HONEYBEE

LIFESTYLE MAGAZINE

AWAKEN THE WARRIOR WITHIN

Are you ready to be authentically you?

INTRODUCING

LETICIA LIVING

Stroke Survivor, Recovery & Empowerment Coach

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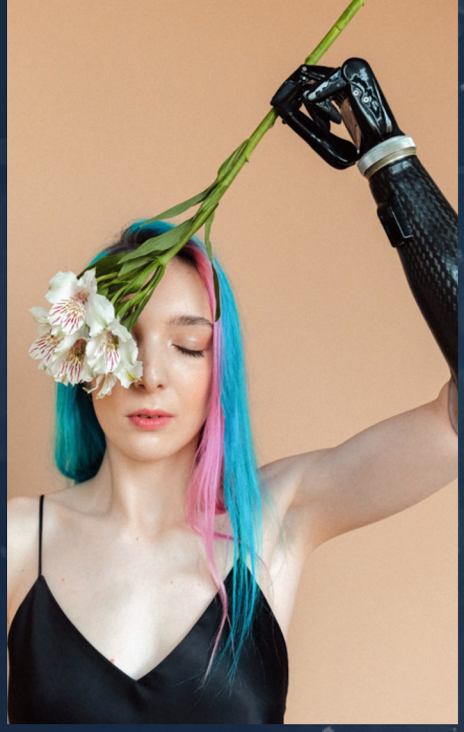

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EDITOR'S NOTE

Welcome to Honeybee

AWAKEN THE WARRIOR WITHIN!

ARE YOU READY TO BE AUTHENTICALLY YOU?

Life isn't always rainbows and unicorns (or whatever other magical things we might wish it were). Sometimes the life we are living simply doesn't feel like a good fit anymore, which can lead us to resent the world - or even ourselves. This is no way to live. But becoming aware of this dissonance isn't a bad thing; it's a call to awaken your Inner Warrior, and reassess living authentically.

A tough but unavoidable life lesson is that you are your own best rescuer when feeling stuck, discontent, or out of alignment. This is often a sign that it is time to step out of your comfort zone and find yourself.

A compass comes in handy for this kind of journey, and luckily you have one in the form of your own values. That makes the first step on your journey so important; uncovering what your core values are, and how you want to live!

Congratulations to our contributors, mystery writer the Girl in the Silk Green Dress, Jenny, Jacqueline, and partners on their marriages and engagements. We are overjoyed for you all. xx

Whether you feel you live in alignment with your values or not, they will define who you are, and your experiences in life. When you are out of alignment, you'll often feel frustrated, stressed or unhappy. Joyless is a word that often comes to mind here too.

Until you live authentically within your value system, your values remain as suspended ideas, determining what makes you feel good or bad. The challenge is to navigate your life according to what matters most to you.

I have spent my life living by my value system with as much integrity as possible. At times it actually cost me a lot because as I discovered, not everyone else lives this way. These days I am a little less naive but still endeavour to live as my truest-self and I often call upon my Inner Warrior for strength and support. Over the years she has grown to become a mighty Warrior indeed!

Summoning the courage to live your life authentically is a real journey. But when you do, it feels good. You experience the benefits, feel the power of living in line with who you are, it is comfortable because it is authentic.

My advice to you is this; be motivated by others who lead the way, be humbled by the small miracle of seeing someone be inspired by you. It is time to express who you are. Say yes to what lights you up. Say no to that which weighs you down.

Let your life's path be guided by the truest compass there is - you.

From your Editor-in-Chief
Love & blessings always Melissa Dumitru xx

Meet the CONTRIBUTORS

It takes a lot of hard work to compile a lifestyle magazine and guide our readers to a more mindful and intentional life while living with all our extra challenges. The powerful stories and engaging content from our dedicated lived experience experts are so greatly appreciated.

Jacqueline De Grussa

Sociologist specialising in the area of Trauma, Addiction & Recovery, Founder Women's & Men's Recovery Community, Founder and Managing Director,Recovery Collective Ltd, Facebook.com/womensrecoverycommunity

Jacqueline consults for an indigenous organisation, developing various new culturally specific recovery-based projects. Her Women's Recovery Community and Men's Recovery Community offer 24/7 support in WA, interstate and overseas. Jacqui is the Managing Director of The Recovery Collective Inc. She is a mother to three children, and is a documentary buff. Jacqui is passionate about all things that empowers our most vulnerable on their recovery journeys.

