



Tips to keep you airborne!



Take a Walk on the Wild Side October 2018

WA has recorded its highest suicide rate in more than 20 years, with 409 West Australians taking their own lives last year... is what I read in today's paper.

That's a 10% increase, putting suicide as the 13th leading cause of death in Australia.

A sobering thought, as I walked from a café down a quiet laneway, bathed in warm sunshine, bees buzzing, birds chirping, flowers resplendent, spring orchestrating its wondrous rhythm and life abounding all around me.

Meanwhile, someone, somewhere in WA, would end their life today.

Hard to imagine given how buoyed I was feeling.

I'd been exercising in a park, soaking up the sounds and smells of the season.

With my nose to the ground, deep, delicious, green, grassy breaths had helped hold my pitiful plank in place, fueling my motivation to hang in a second longer.



I couldn't help thinking of Steve Parish, whose iconic Aussie nature photos graced postcards and calendars around the world in the 80's and 90's.

Ask my mother, a Blue Fairy Wren fan and recipient of numerous Parish calendars over the decades. She'll vouch for his international fame, which is up there with Paul Hogan and Steve Irwin.

Parish ran a multi-billion-dollar business but was declared bankrupt in 2012. The Queensland floods in 2001, a major bout of depression, cancer and divorce wiped it all away.

An advocate for mental health, he now lives in a shed and couldn't be happier.



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259

He firmly believes that getting out into nature is essential to your mental, physical and spiritual wellbeing.

You already knew this, didn't you?

But did you know that depression, Australia's 3rd highest burden of disease, will be the No.1 health concern for developed and developing nations by 2030, according to the World Health Organisation?

So, what can you do to protect yourself?

Take a leaf from a landmark study by the Black Dog Institute (published in the American Journal of Psychiatry in 2017) and get regular exercise of any intensity as it can prevent future depression.

A whopping big study (the biggest of its kind) of 33,908 Norwegian adults over 11 years reported that 12% of cases of depression could have been prevented if the participants had just undertaken one hour of physical activity a week.

Yes, that's just one hour a week!

So, get yourself out there, shake a leg and get a good dose of vitamin N (Nature) while you're at it. The stress release you feel when you take a stroll in the bush or on the beach is backed by science.

And if you're like me and if you want to roll around in the dirt and get your hands dirty, just know that emerging research is showing that the more biodiversity you are exposed to in your environment, the more biodiversity you're going to have in your gut microbiome.

Serotonin, a natural (nature all) neurotransmitter and one of your 'happy hormones' will love you for it!

How so? 95% of it is made and stored in your gut.

Happy house, happy head...

Till next time,

Nurture nature,

Caroline



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259