

How to improve Emotional Health

If you're ready to take steps to healthier habits and need help getting out of an emotional rut, here are several tips for living a brain healthy and happy life...

Take Care of Number One

Like it or not, stress is a normal and unavoidable part of living. How you treat your body, and brain, may well determine your ability to function in an increasingly busy world. Taking care of yourself may require that you seek out additional help.

Get a Move On

Physical exercise is perhaps the single most important thing you can do to keep your brain healthy. Exercise can boost blood flow and other positive nutrients to the brain, increase your levels of dopamine and generate new brain cells that can help the brain self-regulate and calm down. Walking can help you clear your mind, decrease anxious thoughts, improve your mood and burn some calories all at the same time.

Find Support in Community

Having a strong community means that

support is just a phone call, email or visit away. Spending time in a positive community of like-minded people is a wonderful way to boost your bliss hormones, such as oxytocin. To improve your emotional well-being, focus your energy on people who are positive and engage in healthy habits.

Get Quality Sleep

Good sleep is essential for optimal brain and body health. Sleep helps repair and renew all the cells in the body. It gives the brain a chance to wash away toxins that build up during the day. It's recommended that you get 7-9 hours of sleep each night.

Beware of Isolating

Though isolating yourself during tough times may feel like the safest option, closing yourself off from the world can actually aggravate your problems. Resist the urge to shut out the individuals who can offer you encouragement and support – friends, family and trusted community or religious leaders.

Contact Anthony for the full article on improving Emotional Health.

www.brainmd.com

TOMNET Management Committee

President Stan Carroll	Vice President Alan Yorkston	Treasurer Allan Jones
Secretary Greg Jones	Greg Sellars	Rob Burey
Bernie Moran	John Miners	Jim Aulbury
	Ross Lange	

The Mgt. Committee meets on the 3rd Wednesday of each month.



TOMNET MONTHLY MEETING

**W E D N E S D A Y 14th
A P R I L 2021**

**10am - 12.00 noon
followed by a BBQ lunch**

**SOUTH TOOWOOMBA BAPTIST CHURCH
279 GEDDES STREET TOOWOOMBA**

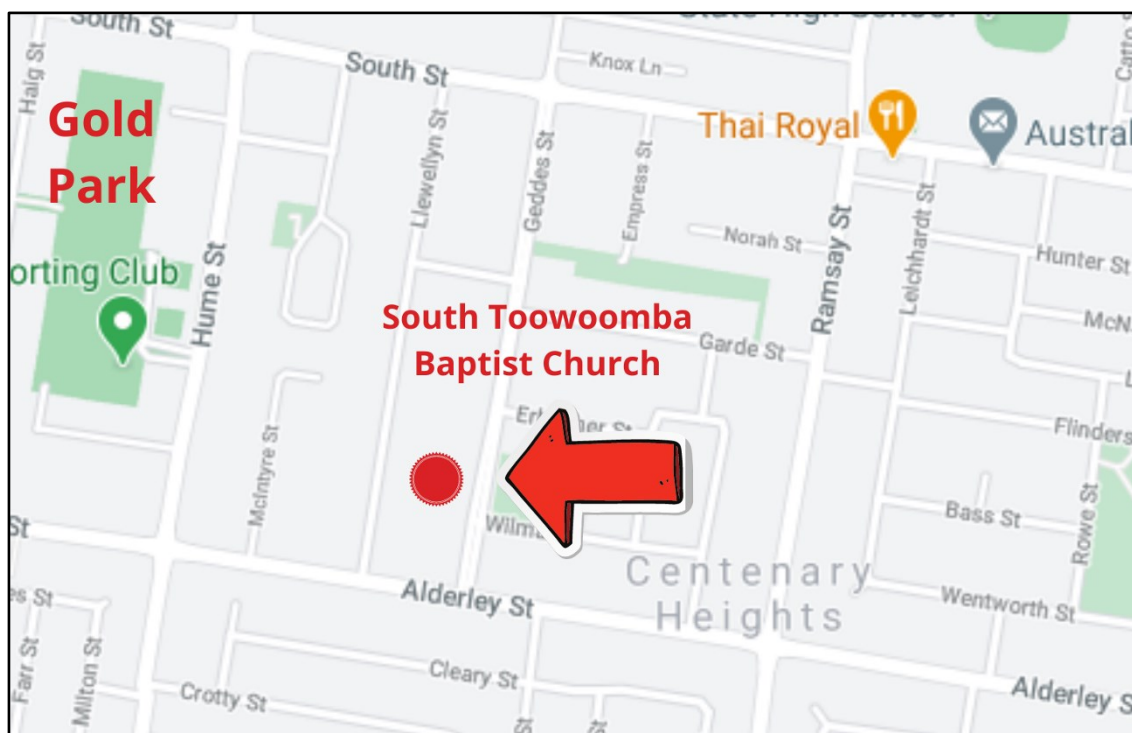
\$2 ENTRY & RAFFLES - GUEST SPEAKERS

ALL MEMBERS WELCOME

2ND WEDNESDAY EVERY MONTH

(PLEASE NOTE: TOMNET WEEKLY MEETINGS WILL CONTINUE)

Location of monthly meeting



Aged Care Visiting Teams

TOMNET Volunteers visit these Aged Care facilities in March/April 2021.

