

## REFERENCES AND FURTHER RESOURCES

### **HELPLINE COUNSELLING & RESOURCES FOR ALL RURAL & REMOTE STAFF & STUDENTS**

CRANaplus <https://crana.org.au/> - heaps of resources including Bush Support Services (Telephone counselling service): 1800 805 391

The CRANaplus website has many other useful resources. You can sign up to the [Mindful Mondays](#) newsletter for quick-read practical de-stressing ideas. The Education, Workforce Support and Resources tabs all have useful info. For example, there are clinician and [student](#) support services, [mental health training](#) and useful docs such as [Pathways to Remote Professional Practice](#).

**RAHC** Resilience & Self-Care Out Bush (online resource): [www.rahc.com.au/elearning](http://www.rahc.com.au/elearning) You'll need to create an account (free) to access the eLearning. The course/resource is interactive and is very good for preparing to head out to a community for work or placement as well as self-care considerations when there. **The principles are applicable in many environments – not just remote** - and the site is well worth a visit. The RAHC website also has a number of other useful resources - in the eLearning folder. Once you're in the eLearning Portal, the Resilience & Self-Care Out Bush should appear with the other offered modules.

### **ACCEPTANCE AND COMMITMENT THERAPY** – For lowering stress and negativity

Dr Russ Harris has championed and promoted ACT in Australia and beyond. Below are three article links from his website:

<https://www.actmindfully.com.au/about-act/>

<https://www.actmindfully.com.au/free-stuff/articles-papers/>

[https://www.actmindfully.com.au/upimages/Dr Russ Harris - A Non-technical Overview of ACT.pdf](https://www.actmindfully.com.au/upimages/Dr_Russ_Harris_-_A_Non-technical_Overview_of_ACT.pdf)

<https://www.aipc.net.au/articles/six-principles-of-acceptance-and-commitment-therapy/> AIPC:

A straightforward summary of ACT. The page lists and explains each step in the model.

Hayes, Steven C.; Strosahl, Kirk D.; Wilson, Kelly G. (2012). *Acceptance and Commitment Therapy: The Process and Practice of Mindful Change* (2 ed.). New York: Guilford Press. ISBN 978-1-60918-962-4.

Related: Baumeister RF, Bratslavsky E, Finkenauer C, Vohs KD. Bad is Stronger than Good. *Review of General Psychology*. 2001;5(4):323-370. doi:10.1037/1089-2680.5.4.323 This is very relevant for negative self-talk.

### **ASSERTIVENESS & DE-ESCALATING WITH PATIENTS/CLIENTS; RESENTMENT**

De-escalating anger with patients/clients: <https://www.nursingtimes.net/roles/mental-health-nurses/de-escalating-anger-a-new-model-for-practice-25-07-2016/>

De-escalation of conflict and anger (Maybo org):

<https://elearning.maybo.com.au/store/858247-positive-approaches-to-behaviour-and-safer-de-escalation-elearning>

The Most Toxic Person in the Room <https://youtu.be/ljLlpOAGRsQ>

This is a very interesting and eye-opening study on the effects of resentment:

Resentment and CV disease risk: Harburg, E., Julius, M., Kaciroti, N., Gleiberman, L., Schork, M.A., 2003. Expressive/suppressive anger-coping responses, gender, and types of mortality: a 17-year follow-up (Tecumseh, Michigan, 1971–1988). *Psychosom. Med.* 65, 588–597

Centre for Non-Violent Communication: <https://www.cnvc.org/>

## **EXERCISE & NATURE IMMERSION**

Walk yourself to better health: 6 easy steps:

<https://healthblog.uofmhealth.org/wellness-prevention/walk-yourself-to-better-health-these-6-easy-steps>

Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking:

<https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>

The benefits of hiking <https://www.1millionwomen.com.au/blog/feeling-down-take-hike/>