Jackie Rowe

Qualified Mindset Coach - Training Facilitator
Advanced Psych K Practitioner - Motivational Speaker
Certified Women's Circle Facilitator
focus_coaching@outlook.com -
www.focuscoaching.com.au

Jackie is a University qualified Life Coach, Strengths Based Practitioner, Psych K Facilitator, and Women's Circle Facilitator. With a background in Early Childhood Years, Families and Community, Jackie now works predominantly with women to empower and inspire. Her vision is for all women to realise their amazing true potential, to speak their truth without fear and live a life they love.

Angela Famiano

Masters Social Science (Counselling & Psychotherapy) Grad Cert Disability Studies Bachelor of Arts, Psychology Family & Children Services Diploma Community Services/Child Services 0-15 yrs

Angela is an accomplished Counsellor specialising in alcohol & other drugs. She has a special interest in men's advocacy and believes that counselling is not so much about fixing things, but acknowledging them and working with your strengths. Her vision is to be part of people's journey to self-improvement and helping them find a place that makes them truly happy.

Fay Bahemia (Copyeditor)

Winner "40 Under 40" & multiple Community Awards
Cert IV Professional Writing & Editing
Cert IV Community Services
BSc (Microbiology & Pharmacology)
Grad Dip Food Science & Technology
Clinical Trials Coordinator in Radiation Oncology

Fay has worked and volunteered with peer-support groups and NFPs, helping them to reach their goals and visions through freelancing. She has held key industry positions in quality assurance, regulatory affairs, biomedical research and manufacturing, training, and communications in various sectors. Fay has a lived experience which changed her life trajectory in 2015. She is an avid dancer, lover of visual art and a fan of beautiful cars. She has a quirky nature that draws people to her. Fay is meticulous in all she does, and I am thrilled to have her on our team as our Technical Editor and Copyeditor.

Helen Blanchard (Lifestyle Editor)

Lived Experience Expert - Registered Nurse Specialist (retired)
Diploma of Arts Psychotherapy - Health Educator (Published)

Helen has a wealth of experience, knowledge and practical skills gained over more than 35 years working in a variety of senior roles within the health, community service and not-for-profit settings. She has a lived experience of chronic illness, and is passionate about creating and sharing health-related education information and resources. Helen is committed to advocating for a person-centred approach to health care and has a particular interest in the expressive therapies and art as a therapy for people living with chronic illness.

Hayley Solich

Connecting Communities to make positive change
Consultant Advisor Mental Health Sector
linkedin.com/in/hayleysolich
Website hayleysolich.com.au
Blog goldenpen.com.au
Blog The Gold Digger

A multi-award-winning community engagement and Lived Experience professional who is nationally active in advocating for change in the mental health system. Hayley builds capacity and awareness to create social change by listening to the perspectives of others, validating and uplifting them. She uses her creativity, communication, leadership, facilitation and engagement skills to influence change at the highest levels.

Dianne Murphy

Carer Representative (Palliative Care)
Carer & Disability Advocate NDIS
Carers Event Coordinator
Business & Administration Manager

Dianne has worked in the Business & Administration field for over 40 years. She is also a Carer & Disability Advocate who supports her adult children (all with disabilities). Di is the Founder of Creative Carers whose focus is around art, craft, and nurturing mental health. Inclusion is very important to Di. She coordinates a social group called "Staying Connected" for those who care for others, and she is an organiser and coordinator for Retreats & Events to celebrate Carers in the community.

Marie Williams

Founder, The Platform WA
Intellectual Disability Advocate and Change-Maker
Mental Health Educator for WA Recovery College Alliance
Certificate III in Education Support
E: theplatformwa@gmail.com

Marie founded The Platform WA, a new community group focussing on intellectual disability for young adults like her daughter, Laura. Marie has been trained in Leadership and Mental Health education to become a WA Recovery College Alliance educator, where she co-designs courses aimed at people living with intellectual disability. She is a change-maker working at the coal face to improve perception and awareness. She has several years' experience working in non-profit charity sector, and the early childhood field as a teaching assistant.

Jaymee-Lee Farrelly

Bachelor of Primary and Secondary Education (Honours)
Former Disability Support Worker (2.5 years)
Facebook Blog: My Chronically Breathtaking Sister

Jaymee-Lee is the creator of a Facebook blog called 'My Chronically Breathtaking Sister' – a blog dedicated to her late sister, Rachael, who lived with a chronic lung condition. Her blog aims to bring awareness to often unspoken topics, to educate others on chronic illnesses and organ transplants/donation, to help manage her grief and to carry on her sister's legacy. Jaymee-Lee has a passion for providing equitable opportunities to those around her and plans to predominantly work with EAL and disabled students once she graduates her teaching degree at the end of 2022.

Mystery Writer

The Girl in the Silk Green Dress - Fiction

The writer behind the "Girl in the Silk Green Dress" is someone with many years' writing experience.
This mystery writer studied Journalism and has a very good understanding of social justice and community.
I approached this mystery writer to offer a fictional character storyline that we can all enjoy and look forward to. I hope you enjoy their work as much as we are enjoying sharing it with you.

