



# 5 FUN WAYS...

to spend time with your loved ones



## WELLNESS

*If you close your eyes and take a moment to look back upon your memories, is there anything more precious than the ones you have of spending time with your loved ones?*

Do you remember times when things got tough and you needed someone to turn to? Your loved ones may have been there to ease your pain, to improve your confidence, or to generally pick you back up.

Do you remember moments of celebration, when your loved ones shared the joy and happiness of your achievements?

As the years roll by, we look back on those memories as a vital part of our lives.

We hold onto them tightly as constant reminders of what's really important to us in the busy world we live in today.

Whether a parent, grandparent, aunt, uncle, daughter, son, or friend, spending time with the ones you love is a wonderful way to connect, strengthen relationships and improve your mental wellbeing.

CentacareCQ Family Relationship Educator, **Pauline Watkins**, says that the bond we share with the ones we love is precious.

*"These bonds can lead to beautiful and rewarding relationships that will last a lifetime,"* Pauline says.

*"Every person has the ability to provide positive, encouraging, and unconditional love to one another."*

**With Pauline's help, we've put together a list of five fun ways to spend time with your loved ones that you might like to try!**

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# 5 **Cover Story Continued...** **FUN WAYS...** to spend time with your loved ones



## 1. Read a book together

Story time is the place where imagination blooms at the turn of each page.

Sharing your favourite book with your loved ones, particularly your young family members, is a great way of building that relationship.

There are no screens for distraction, just you and the words on the page.



## 2. Bring out the photo albums

It's time to crack open the history vault and revisit the special times with those nearest and dearest to you.

Enjoying old photo albums or even videos together can be a fun conversation starter, and is a great way to reminisce and re-explore your past experiences and life stories.



## 3. Cook up a storm

As the saying goes *"Life happens in the kitchen"*  
– Andrew Zimmern

Some people have a particular food or recipe that they just can't get enough of.

Quality time in the kitchen, with a sprinkle of love, a dash of patience, and seasoned with the shared experience of enjoying the delicious reward at the end, can be a great way to spend time together and make new memories along the way!



## 4. Get out in the garden

Whether you have a green thumb or not, bonding in the garden can be a magical experience.

Whether it's planting something new or simply tending to what you already have, spending time together in the garden carries the additional benefits of getting some fresh air and sunshine.



## 5. Try something the other person enjoys

Make the most of time with your loved ones 'lucky dip' style.

Exploring hobbies and passions with others can strengthen your relationships significantly. Who knows? You may even enjoy your newly attempted activity just as much as your loved one does!



## February's focus is all about 'you'...

Welcome to the February edition of Chat Monthly!

We've dedicated this issue to focusing on some great wellness content that I'm sure you will enjoy.

Speaking of wellness, lately I've been reminded of the value and goodness that spending quality time with my family brings to me and my wellbeing.

Like myself, I hope you too can take some inspiration from our '5 Fun Ways...' feature piece, and introduce some more quality together time into your life, with someone that you love.

We also speak with one of our newest counsellors, Prabha Srinivasan, in this issue, who joined our team in September of last year.

Remember, counselling can be another useful tool to look after your health and wellbeing, and that here at CentacareCQ, we have a dedicated team of professionals available for you should you need them.

I hope that you enjoy reading this issue of Chat Monthly.

Until next time,

**Flavia Prospero**

General Manager Health & Wellbeing  
Northern Region



## Your COVID-19 safety is our top priority

Our team adhere to strict infection control protocols at all times, including the use of personal protective equipment and the regular sanitisation of all our facilities.

These measures are specifically designed to keep both you and our staff safe, so you can continue to receive the quality services that you know and love.



## OUR TEAM

# Prabha transforms her passion into her career

When it comes to career changes, nothing compares to the flip that new CentacareCQ counsellor, Prabha Srinivasan, made seven years ago when she left the world of computers and technology to explore her life-long passion of life coaching and counselling.

*"Ever since I was a kid, I was interested in the mind, how it worked and how it behaved,"* Prabha says.

*"I worked in IT for many years and during that time, I knew it wasn't really what I wanted to do."*

*"After having my first son, I took a break and decided to take the plunge and start studying to become a life coach."*

*"It was something that was an interest of mine, but I always had it in the background – I never considered it a career option."*

In 2011, Prabha began working as a life coach. In 2015, while still working as a life coach, she began furthering her studies to become a counsellor.

Joining the CentacareCQ team in September last year, Prabha has been loving the challenge of helping her clients to meet their individual needs.

*"I really love the diversity of my clients. It's a great stretch for my brain to come up with solutions to best suit their needs,"* Prabha says.

*"I work with people from all walks of life, but my areas of expertise are in life coaching and working with couples."*

With a hunger to continue to learn more about the human mind and behaviour, Prabha says she is currently completing a Masters in Counselling.

*"The mind never really switches off. Reading and reflecting on the work I do, it all feeds into each other,"* Prabha says.

When she's not at work, Prabha says she enjoys reading books of a similar nature to the work that she does, as an added form of reflection.

If you happen to be struggling with tough times, with life in general, or would just like someone to talk your issues through with, Prabha and our team of qualified counsellors are available to listen without judgement, and to give you the support you need.