Aged Care visits are a worthwhile opportunity to provide friendship and conversation with men living in aged care facilities.

Consider donating two hours of your time each month; your visit will be appreciated.

Infin8care	Commencing in second half of 2021	
BUPA	Wednesday 24th March	10.00 a.m.
Brodribb Home	Friday 19th March	9.30 a.m.
Yukana	Monday 22nd March	2.30 p.m.
Lourdes Home	Commencing in second half of 2021	

If interested in attending these meetings contact Anthony at the TOMNET Centre on 4638 9080.



WORKSHOPS

THE PROGRAM

The program is free and provides men with the practical tools to support their mates going through challenging times.

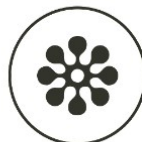
Building resilience and optimism to help us navigate life's difficult times.



WORKSHOP ONE

8th April, 2021

Know Thy Self: Understanding my Strengths & Struggles



WORKSHOP TWO

6th May, 2021

Knowing Others



WORKSHOP THREE

3rd June, 2021

My Future: Maintaining Optimism & Life Balance

THE FINER DETAIL

- ✓ Location: 223 Hume Street
- ✓ 3.30 - 5.30 p.m.
Light refreshments from 3 p.m.
- ✓ Highly practical, discussion led and activity driven
- ✓ Workshop open to men aged 18+

TO REGISTER: CALL 07 4638 9080

GET IN TOUCH: ● 07 4638 9080 ● 223 Hume Street, Toowoomba ● www.tomnet.org.au

Cash for Containers

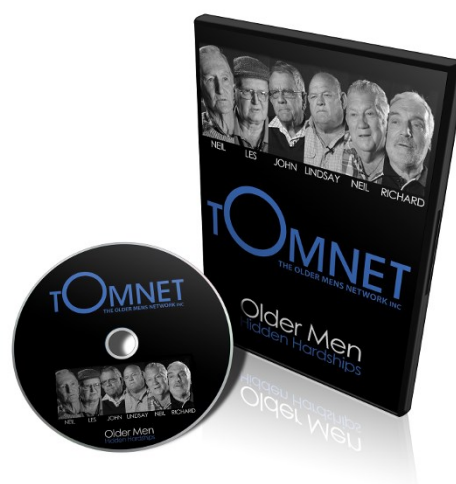
TOMNET is registered with the **Containers for Change Scheme**. By collecting eligible containers and returning them to a container refund point, you can nominate TOMNET to receive **10 cents per container**.

Collect your refund or Donate to TOMNET. To donate your refund to TOMNET, when returning containers quote our unique scheme ID **C10157846**. All monies collected will be deposited into TOMNET Members bank account and used to help fund barbecues, social events, and Member activities.

For more information visit
www.containersforchange.com.au



The 28 min DVD features the lives of six older blokes sharing their stories of **hardship** and **personal struggles** in an effort to **highlight** older men's issues. To order your copy of the DVD, please contact the TOMNET Centre on (07) 4638 9080.





Webstreaming

Webstreaming and service recording for those unable to attend the ceremony.



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THE OLDER MENS NETWORK

LUNCH WITH MATES

Join fellow TOMNET Members for lunch
at a different eatery each month!

- Meals at own cost.
- Group sizes will be limited.
- TOMNET Members only.
- Own transport required, or
share a ride with another
Member.

Call TOMNET to book 07 4638 9080



19TH MARCH 2021

FRIDAY 19TH MARCH, 2021
12 NOON | ZACK'S RESTAURANT
554 RUTHVEN ST

For a full list of venues or to join this program call the
TOMNET Centre on 07 4638 9080.

Would you like to be able to safely and effectively support friends, family, and strangers who are in distress or experiencing a crisis?

ACCIDENTAL COUNSELLOR TRAINING

**BASIC SKILLS TO ENABLE YOU TO PROVIDE
IMMEDIATE SUPPORT AND ASSISTANCE**

eLearning: 1.5 hrs online.

Group sessions: 3.5 hrs delivered at the TOMNET Centre.

WHEN: Wednesday, 12th May, 2021

WHERE: TOMNET Centre, 223 Hume St, Toowoomba

TIME: 9 A.M.

MORE INFO: 07 4638 9080

The course is open to anyone and no pre-existing skills or knowledge are required. Not intended to train participants to be a counsellor.

Training provided by Lifeline.



3 Bad Sleep Habits Keeping You Exhausted

Author: Nick Wignall

I have good sleep habits but I'm still waking up exhausted!

Let me guess: You've read all the sleep hygiene articles, turned off all your screens at night, drunk plenty of sleepy time tea, but you're still not sleeping well:

Maybe you struggle to "shut off your brain" and fall asleep.

Maybe you wake up frequently through the night, unable to go back to sleep.

Or maybe you just feel lousy in the mornings, not rested and lacking energy.