Jenny Gleeson

Educator & Facilitator
Disruptor and Annoyer (In a caring way)
Expert Personality Dimensions Profiler
A person known to help people get their shizzle together!
Website: www.jennygleeson.com.au

Jenny started as a Secondary English Teacher but then became extremely disillusioned with the Education System (it didn't take long - less than a year), which led her into completing a Graduate Certificate of Career Development, leading her to work with youth at risk, people with disability, First Nations people and winning National and State Awards. Jenny was diagnosed with depression and anxiety (way before the terms were even heard of by mainstream Perth-ites) at the age of 11 and institutionalised at the age of 13. Although anxiety is still in her life, she keeps it in the periphery of her vision, accepting and acknowledging it is there but it doesn't control her anymore. Her drive in life is to assist people be the best they can be...warts and all!

Kez Wickham St George

www.kezwickhamstgeorge.com
linkedin.com/in/kez-w-stgeorge

Kez Wickham St George is an award-winning author who champions people from diverse backgrounds to reveal the best of their creative side. As a leader in her profession, a public speaker, an accomplished author in magazines, Kez leverages her extensive travels, experience, and expansive authorship to encourage readers to think outside the box. It is not surprising that Kez is known globally as 'The Writers Consultant'. Kez has written work for two royal families, one in the UK, the other in Sweden. She has co-compiled an anthology on the lives of various women internationally. Recently Kez published a trilogy of poetry books and her dream of the big screen was realized when a movie was made from the prologue of her last novel Scribe in the trilogy Campfires.Kez is passionate about promoting high-quality growth opportunities for all.

Melissa Dumitru

Creative Director & Editor-in-Chief Honeybee Lifestyle Magazine and Website. Community Services Consultant.
Mental Health Educator WA Recovery College Alliance.
Support Group Facilitator for The Tastebuds Club.
Lived Experience Patient Expert for Merakoi (PAH).
LinkedIn - Instagram - Facebook: @chronicallyinspiredau
Website: wwwchronicallyinspired.com.au
Passionate Changemaker & Influencer

Melissa has worked in the Community Services Self Help & Support Group sector for over 20 years. She is a multi award winning Patient Expert and Lived Experience Professional. She is a passionate changemaker and influencer representing inclusion, integrity, innovation and promotion within the fields of chronic illness, disability, and mental health conditions. Melissa loves interior design and decorating.
She is an avid baker and home cook.

Laura Williams

Founder The Platform WA Community Support Group
Certificate II Customer Engagement
Socials @theplatformwa
Lover of music, dance and TV medical dramas

I try to be a role model to my little sister and others in the intellectually disabled community.
I have down syndrome but that doesn't stop me from being who I am.
I work in the city at a 5 star Hotel called Pan Pacific Perth.
They support me through their open employment program..
Please help us to grow the platform WA page and my support group page for young adults living with intellectual disability.
Enjoy my recipes from Laura's Kitchen.

Letisha Living

Author of Finding Yourself After Stroke
Stroke Recovery and Empowerment Coach
Consumer Advisory Committee Gold Coast Health & Hospital Service
Diploma of Mental Health
Certified Integrative Nutrition Health Coach
Socials: @LetishaLiving @FindingYourselfAfterStroke
Email: letisha@findingyourselfafterstroke

Letisha is a survivor of stroke who is passionate about raising awareness for stroke and the challenges that arise adjusting to life after stroke. She uses her lived experiences to assist in improving outcomes for others by partnering with researchers, universities, stroke organisations, health and hospital services. Letisha loves being in nature, cooking and spending time with her children.

"Misery might love company, but so does joy.
And JOY throws much BETTER parties!"

Express YOURSELF to Better Health

Contributor Helen Blanchard - Lifestyle Editor

How's the health of your Inner Warrior?

"During times of persistent hardship is when the warrior learns the most about his fortitude"
– Bodhi Sanders

"I'm not afraid of storms, for I'm learning to sail my ship"
– Louisa May Alcott

The definitions and ideas surrounding the term "Inner Warrior" are many and varied, both positive and negative. Images of muscular men and women with superhuman powers running into battle against an evil foe come to mind. Traditionally, the qualities associated with an Inner Warrior are inner strength, determination, and courage in the face of difficulties.

The Inner Warrior of the twenty-first century appears to be far more multi-dimensional; it's about more than just fighting and surviving. Of course, being able to stand up for yourself, or knowing when to walk away is very important. So too is setting goals and learning new skills which will enable you to manage the many challenges that life brings. Ultimately developing inner strength and resilience isn't about being perfect, or always coping with obstacles. It's about being willing to try and fail, as you create an Inner Warrior that is unique to you, with the qualities and values that you want and need, and that help you at any given time.

