

BALANCE

The official newsletter of Integrative Clinical Psychology Pty Ltd



No More 'New Year, New Me'... Make Lasting Changes

BY DINUSHA CRAGG, CLINICAL PSYCHOLOGIST

It's the beginning of February and you've already found yourself saying "I'll start again on Monday". Whether it's the new exercise regime you had intended to stick to in the New Year or the diet you wanted to try, many people struggle to create lasting habits or change. Here are some tips to help you start kicking goals in 2019!

1. Identify your values. Spend some time thinking about the areas in your life that are most important to you and write these down. Is your relationship important? What is it about your relationship that is important? Is it quality time with your partner? Is it connection? Fun? Is your career important? What is it about your career that is important? What about your health? Or self-care? Once you've clearly identified the areas you care about most you can move to the next step.

2. Set SMART goals. That is, make sure your goals are Specific, Measurable, Achievable, Realistic and Time-framed. Once you have identified the areas in your life that you care about, you can start to set clear goals within each area.

SNEAK PEEK

02

No More 'New Year, New Me'...

03

Strengthen your Core with One Simple Move

04

Didi's GF Banana Cake

When developing your goals, ensure they are specific. Don't just say 'I want to be strong' or 'I want to lose weight' or 'I want to save'. Be very clear about what reaching this goal would look like, how you would measure the outcome, and what a realistic timeframe would be to reach this goal. For example, your goal might be to be able to squat 120kg for 5 reps by June, to lose 5kg by May or to have saved \$5,000 by December. Whatever your goal is, be sure it is achievable and aligned with your values.

3. Develop your action plan. Now that you've identified exactly what your goals are, it's time to develop your action plan. Within each of your goals, write out at least 3 steps you will need to take to move you closer to your goals. For example, you might choose to look at your weekly expenses and pick one thing you could cut down on each week and contribute that amount to your savings or you might identify a number of times per week you would like to exercise to move you closer to that goal.

4. Set mini-goals. Setting mini goals is a great way to keep us motivated and reduce feelings of overwhelm. Try to break down your larger goals into smaller pieces. This will make your goals feel more manageable, it will increase your motivation, and give you direction. For example, perhaps a reasonable mini-goal would be to squat 85kg for 5 reps by the end of the month or perhaps saving \$1300 over the next 3 months feels manageable. Remember, your little wins will increase your motivation to keep going so be sure to celebrate your hard work!

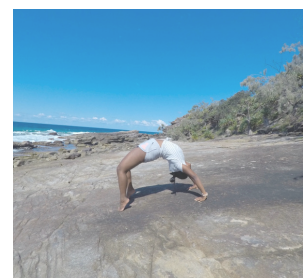
5. Identify potential barriers. With every goal we set we are also going to face challenges. Whether it is a lack of time, not enough money, mental chatter etc. It is important to spend some time thinking about what possible barriers may show up and work through ways to overcome them. For example, if time is a barrier, could you set your morning alarm 15 minutes earlier or could you cut down your time on social media? Whatever the barriers, write them down and work through each one by one. You may also need to accept those you have little control over.

6. Review your goals. It is common to set goals and to never look at them again. However, this approach is seldom helpful. Once you've developed your goals and action plan, set a date to review your progress. Setting a time to review your progress toward your goals can help you determine what is working well and what we may need to adjust in our plan. It also helps to keep us focussed and motivated.



Let go of your all-or-nothing thinking or needing to be 'perfect' and try to be more flexible in your approach.

7. Let go of self-sabotaging beliefs. If you, like many, can only start moving towards your goals on a Monday, the first day of the next month or the New Year then you will forever be chasing your tail and stay stuck in a vicious and unhelpful cycle. Let go of your all-or-nothing thinking or needing to be 'perfect' and try to be more flexible in your approach. One thing I can say for certain is this: Your first step toward your goals doesn't have to start on a Monday. You can start any time and you can start NOW.



Giveaway Time!

Go into the draw to win a self-care pack! For your chance to win you must:

1. Follow us on Facebook and/or Instagram @integrativeclinicalpsychology
2. Find the competition photo on our page, tag two friends AND share with us one of your goals for 2019!