Whatever your sleep difficulties are, reading another list of sleep hygiene tips and tricks is not the solution.

If you suffer from consistently poor sleep, it's your sleep habits that are the problem.

As a psychologist who specialises in [insomnia](#) and sleep problems, I work with my clients to understand the underlying dynamics and habits that are causing sleep problems and how to correct them. And I'm going to teach you to do the same.

In the full article, we're going to walk through the 3 most common habits that lead to insomnia, plus some very specific advice about how to break these bad habits and build better ones.

Here is the summary of the article, the full article is available by contacting Anthony.

Putting it all together

If you suffer from consistently poor sleep, implementing [standard sleep hygiene](#) tips are not enough to improve things. You must identify and correct the underlying sleep habits that are producing poor sleep in the first place.

Three of the most common yet counter-intuitive sleep habits that end up disturbing our sleep are:

Sleeping in on weekends and the social jet lag it produces.

Getting in bed too early and associating wakefulness with your bed.

Not having a long enough sleep runway.

If you can address these problematic sleep habits, you will find that consistently good sleep is closer than you think.

To drastically improve the quality of your sleep, remember the following:

Wake up at the same time every single day.

Don't get into bed unless you're sleepy (heavy eyelids), not just tired.

Maintain a sleep runway of at least an hour before bedtime that includes no work or even goal-directed behavior.

For the full article contact Anthony - anthony@tomnet.org.au

Author: <https://nickwignall.com/>



Why you should be exercising daily

Do those with more pep in their step live longer?

What Research Says

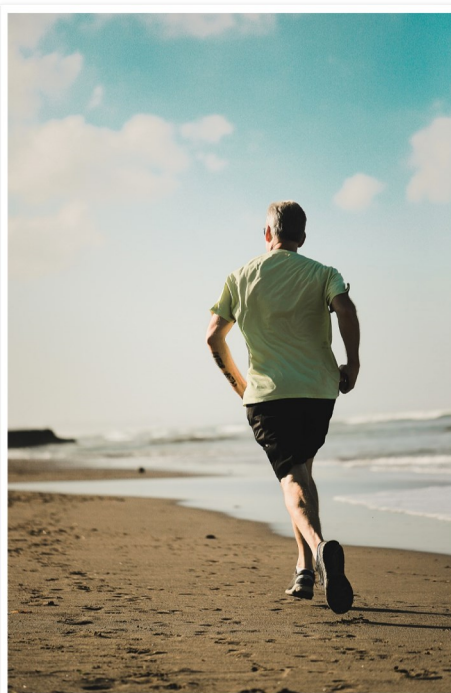
Studies show that after age 65, one strong predictor of longevity is walking speed. Those who can still walk at a decent pace after age 75, have an even better chance of living even longer.

An 80-year-old man who clocks 1 mph has a 10% probability of reaching 90, while a woman of the same age walking at that pace has a 23% chance. Now let's assume this pair is hoofing it a little faster at a speed of 3.5 mph. Now, the 80-year-old man has 84% probability of reaching 90, while a woman would have an 86% chance.

Better Than Happy Pills

If you're prone to anxiety and depression, exercise is one of the best natural treatments that exists—and it's free! Exercise activates the same pathways in the brain as morphine and increases the release of endorphins, your natural feel-good neurotransmitters.

A depression study compared the benefits of exercise to those of the prescription drug, Zoloft. After 12 weeks, the exercise proved equally effective as Zoloft in curbing depression. And after 10 months, exercise surpassed the effects of the drug with zero negative side effects!



Exercise is not only a fountain of youth but also the closest thing to a happy pill that you will ever find.

Turn Back Your Biological Clock

According to research done at Rush University Medical Center in Chicago, individuals with weaker muscles appear to have a higher risk for Alzheimer's disease and declines in cognitive function over time.

Those at the 90th percentile of muscle strength had about a 61 percent reduced risk of developing Alzheimer's disease compared with those in the 10th percentile.

Exercise improves telomere maintenance by increasing the activity of the enzyme telomerase that builds and repairs telomeres.

What Is a Telomere?

Telomeres are the part of your chromosomes

that control aging. They represent your biological clock.

When you are young your telomeres are longer and progressively shorten with age. But the rate at which that shortening occurs is directly influenced by lifestyle choices.

So at any age, healthier individuals have longer telomeres than their unhealthy counterparts.

Article Source: <https://www.amenclinics.com/blog/exercise-for-long-life/>

Do you know a mate who could be interested in The Older Mens Network?

We have a range of brochures to help you introduce your mate to TOMNET. Brochures contain relevant information about TOMNET, the challenge of retirement, what worries older men, and what to do about it.

TOMNET membership is free and open to men aged 50 years and older.

Come into the Centre to see our range, and do your bit to help a mate.



A big thanks to supporters of TOMNET



at Northlands Shopping Centre



cnr Spring St and Ramsay St, Middle Ridge



Local businesses show their support to TOMNET by donating prizes and goods for our Members. **Support businesses that support TOMNET.**

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Queensland Government



Articles for the Telegraph must be received by the 3rd Monday of the month, and may be edited.

www.tomnet.org.au