Walking for Health: <https://www.walkingforhealth.org.uk/>

<https://www.mindful.org/nature-walks-linked-to-improved-mental-health/>

Marselle Melissa R., Irvine Katherine N., and Warber Sara L. Examining Group Walks in Nature and Multiple Aspects of Well-Being: A Large-Scale Study. *Ecopsychology*, September 2014 DOI: 10.1089/eco.2014.0027

Warburton, D. E., Nicol, C. W., & Bredin, S. S. (2006). Health benefits of physical activity: the evidence. *CMAJ : Canadian Medical Association journal = journal de l'Association medicale canadienne*, 174(6), 801–809. <https://doi.org/10.1503/cmaj.051351>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/>

<https://davidsuzuki.org/story/nature-calms-the-brain-and-heals-the-body/>

Beyond knowing nature: Contact, emotion, compassion, meaning, and beauty are pathways to nature connection. Lumber R, Richardson M, Sheffield D, (2017). *PLOS ONE* 12(5): e0177186.

<https://doi.org/10.1371/journal.pone.0177186>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0177186#sec030>

The benefits of exercise for mood enhancement (full text PDF is available on the webpage):

<https://shapeamerica.tandfonline.com/doi/pdf/10.1080/02701367.1988.10605493?needAccess=true>

The benefits of exercise for bone and muscle health, and memory:

[https://www.theguardian.com/science/2020/jul/04/does-the-key-to-anti-ageing-lie-in-our-bones?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/science/2020/jul/04/does-the-key-to-anti-ageing-lie-in-our-bones?CMP=Share_iOSApp_Other)

Here's a video with Gerard Karsenty who pioneered the bone/memory/muscle/exercise work detailed in the article above: <https://youtu.be/S1KpvONTSb0>

The benefits of nature immersion (a nice overview):

<https://www.theguardian.com/news/oliver-burkeman-s-blog/2014/jan/21/spending-time-nature-mental-health>

Good article from David Suzuki with some empirical studies discussed:

<https://davidsuzuki.org/story/nature-calms-the-brain-and-heals-the-body/>

Some compelling discussion and evidence regarding links between walking in nature and reduction of stress and depression: <https://www.mindful.org/nature-walks-linked-to-improved-mental-health/>

A very interesting article in Scientific American regarding the research on whether hospital gardens and views of gardens facilitate wellbeing and healing:

<https://www.scientificamerican.com/article/nature-that-nurtures/>

Green roofs and hospitals: [http://www.greenrooftechnology.com/green-roof-blog/tag/green\\_wall/page/2/](http://www.greenrooftechnology.com/green-roof-blog/tag/green_wall/page/2/)

<http://www.greenrooftechnology.com/green-roof-blog/therapeutic-properties-of-green-roofs>

Some good info and references here...

From the University of Minnesota: How does nature impact our wellbeing?

<https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing>

Bowler, D. E., Buyung-Ali, L. M., Knight, T. M., & Pullin, A. S. (2010). A systematic review of evidence for the added benefits to health of exposure to natural environments. *BMC Public Health*, 10, 456.

Bahrke, M.S., & Morgan, W. P. (1978). Anxiety reduction following exercise and meditation. *Cognitive Therapy and Research* (2), 4, pp. 323-333.

## **GOAL SETTING**

Adding a small step onto an existing habit (and other useful tools): <https://tinyhabits.com>

Links to lots of useful 'Featured Videos': <https://tinyhabits.com/expert-help/>

Make the goal public? Maybe... <https://www.fastcompany.com/90245306/when-you-should-keep-your-goals-to-yourself>

Tsitsipas - focussing on one small part of the goal at a time (flow):

[https://www.theguardian.com/sport/2021/feb/17/stefanos-tsitsipas-shocks-rafael-nadal-five-set-thriller-to-reach-australian-open-semi-final-tennis?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/sport/2021/feb/17/stefanos-tsitsipas-shocks-rafael-nadal-five-set-thriller-to-reach-australian-open-semi-final-tennis?CMP=Share_iOSApp_Other)

