

What will you do today, to make the world a better place ?

Consider this question on a regular basis, and let it inspire you in all that you do.

How do you make the world a better place?

First and foremost by nurturing yourself so that you can be grounded, confident, and content. This requires continual intentionality. I have created a happy and healthy lifestyle for myself, which makes it that much easier for me to naturally share my happiness with the world.

Are you inspired to pick up trash around your neighborhood. Are you inspired to slow down while driving and let someone merge or make a turn ahead of you.

Are you inspired to volunteer at your church on Sundays, and to donate time to

talking to a stranger. Are you inspired to cook a nourishing meal for one of your friends or a family member.

Maybe the beauty you offer the world today comes in the form of admitting to yourself and others that you have an addiction, and that you need help to get better. Maybe it comes in the form of giving someone a compliment as you pass by them on the sidewalk. Perhaps it's through tutoring a child for an hour, or sending a loved one flowers.

From taking care of yourself and your family, to volunteering, to your job — making the world more beautiful — do you feel inspired to do good, and that can make all the difference in how you live out your days here on earth.

Author: unknown

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

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



FIRST VENUE FOR 2021

FEBRUARY 19TH, 2020
12PM | CITY GOLF CLUB
254 SOUTH ST

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

Are you at risk of heart disease?

There is no single cause for any one heart condition, but there are risk factors that increase your chance of developing one.

Key takeaways

- It's never too early or late to manage your risk of heart disease and improve your heart health
- You can help reduce your risk of heart disease by making positive changes to your lifestyle
- Some risk factors for heart disease are beyond your control, such as: age, gender, ethnicity, and family history
- High blood pressure, high cholesterol and diabetes can increase your chance of developing heart disease
- Understand your risk by seeing your GP for a Heart Health Check.

There's no one cause for heart disease. However, there are risk factors that increase your chance of developing it. The more risk factors you have, the more likely you are to develop heart disease. More than two-thirds of Australian adults have three or more risk factors for heart disease. Yet many people don't know they're at risk.

Preventing heart disease starts with knowing your risk factors and making positive lifestyle changes to lower your risk. Most heart attacks and strokes can be prevented with healthy choices. This can include eating a heart-healthy diet, being active and smoke-free.

How can you prevent heart disease?

In many cases, you can significantly reduce your risk of heart disease by improving your lifestyle choices. Here are a few things you can do to help reduce your risk:

Eat well. See the Heart Foundation's healthy eating tips, recipes and information to help protect your heart.

Exercise regularly. Learn more about how much exercise you need, how to build more activity into your day-to-day life and more

Stop smoking. Find out more about smoking and your heart.

See your doctor regularly. This is particularly important if you have conditions such as high blood pressure, diabetes, or high cholesterol, which can increase your risk of heart disease.

If you've been diagnosed with heart disease, it can still be managed. With the right support, lifestyle changes and treatment, you can go on to live a full and active life.

More information:

<https://www.heartfoundation.org.au/heart-health-education/are-you-at-risk-of-heart-disease>

<https://www.heartfoundation.org.au/conditions/what-is-heart-disease>



Visit the TOMNET Facebook page for regular updates, news articles, health and services information.

<http://tomnet.org.au/TOMNETFacebook>

THE OLDER MENS NETWORK

AGED CARE VISITING IS STARTING AGAIN!

*We are looking for TOMNET
Members to visit isolated men in
aged care facilities.*

*One hour per month, 3 to 4 Members
per team.*

STARTING IN FEBRUARY

**GROUP 1: BRODRIBB HOME (GOGGS ST)
3RD FRIDAY OF EACH MONTH @ 9.30 AM**
19th February 2021

**GROUP 2: YUKANA (SPRING ST) LAST
MONDAY OF EACH MONTH @ 1.30 PM**
22nd February 2021

**GROUP 3: BUPA (MACKENZIE ST)
4TH WEDNESDAY OF EACH MONTH @ 9.30 AM**
24th February 2021

Let Anthony know which meeting you
would like to attend. p 4638 9080
e anthony@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.



Friends of Toowoomba City Library Book Sale

When: Friday 19th February 9am - 4pm,
 Saturday 20th February 9am - 2pm

Where: Toowoomba City Library, Level 3, 155 Herries Street

Come up to level 3 of the Library Precinct to find books of all genres. Fill a bag for \$15. EFTPOS available.

All funds raised are used to assist with Library resources and to support family events throughout the year.

Please contact Jennifer 4636 3181 for further details.

Scheduled Sadness:

Do you sometimes feel stuck in sadness? Like your mood has sunk and you just can't seem to improve it? If so, you're not alone.

Even if you're not struggling with clinical depression, many people experience a form of sadness that seems harder to shake than a normal bout of the blues.

Unfortunately, this stubborn, sticky sadness tends to impact nearly every aspect of our lives. It's difficult, for example, to stick with an exercise regimen or be fully present with our partner when we feel persistently down.