Terms and Conditions Apply. You must live in Australia to be eligible. The pack may be collected in person or sent via post in Australia. Entries close 5pm AEST on 28th February 2019.

Strengthen your Core with One Simple Move

DANNY KELLALEA, CERTIFIED PERSONAL TRAINER

If I had to choose one of my favourite exercises to strengthen and activate my core, it would have to be the plank. The plank is a simple yet effective exercise that can be performed from the comfort of your own home and it has a number of associated benefits. The plank engages several muscle groups at once and variations to the movement can be performed (e.g., the side plank, forearm plank, high plank, reverse plank) in order to change the intensity and/or target different muscles.

Specifically, the plank helps to strengthen the muscles in the abdominal region, and as such, it also helps to prevent back injury and reduce back pain. Additionally, planks and plank variations can improve posture and balance as well as help to stabilise the spine.

Add planks to your workout 2 - 3 times per week and see the benefits for yourself!

**CAUTION: You must be very careful performing this exercise if you have an existing injury or back pain. Always seek advice from a qualified professional and stop the exercise if you experience unusual pain or discomfort.*



Danny pictured doing the forearm plank variation

Standard and Travel Size Wellness Soaks from Soak Society

Check them out on Instagram: @soaksociety
www.soaksociety.com

Soap: Lemon Charcoal by Niulife

Tea: Relax Tea by Pukka (20 sachets)



How to Perform the Forearm Plank

1. Start on all fours with your palms flat and your hands beneath your shoulders.
2. Tighten your core, squeeze your gluteals and pull your bellybutton in.
3. Bend your elbows one at a time to gently lower your body. Your forearms should now be touching the ground (as pictured)
4. Extend your legs out so your body weight is supported by your forearms and your toes. Keep your head in a neutral position.
5. Hold for 10 - 30 seconds, rest and repeat. Holding good form for a shorter period of time is more important than trying to hold for a longer period with poor form.

Note: To ensure you are fully engaging your core and reducing back strain, avoid lowering your hips. Instead, try to tuck your buttocks in.

Danny Kellalea is a certified personal trainer with a Cert III & IV in Fitness. He is available for one-to-one personal training sessions and can be contacted via email at dannykellalea@gmail.com or via phone on 0481 105 321.

Recipe Share

DINUSHA CRAGG, CLINICAL PSYCHOLOGIST, PERSONAL TRAINER & FOOD ENTHUSIAST



Didi's GF Banana Cake

Ingredients:

- 2 ripe bananas
- 100ml coconut milk
- 2 whole eggs
- 3 tbs coconut oil
- 1/4 tsp cinnamon powder
- 3 heaped tbs coconut flour
- 1 tsp honey or sweetener of choice
- 1.5 tsp bicarbonate
- 1 tbs desiccated coconut
- 2 tbs ghee
- handful of dark chocolate chips
- Extra desiccated coconut for serving (optional)

Instructions:

1. Preheat oven to 180 degrees celsius.
2. Place bananas, coconut milk, eggs, coconut oil and cinnamon in food processor or blender (I use my NutriBullet) and blend.
3. Add remaining ingredients except for choc chips and blend again until you have a smooth runny mixture.
4. Add choc chips to mixture and stir them through (do not blend).
4. Line small baking tray with baking paper and lightly grease.
5. Pour mixture evenly into tray and add your choice of toppings (e.g., sliced banana or desiccated coconut).
5. Bake in the oven for 25 mins or until ready. Allow to cool before serving.

About Didi Cragg

Didi Cragg is a clinical psychologist, personal trainer and director of Integrative Clinical Psychology Pty Ltd. She has a passion for providing an integrative and holistic approach to psychological services focussing on clients' strengths, building resilience, fostering positive change, and assisting clients to achieve their personal wellness and health goals. She also has a personal interest in the field of psychoneuroimmunology.

Didi works within the private health sector on the Sunshine Coast and has previously worked at a university providing counselling services to university students.

She has delivered evidence-based psychological treatment to individuals across the lifespan and from varying cultural backgrounds. Didi has authored two research papers on the influence of the media on men and women's body image and she has also been a guest speaker on a body image expert panel.



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