Wimbledon tennis choking example (making the focus too big = overwhelming):

<https://believeperform.com/choking-the-case-of-jana-novotna-one-of-the-most-famous-collapses-in-sport/>

## **GUT MICROBIOME AND MOOD/MENTAL HEALTH**

The neuroactive potential of the human gut microbiota in quality of life and depression. Valles-Colomer, M., Falony, G., Darzi, Y. *et al.* The neuroactive potential of the human gut microbiota in quality of life and depression. *Nat Microbiol* **4**, 623–632 (2019).

<https://doi.org/10.1038/s41564-018-0337-x> <https://www.nature.com/articles/s41564-018-0337-x>

Deans, E. Microbiome and mental health in the modern environment. *J Physiol Anthropol* **36**, 1 (2017). <https://doi.org/10.1186/s40101-016-0101-y>

<https://jphysiolanthropol.biomedcentral.com/track/pdf/10.1186/s40101-016-0101-y.pdf>

Gut feelings: How food affects your mood: <https://www.health.harvard.edu/blog/gut-feelings-how-food-affects-your-mood-2018120715548> A very clear and useful guide and explanation.

## **MENTAL FITNESS**

(Open to all – not just Flinders students). Dr Gareth Furber is a clinical psychologist that works in the mental health/wellbeing space at Flinders Uni and has very useful strategies for self-care and wellbeing. He is starting up a mental fitness community. At this stage, if you join the mailing list, you'll get a fortnight email exploring building up mental fitness. Eventually, Gareth wants to expand the space to allow for discussions/posts from members. Here's the signup link: <https://confirmsubscription.com/h/r/3182BB1E1135C1132540EF23F30FEDED>

For Flinders Uni students: If you aren't sure about signing up but want to learn more about Mental Fitness, Gareth is running a couple of Mental Fitness Workshops in May where you can learn about the concept and see if you find the mental fitness model useful:

<https://blogs.flinders.edu.au/student-health-and-well-being/2021/03/23/mental-fitness-workshops-are-coming-up/>

You can also find Gareth and colleagues writing about mental health and wellbeing on the Student Health and Wellbeing Blog: <https://blogs.flinders.edu.au/student-health-and-well-being/> Self-care guides across a range of topics are available via:

<https://blogs.flinders.edu.au/student-health-and-well-being/2020/03/10/counsellinghandouts/>

Flinders students also have access to an online wellbeing and mental health space called Oasis Online. Find it on FLO at: <https://flo.flinders.edu.au/course/view.php?id=63157>. Over 2021 and 2022, Gareth will be growing the range of resources (videos and readings) relating to wellbeing and mental health in this space.

## **MINDFULNESS**

Mindfulness and meditation benefits for medical students (Monash University):

<https://researchrepository.murdoch.edu.au/id/eprint/46493/1/mindfulness%20training.pdf>

Mindfulness-Based Stress Reduction for Health Care Professionals: Results from a randomized trial: <https://self-compassion.org/wp-content/uploads/publications/shapiro.study.pdf>

[https://www.youtube.com/watch?v=Ze6t34\\_p-84](https://www.youtube.com/watch?v=Ze6t34_p-84)

What is Mindfulness meditation? The Practice of Mindfulness. TEDx. Former Buddhist nun Diana Winston is the director of Mindfulness Education at UCLA Mindful Awareness Center

Don't try to be mindful. Daron Larson. TEDxColumbus

<https://www.youtube.com/watch?v=oMlaSCxZPN4> Daron is a Social Worker and has a useful website: <http://www.athomeinyourlife.com/daron>

The potential **adverse effects** from mindfulness or meditation:

<https://www.theguardian.com/lifeandstyle/2016/jan/23/is-mindfulness-making-us-ill>