CentacareCQ offers professional counselling services to individuals, couples, and families, so that they can continue to develop and grow with a healthy mindset.

**Counselling sessions can be arranged in person, over the phone or via online video conferencing.**

## Next Steps...

If you'd like to know more or book a session, visit our online booking system at:

[centacarecq.com/counsellor-booking](https://centacarecq.com/counsellor-booking)

Call our team today on **1300 523 985**  
or message us on Facebook



*"Ever since I was a kid, I was interested in the mind, how it worked and how it behaved."*

Prabha Srinivasan



# Movie Actors

Y E N O O L C D R T E B A R D E M  
 F N V N I L A W R P H O E N I X E  
 O R A R E N A A S G S P A C E Y R  
 X A O M I E V A N O S B I G L O E  
 X N R E K O S I H M C K E L L E N  
 S W L U L C V O T N F B A C O N T  
 F S A T S A A T N M E N O M A D S  
 O B A H E S E J R U M L P P E D O  
 R L D W L N E E F L A D L O T O C  
 D A I C T B E L K B H U S Y H U S  
 R C C R A V E C L D T N E E G G E  
 T K A H E I A R O L A C N R I L G  
 N H P S A S N O G O T A O R O A D  
 A S R T U N W E U G S N J A V S I  
 R U I C Y E H G U A N O C C M N R  
 G R O E N A M K C A H P E S C I B

KEVIN BACON  
 JAVIER BARDEM  
 JACK BLACK  
 JEFF BRIDGES  
 MICHAEL CAINE  
 JIM CARREY  
 JACKIE CHAN  
 GEORGE CLOONEY  
 KEVIN COSTNER  
 JOHN CUSACK  
 MATT DAMON  
 JEFF DANIELS

JOHNNY DEPP  
 LEONARDO DICAPRIO  
 MICHAEL DOUGLAS  
 MICHAEL CLARKE  
 DUNCAN  
 HARRISON FORD  
 JAMIE FOXX  
 MEL GIBSON  
 JEFF GOLDBLUM  
 HUGH GRANT  
 JAKE GYLLENHAAL  
 GENE HACKMAN

JOSH HARTNETT  
 JEREMY IRONS  
 HUGH JACKMAN  
 JAMES EARL JONES  
 JUDE LAW  
 MATTHEW  
 MCCONAUGHEY  
 IAN MCKELLEN  
 LIAM NEESON  
 JOE PESCI  
 JOAQUIN PHOENIX  
 KEANU REEVES

GEOFFREY RUSH  
 KURT RUSSELL  
 JASON STATHAM  
 JOHN TRAVOLTA  
 JON VOIGHT  
 MARK WAHLBERG  
 HUGO WEAVING  
 ELIJAH WOOD



# Weet-Bix Slice with Lemon Icing

Enjoy this fun and nutritious snack any time!

### Ingredients

- 395g condensed milk
- 125g butter
- 1 tablespoon cocoa
- 10 Weet-Box biscuits crushed
- ½ cup desiccated coconut
- 1 cup chopped mixed dried fruit (dates, nuts, ginger etc)

### Method

Mix condensed milk, butter and cocoa into a saucepan. Heat gently until well-blended and melted. Remove the saucepan from the stove and add Weet-Bix, coconut and fruit. Mix thoroughly and pour the mixture into a well-greased slice tin. Put into the fridge and leave to set for at least two hours. Ice with lemon icing once cooled.

### Lemon Icing

- 1 cup powdered sugar
- 1 tablespoon lemon juice (freshly squeezed)
- 2 tablespoons lemon zest (freshly grated)
- 1 tablespoon milk

### Method

Combine powdered sugar, lemon juice, lemon zest and milk into a medium bowl. Vigorously stir until the mixture is smooth. Drizzle over the slice once the slice has set.



## REFLECTION

# Show yourself some LOVE by



**Don Butler**  
 General Manager Human Resources

### Wow, February already I hear you say!

February always reminds me of Valentine's Day, that special day where we buy flowers and chocolates or have a romantic dinner with the one we love, right?

I'm all for that, but during these stressful times, I want to remind you to take the time to care about the most important person in your whole world... You!

We all care about our loved ones, but we often forget to care about ourselves.

Ask yourself: **Am I getting enough sleep? Am I eating correctly? Am I doing enough exercise? Do I drink enough water? Am I able to take a break from the stresses of daily life?**

Having a happy and healthy body and mind is important, and the reality is that most of us simply don't take the time to stop and put a self-care plan into place.

### Here are some helpful ideas to get you started:

1. Have a consistent sleep schedule. Go to bed and wake up at the same time each day.
2. Eat a balanced diet.
3. Drink enough water.
4. Relax – watch a favourite movie, read a book, listen to some music, or take a bath.
5. Go for a walk.
6. Connect with a friend.
7. Bake a cake or a tray of biscuits.
8. Buy yourself a small treat that is just for you.

### I hope these ideas help you to create your own self-care plan.

Above all, I'd like you to remember, that yes, it is important to love others, but it is more important to love yourself. **Enjoy!**