

From: **Spanner In The Works** no-reply@malehealth.org.au
Subject: Feb Spanner Newsletter
Date: 8 February 2021 at 10:10 am
To: paullhuillier@bigpond.com



February 2021

www.malehealth.org.au



Print-ready PDF [here](#) so why not give a copy to a friend?



2021

Welcome to a new year !

Christmas, New Year, Australia Day are now all out of the way and it's time to get back into it. For me, it's back to the desk and hoping we can get back out to the Sheds. For you, I hope it means getting back into the Shed and all those projects you've been wanting to get your hands on.

What will 2021 bring?

More dust or rain and sunshine? Wild fires or lush growth? Pandemic or a return to new normals? Who knows. We could say '2021 will be what it will be'. But how we see it and what we make of it, is largely up to us — and our health will have a lot to do with that outcome.

Your suggestions, stories, health questions and even jokes are always most welcome for the Spanner newsletter (even if I can't print them). It's always great to hear what's happening in your world.

Enjoy your read and please feel free to share the newsletter with friends and others in the Shed.

Take care

Stuart

Men's Health Project Officer | stuart@mensshed.net

p.s. Don't forget Valentine's day on the 14th forgetting could be bad for your health.



Get your 2021 Calendar

Send us a quick email with your name and address and we'll send you a copy. Only a couple of boxes remain. To view the whole calendar just click on the image.

Email amsa@mensshed.net



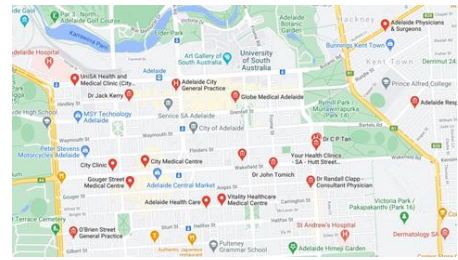
Dr shopping **might be bad** for your health






A severe rash prompted a man from a rural area to come to town to be examined by a local doctor. After the usual history-taking followed by a series of tests, the doctor advised the patient he would have to get rid of the dog that was evidently causing the allergic reaction. As the man was preparing to leave the office, the doctor asked him out of curiosity if he planned to sell the animal or give it away. “Neither,” the patient replied. “I’m going to get me a second opinion. It’s a lot easier to find a doctor than a good sheep dog!”

It happens all the time, doesn’t it? People go around asking person after person for advice until they hear the opinion that matches theirs. But the reality is, we are the worst judges of our own actions because our opinions of ourselves will always be more favourable than reality.

If you find a good doctor, stick with them. Where it's practical, try to see the same one because they have more than your medical history. They have an understanding of who you are and what you're like. Medications and treatments can be given knowing your full history. You also get to know them, and gain trust to tell them exactly what's wrong and the things that are happening.

Stay well and if something isn't right, see your doctor knowing it is better than worrying — or falling off the perch.



	MIND	Keep learning						
	SPIRIT	Give (including faith, spirituality, hope & appreciation)						
	PEOPLE	Connect						
	PLACE	Take notice (of the space around you)						
	PLANET	Care (for the environment, think about the bigger picture)						

New year is time to do a little self analysis

Give this a go. Complete the form and then work out how you can move your response from never to sometimes, rarely to sometimes, often to very often. You get the drift.

In business there is a saying: "Change and innovate as much as you can because staying the same is going backwards". Another saying an old boss of mine used to motivate us was: "If you think you can, you can. If you think you can't, you can't. Either way you're right".

Above you'll see some new messages to ponder such as: look after your body, actively keep learning, enjoy giving, stay connected, take notice of people and things around you, and care for the planet.



Your natter matters

The organisation called R U OK? wants to empower our seniors to **reach out** to one another and give the gift of conversation. Because a meaningful 'natter' can positively impact feelings of self-worth and self-esteem, making a big difference to someone who might be struggling with life.

Research has found people engaged with the

Research has found people engaged with the R U OK? campaign are up to 6 times more likely to reach out to someone who might be troubled. However, those aged 65 and older are less likely to have engaged with the R U OK? message. **Your natter matters** aims to increase confidence levels and reinforce the value of simply asking "Are you OK?" and lending a listening ear.

ruok.org.au/yournattermatters



How much **activity** do you really need?

Living a more active life, especially if you can do at least 30 minutes of moderate-intensity physical activity on most (if not all) days of the week, can significantly improve your heart health. It can also ease anxiety and depression, and help you feel better about yourself.

When physical activity becomes part of your daily routine, it can benefit you for the rest of your life.

Let's take a closer look at why moving more and doing it regularly is great for your heart, body and mind.

Regular and adequate levels of physical activity and exercise can have immediate and long-lasting effects including:

- increased energy levels
- improved blood circulation
- stronger bones, muscles and joints, which can improve strength, balance and overall fitness
- helping to manage weight, blood pressure, cholesterol and blood glucose
- encouraging a positive self-image and mindset

Follow this link to heartfoundation.org.au for more information.





Health events this **February**

February is awareness month for: **Ovarian Cancer**

- 4 Feb | **World Cancer day**
- 14 Feb | Valentine's day
- 18 Feb | **International Asperger's day**
- 29 Feb | Rare Disease day

Share your health story **The Spanner team** would like to hear about your health and wellbeing experience. **Send your story to**

info@malehealth.org.au



Spanner in the Works? Check your symptoms

healthdirect

Feeling unwell and not sure if you need a doctor? The *Health Direct Symptom Checker Tool* can help you decide what to do next.

[Get started with the Symptom Checker.](#)

**SPANNER
IN THE
WORKS?**

*A men's health initiative by the
Australian Men's Shed Association and Healthy Male*



GET IN TOUCH info@malehealth.org.au

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