Mindfulness and meditation podcasts <https://www.theurbanlist.com/a-list/mindfulness-and-meditation-podcasts>

How mindfulness changes the emotional life of our brains. Richard J. Davidson TEDxSanFrancisco. Prof. Richard Davidson is Research Professor of Psychology and Psychiatry and Founder & Director of the Center for Healthy Minds, University of Wisconsin-Madison. Davidson's research is focused on the neural bases of emotion and emotional style and methods to promote human flourishing including meditation and related contemplative practices. <https://www.youtube.com/watch?v=7CBfCW67xT8>

Mindful breathing app: <https://www.breathwrk.com/>

Mindful app: <https://www.uclahealth.org/ucla-mindful>

Meditation timer app and online workshops: <https://insighttimer.com/>

## **MINDSET**

<https://fs.blog/2015/03/carol-dweck-mindset/>

<https://www.brainpickings.org/2014/01/29/carol-dweck-mindset/>

## **SITTING/SEDENTARY BEHAVIOUR**

Press report from the BMJ Open journal

[https://bmjopen.bmj.com/content/suppl/2012/07/12/bmjopen-2012-000828.DC1/bmjopen-2012-000828\\_press\\_release.pdf](https://bmjopen.bmj.com/content/suppl/2012/07/12/bmjopen-2012-000828.DC1/bmjopen-2012-000828_press_release.pdf)

Katzmarzyk PT, Lee I. Sedentary behaviour and life expectancy in the USA: a cause-deleted life table analysis. *BMJ Open* 2012; 2:e000828. doi: 10.1136/bmjopen-2012-000828

[https://www.researchgate.net/publication/229013847\\_Sedentary\\_behavior\\_and\\_life\\_expectancy\\_in\\_the\\_USA\\_A\\_cause-deleted\\_life\\_table\\_analysis](https://www.researchgate.net/publication/229013847_Sedentary_behavior_and_life_expectancy_in_the_USA_A_cause-deleted_life_table_analysis)

Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults August 2010. *American Journal of Epidemiology*, 172(4):419-29

[https://www.researchgate.net/publication/45282025\\_Leisure\\_Time\\_Spent\\_Sitting\\_in\\_Relation\\_to\\_Total\\_Mortality\\_in\\_a\\_Prospective\\_Cohort\\_of\\_US\\_Adults](https://www.researchgate.net/publication/45282025_Leisure_Time_Spent_Sitting_in_Relation_to_Total_Mortality_in_a_Prospective_Cohort_of_US_Adults)

<https://bmjopen.bmj.com/content/bmjopen/2/4/e000828.full.pdf>

Dunstan DW, Barr EL, Healy GN, Salmon J, Shaw JE, Balkau B, Magliano DJ, Cameron AJ, Zimmet PZ, Owen N. Television viewing time and mortality: the Australian Diabetes, Obesity and Lifestyle

Study (AusDiab). Circulation. 2010 Jan 26;121(3):384-91. doi: 10.1161/CIRCULATIONAHA.109.894824. Epub 2010 Jan 11. PMID: 20065160.  
[https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.109.894824?url\\_ver=Z39.88-2003&rfr\\_id=ori%3Arid%3Acrossref.org&rfr\\_dat=cr\\_pub++0pubmed&](https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.109.894824?url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub++0pubmed&)

Cutting Daily Sitting Time to Under 3 Hours Might Extend Life by Two Years; Watching TV for Less Than 2 Hours a Day Might Add Extra 1.4 Years. Pennington Biomedical Research Centre:  
<https://www.pbrc.edu/news/press-releases/?ArticleID=152>

## **SLEEP**

Deloitte study for the Sleep Health Foundation:  
[https://www.sleephealthfoundation.org.au/files/Asleep\\_on\\_the\\_job/Asleep\\_on\\_the\\_Job\\_SHF\\_report-WEB\\_small.pdf](https://www.sleephealthfoundation.org.au/files/Asleep_on_the_job/Asleep_on_the_Job_SHF_report-WEB_small.pdf)

