



Integrated  
Wellbeing  
Centre

# Newsletter

August 2016

## Motivation, Attitude &



We all know that our **motivation and attitude** towards certain tasks or goals can be the **difference in success and failure**. Motivation is the reason behind acting in a certain way. Attitude is a settled way of thinking or feeling about something. These two things are interconnected in terms of success, learning and failure.

**When an individual has a good attitude towards a certain task they are more likely to be motivated and therefore do the best job possible, which is likely to result in success.**

### **Passionate and motivated role models to look at for inspiration**

Coming in to Rio Olympics, we have many stellar examples of individuals that have a high drive to succeed. There are many Olympians that come to mind when we think of successful, passionate and motivated. The two that I thought of straight away were **Eddie Edwards** and **Lebron James**, two very different athletes but both shared the same passion and drive.

**Eddie 'The Eagle' Edwards**, from a young age was determined to go to the Olympics. He tried for years to find what sport he would practice and compete in to become an Olympian and eventually choose ski jumping. He self taught himself and made a jump that met the bare minimum to qualify for the 1988 Calgary, Canada Olympics. He came last in both the 70m and 90m jumps but never showed any other emotion but delight due to making it to the Olympics.

Eddie was a prime example of pushing yourself to the limits, achieving your goals and **being the best YOU can be.**



**Lebron James**, unlike Eddie, had goals to be the best. Better than anyone else at his sport, Basketball. Lebron James is a big time basketball player. He currently plays for the Cleveland Cavaliers and has just won his first NBA championship for his home city. Lebron played for Miami previously, with the intention of winning championships. He has achieved a lot in his career, however when falling short, it seems evident he struggles to cope with being beaten by others.

His best must be the best.

His attitude is more so winning is the success rather than being your best.

These two Olympians demonstrate how important attitude and determination is, no matter how big your goal may be. Hopefully their stories inspire you to start working towards your goals and dreams and to help you.

Turn over for some ideas to get you on your way to being super motivated!

### **Up-coming Events**

**5-21st August** Rio Olympics

**1-31st August** SALA Artist Festival

[www.integratedwellbeing.com.au](http://www.integratedwellbeing.com.au)

# Cinnamon Apple Energy Bites

by Danae Halliday from [reciperunner.com](http://reciperunner.com)

YUM!

## Ingredients

1 cup dried apples (not freeze dried)  
1/2 cup medjool dates, pits removed  
1/2 cup unsalted dry roasted almonds

1/2 cup rolled oats (gluten free Freedom Foods)  
1 T. maple syrup  
1 t. cinnamon  
1/8 t. allspice  
2 T. water, more if needed

## Method

- 1 Soak the dates in hot water for 10 minutes.
- 2 Add all of the ingredients to a food processor or high speed blender and blend until the mixture turns into a paste or dough like consistency.
- 3 Scoop out heaping tablespoons of the mixture and roll into balls.
- 4 Store the energy bites in an airtight container in the refrigerator or freezer.

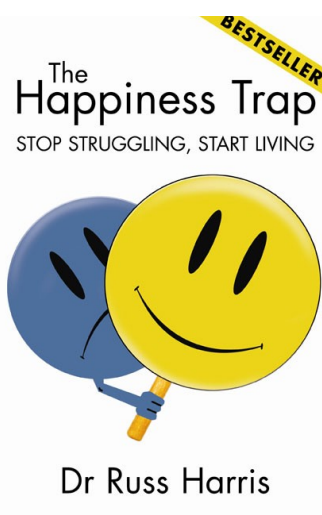


## The Happiness Trap

Book Review **Dr Russ Harris**

If you have ever felt stressed, worried or miserable and yet you smile and pretend everything is fine then you are most definitely not alone and may find "The Happiness Trap" a very interesting and empowering book.

Dr Harris explores the concept that despite a high standard of living so many of us are struggling with anxiety, depression and low self-esteem. He explains the "Happiness Trap: a vicious cycle, whereby the more we strive for happiness, the more we suffer in the long term." Fortunately this book offers an escape plan through simple and easy to learn mindfulness techniques. "The Happiness Trap" will lead you through the six powerful principles of ACT (Acceptance and Commitment Therapy) - in a very different approach to most self-help books on the market you can learn to transform your painful thoughts and feelings so they have less impact and control over your life.



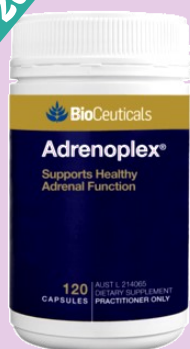
## 5 Tips for Motivation

- 1 Set up reminders- it's important to remember what jobs or activities you are wanting to get through. It's also a good idea to put motivational quotes in with your reminders.
- 2 Work with someone else- depending on the task at hand (this one is especially good for fitness goals) partner up with someone who has similar goals as yourself, you can keep each other accountable.
- 3 Go to bed earlier, wake up earlier- giving yourself enough sleep to recharge for the day is extremely important. Mornings are often still and quiet, giving you the opportunity to concentrate with less effort.
- 4 Scheduling- Scheduling enables you to have set time to do the activities you're planning on, it also leaves you less room to make excuses!
- 5 Set reasonable goals- setting goals is a great way to keep you on track, you also feel awesome when you reach those goals! Make sure they're challenging, yet attainable so you're pushing yourself, but not setting yourself up for failure.

20% off\*

## Adrenoplex

Product of the Month



Adrenoplex combines traditional Chinese medicine herbs Siberian and Korean ginsengs with the Ayurvedic herb withania (KSM-66 extract), clinically demonstrated to support stress adaptation and to relieve mild anxiety. Formulated with added B vitamins and amino acids for healthy adrenal and nervous system support, Adrenoplex may be beneficial during times of increased physical and mental demand.

Please seek advice from your health care professional to see if this product would be suitable for yourself.

\*20% off Adrenoplex for the month of August. Information from [bioceuticals.com.au](http://bioceuticals.com.au)

"The best way to predict the future is to create it"

Peter Drucker

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