.

Tumeric can be grated fresh or used in dried powdered form in curries and stir fries.

You can grate it and freeze it for later use.

Tumeric is a great anti-inflammatory and antioxidant.

For more information about the benefits of turmeric go to:

[www.healthdiaries.com/eatthis/20-health-benefits-of-turmeric.html](http://www.healthdiaries.com/eatthis/20-health-benefits-of-turmeric.html)

“Long known for its anti-inflammatory properties, recent research has revealed that turmeric is a

natural wonder, proving beneficial in the treatment of many different health conditions from cancer to Alzheimer's disease.

**“Tumeric has long been used in Chinese medicine as a treatment for depression.”**

Fresh Tumeric is available at Rapid Creek market fresh produce stalls.

Ayurveda also says that taking medicinal herbs will have limited efficacy without a holistic approach to a calmer life-style including practices like Meditation and Yoga.