Kristen L. Knutson, Karine Spiegel, Plamen Penev, Eve Van Cauter. The metabolic consequences of sleep deprivation, Sleep Medicine Reviews, Vol 11, Issue 3, 2007, Pages 163-178.  
<https://doi.org/10.1016/j.smrv.2007.01.002>  
<https://www.sciencedirect.com/science/article/pii/S1087079207000202>

Effects of sleep deprivation on cognition. William D.S. Killgore. Progress in Brain Research, Elsevier, Volume 185, 2010, Pages 105-129, <https://doi.org/10.1016/B978-0-444-53702-7.00007-5>.

Knowledge and practice of sleep hygiene techniques in insomniacs and good sleepers. Patricia Lacks, Monique Rotert, Behaviour Research and Therapy, Vol 24, Issue 3, 1986, Pages 365-368. [https://doi.org/10.1016/0005-7967\(86\)90197-X](https://doi.org/10.1016/0005-7967(86)90197-X).

## **SOCIAL CONNECTEDNESS/SOCIAL SUPPORT**

Social connectedness: A very interesting project study from a village in the UK:  
<https://bjgp.org/content/bjgp/68/676/e803.full.pdf>

What Makes a Good Life The Harvard study (longest running study in the world) TED talk on the importance of social connectedness:  
[https://www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness?language=en](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?language=en)

## **SPIRITUALITY**

Lisa Miller TEDx. (start: 3mins 25 secs). <https://www.youtube.com/watch?v=mhu5rPf2FDI>

## **STRESS LOWERING AND SELF-CARE RESOURCES (broader)**

CRANaplus <https://crana.org.au/> heaps of resources including **Bush Support Services (telephone counselling service): 1800 805 391**

National Rural Health Student network (NRHSN). When the Cowpat Hits the Windmill:

<https://www.nrhsn.org.au/wordpress/wp-content/uploads/2020/01/When-the-Cowpat-hits-the-Windmill-June-2019-Update.pdf>

DRS4DRS - Find a Resource: <https://www.drs4drs.com.au/resource-hub/>

Fatigue and burnout <https://www.healthline.com/health/mental-health/burnout-recovery#self-care>

Levels of occupational stress in the remote area nursing workforce:

<https://crana.org.au/uploads/pdfs/Opie-Levels-of-occup-stress-among-RANS.pdf>

The Little Red Threat Book is from the Central Australia Life Promotion Network and is “A community response to suicide as a threat”. The LPN Board is comprised of: Mental Health Association of Central Australia (MHACA); MacDonnell Regional Council; Lifeline Central Australia; Australian Red Cross; National Indigenous Australians Agency.

<https://mhaca.org.au/wp-content/uploads/sites/13/Little-Red-Threat-Book.pdf>

4-Day workweek: NZ experiment: <https://www.cnbc.com/2018/07/19/new-zealand-experiment-finds-4-day-work-week-a-success.html>

<https://4dayweek.com/four-day-week-trial> (Outcome stats visuals)

Why prioritising self-care is the secret to study success: <https://www.latrobe.edu.au/nest/why-prioritising-self-care-is-the-secret-to-postgrad-success/>

#### **SELF-CARE RESEARCH +**

Self-care research: Where are we now? Where are we going?

<https://www.sciencedirect.com/science/article/pii/S0020748919302093>

Self-care has never been more important (APA): <https://www.apa.org/monitor/2020/07/self-care>

Self-care research: How to grow the evidence base?

<https://pubmed.ncbi.nlm.nih.gov/32199150/>:

The International Centre for Self-Care Research (ACU): <https://www.selfcareresearch.org/>

#### **TAKING BREAKS**

Why Your Brain Needs More Downtime – Scientific American

<https://www.scientificamerican.com/article/mental-downtime/>

Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking:

<https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>