The best way I've found to deal with this dilemma is a little technique called Scheduled Sadness.

How we train our minds to be afraid of sadness. In many cases, the persistent and excessive sadness and low mood described above is the result of a subtle habit we all fall into: Teaching our minds to be afraid of our own emotions.

Most of us grew up in a culture which taught us that negative emotions and moods were bad and something to be gotten rid of as soon as possible:

Feeling sad? Just look on the bright side!

Worried and anxious? Don't worry, it'll be fine!

Angry and frustrated? Go to your room!

Although well-intentioned, invalidating statements like this teach a dangerous lesson: Because something feels bad, it is bad and should be eliminated as soon as possible. And while this makes sense intuitively - when I see my

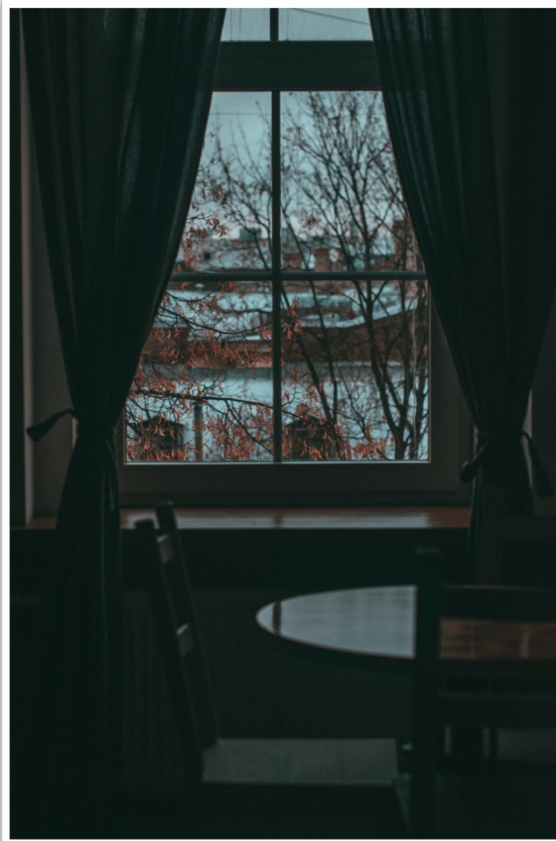
daughter crying, I instantly want her to feel better - logically, it's nonsense.

Just because our emotions feel bad doesn't mean they are bad. When you accidentally touch a hot pan, you feel a sudden surge of pain on your fingers and quickly pull back your hand. Touching something hot certainly feels bad, but the pain we feel when we touch the stove is actually a good thing that helps us avoid a more serious burn.

Emotional pain works the same way. Negative feelings like sadness or fear certainly don't feel good—and sometimes they're downright painful. But to assume that they're bad or dangerous because they're painful is to fall into the logical trap of shooting the messenger.

Just because something feels bad doesn't mean it is bad.

You don't need less sadness. You need a better relationship with sadness.



One of the most counterintuitive but effective ways to break the cycle of persistent sadness is to stop running away from it and trying to "fix" it. And instead, deliberately make time to approach it and even welcome it.

This works because it teaches our minds that even though an emotion like sadness feels bad, it isn't itself a bad or dangerous thing. After all, you wouldn't deliberately approach or welcome something that was literally dangerous.

And when our brains really start to believe this idea - that sadness isn't bad - we stop adding secondary layers of negative emotion on top of

Make Time to Be Sad on Purpose

our sadness. This allows our initial sadness to alleviate on its own.

The best way to feel less sad is to welcome it into your life.

Of course, the concept of “welcoming your sadness” is a little vague for my taste, even if the psychological mechanics behind it are solid. So to make it more applicable and concrete, I developed a little technique for systematically approaching sadness and developing a healthier relationship with it. It’s called Scheduled Sadness.

While I use this technique with my clients in my professional work as a psychologist, I also use it myself in my personal life. Because even though I know intellectually that avoiding sadness and difficult emotions only makes them worse in the long run, it’s the habit of being willing to approach them and experience them that really counts. And this is something even a working therapist needs to practice. If you often struggle with sticky sadness or any form of persistently low mood, this technique may be helpful.

How to Do Scheduled Sadness

In its simplest form, Scheduled Sadness simply means scheduling a regular time to intentionally reflect on and be with your sadness. Feel free to adapt this in any way that fits your life and circumstances.

That being said, here’s the program I most often recommend and follow myself:

1. Schedule a consistent time. It’s important that you find a time during the day that you can stick with consistently. Scheduled sadness is about learning, and most forms of learning, it won’t work if you just do it occasionally. It needs

to be a regular habit and practice to be effective. Most people find first thing in the morning or early in the evening to be the best.

2. Start with 10 minutes. Typically, 10 minutes is a good length of time to start with, although feel free to adjust this as needed.

3. Write down the things you’re sad about. While Scheduled Sadness doesn’t have to be a written exercise, I find that this is best when

you’re first starting out. Simply take out a notepad or journal and write down the things you’re sad about. Try to focus on the feeling and emotion of sadness in addition to the logistics of what happened related to the sadness. Try not to edit or judge what you’re writing—just write. The goal is to

describe your sadness and observe it, not to analyse it, fix it, or even understand it.

4. Keep a record of your scheduled sadness.

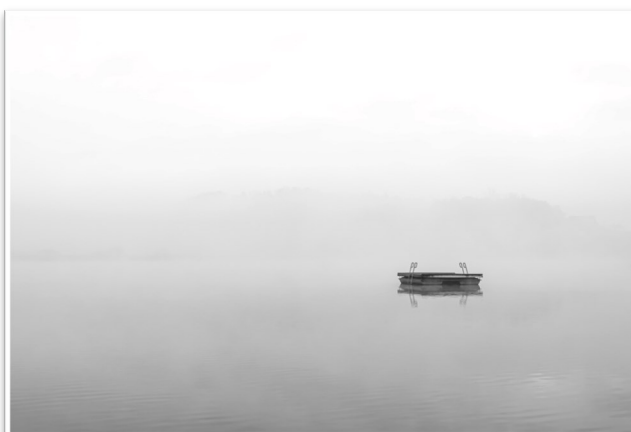
Or not. Some people like a running record of their thoughts on their sadness, similar to a diary or journal. But this isn’t required. When I do this exercise, I throw away the paper after my time is up. The important part is simply to reflect on your sadness deliberately.

4. Don’t overthink it. You don’t need to analyse or do anything with the contents of your scheduled sadness. And there’s no good or bad scheduled sadness. Just be willing to reflect on and express your sadness for 5 or 10 minutes, then move on.

Article Source: <https://nickwignall.com/scheduled-sadness>

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Lifeline

Lifeline offers a **FREE** collection service on the Darling Downs as part of the "Donate It" service.

Call 1300 991 443 to arrange a pick up.
www.lifelinedarlingdowns.org.au

Need a JP ?

A Justice of the Peace is only a phone call away.

Contact:

Alan Yorkston
East Creek CC

0408 750 416
4639 2755



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A big thanks to supporters of TOMNET



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

One Question You Should Ask Everyone You Meet

What is your story?

- Where were you born?
- Where do you live now?
- What makes you smile?
- What is the most important life lesson you've learned so far?
- What is your deepest fear?
- What is your greatest dream for your life?
- Who are you?



Caring more about who people are, than what they do and own.

Spend time with, or talk with, someone who makes you smile. Who nourishes and supports your happiness? Take a few minutes and visit them if they're nearby, or call them on the phone.

Email a close friend or family member you haven't spoken to in awhile and reconnect with them.

Stop to help someone. In life, you get back what you put in. When you make a positive impact in someone else's life, you also make a positive impact in your own life. So the next time you see someone pulled over with a flat tyre, or in need of a few minutes of assistance, stop and ask how you can help.

Emergency Contact Card

An Emergency Contact card is available for all TOMNET Members. Fill in the details below and a card will be made for you to place in your wallet in case of an emergency.

Your Name: _____

Address: _____

Emergency Contact Details:

Name: _____

Home Phone: _____

Mobile Number: _____

Additional Info: (e.g. Blood type, Health directive,
Heart issues)



Hand the details in at the TOMNET Centre and the card will be made and ready to pick up as quickly as possible.

Slow Drip

You select your favourite mug off the shelf and place it carefully under the coffee machine.

You reach for the coffee packet, noticing the country of origin. You focus your attention on the noise of the coffee brewing and the sight of it filling the cup. You lift the cup noticing it's warmth. You intentionally don't add milk — you've been limiting your intake lately. The cup gently warms your cold hands.

You slowly take a sip, smelling the fresh scents, noticing it's rich earthy flavours, experiencing the texture. Your senses come alive. It warms your mouth, then your throat as you drink. You enjoy every sip without distraction from any of your devices — they are all out of sight.

This is your time to do nothing but tune in. The caffeine starts to work as you notice a familiar buzz. Every time thoughts pop into your mind, you gently re-focus on the experience of drinking, letting them go as you

stay in the moment.

This moment. You feel calm, you feel present and you feel gratitude for the whole experience. You move into your day sustaining a sense of relaxed awareness.

This time, you felt a sense of presence. You focussed on the experience and were living in the moment. You carried this awareness forwards into your day.



Adding more mindfulness into your day is a subtle yet profound shift to make. It all starts with integrating a few short moments of practicing awareness.

Take your meditations with you, wherever you go and whatever you're doing, and notice what happens when you practice the art of presence.

At the very least, let the idea percolate for a while...

<https://thriveglobal.com/stories/flat-white-extra-mindfulness/>

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