I believe that a well-developed Inner Warrior can become an important and powerful force in life whatever our circumstances might be. A focus on building and improving our inner strength, determination, and courage can assist us, not just in facing difficulties, but in growing and thriving in all aspects of our day-to-day living.

Here are some of the areas of our life a stronger, healthier Inner Warrior can help us in

- Self-care
- Pain management
- Reduce anxiety
- Depression, and low mood
- Emotional growth
- Improve physical function
- Finding a purpose or mission
- Goal setting – Problem-solving
- More enriching, positive, successful relationships
- Mindfulness- Retraining our brain
- Setting and maintaining healthy boundaries
- Successful professional life

How to become a "Warrior of Resilience"

When you live with a chronic illness, an important quality of an Inner Warrior you will need is resilience. The American Psychological Association defines resilience as "…the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands".

One skill that I have found helpful, and proven by numerous research studies to help in strengthening resilience, is learning how to relax.

It sounds simple, doesn't it? It's not, but if you can practise relaxation techniques every day, as well as when you feel stressed, anxious or overwhelmed, you will slowly begin to see the positive benefits.

Progressive Muscle Relaxation Exercises

Jacobson's progressive muscle relaxation (PMR) therapy is something that I have been doing since I was a teenager to help me relax, cope with pain, and go off to sleep. It's one of several quick, easy relaxation exercises that I do and can be done anywhere, both sitting and lying down. It wasn't until I started doing this therapeutic technique that I realized how much tension I was holding in my muscles and my jaw, which included clenching and grinding my teeth. Anything that you can do to improve your overall well-being will automatically empower and assist you with the other challenges and goals in your life.

Progressive Muscle Relaxation (PMR) has these beneficial effects:

- **Reduces anxiety and tension**
- **Improves sleep**
- **Eases neck pain**
- **Reduces lower back pain**
- **Improves systolic blood pressure**
- **Decreases the frequency of migraines**
- **Reduces temporomandibular joint (TMJ) symptoms**

How to do it

- **Start by lying or sitting down. Relax your entire body. Take five deep, slow breaths.**
- **Lift your toes upward. Hold, then let go. Push your toes downward. Hold, then let go.**
- **Next, tense your calf muscles, then let go.**
- **Move your knees toward each other. Hold, then let go.**
- **Squeeze your thigh muscles. Hold, then let go.**
- **Clench your hands. Pause, then let go.**
- **Tense your arms. Hold, then let go.**
- **Squeeze your buttock. Pause, then let go.**
- **Contract your abdominal muscles. Pause, then let go.**
- **Inhale and tighten your chest. Hold, then exhale and let go.**
- **Raise your shoulders to your ears. Pause, then let go.**
- **Purse your lips together. Hold, then release.**
- **Open your mouth wide. Hold, then let go.**
- **Close your eyes tightly. Pause, then release.**
- **Lift your eyebrows. Hold, then release.**

I hope you can take some time to look at the health of your Inner Warrior and see if there are any improvements you can make that might help you on your chronic illness journey.

Until next time, take care. Helen

Information is taken from "The Benefits of Progressive Muscle Relaxation and How to Do It" by Kirsten Nunez (2020). For the full article, go to Progressive Muscle Relaxation: Benefits, How-To, Technique (healthline.com)

If you feel like you would benefit from more information about building resilience in your life have a look at the three articles below.

- Building resilience | healthdirect
- 10 Ways to Build Resilience (verywellmind.com)
- 8 Tips to Build Your Resilience When Dealing with Chronic Illness | The Health Sessions

A Walk in my Shoes

Contributor Dianne Murphy

Awaken The Warrior Within

Hello again and welcome to a brand new year.

A few years ago, I created a new mindset around the end of year season. Not only is it a wonderful time for me to catch up with friends and family and to be around loved ones, but it's a chance for me to let go of all the negative thoughts from the hard times and struggles in life I've experienced that year. It weighs down hard if you take it all with you and has an unhealthy affect on your wellbeing (both mentally and physically) if you don't let it go. So, at the end of December, **I try to let it all go... good bye, adios, sayonara and off you go!**

Sadly, a lot of my life is around hardship, sickness, hospitals, doctors, therapists, support workers, coordinating appointments, cancelling appointments, admissions to hospital, follow-up appointments, and constantly planning ahead. When your day-to-day can be extremely busy but not enjoyable, you often feel like you've only just made it through the day. Therefore, it's also become important to me at the end of year to give myself some credit for what I've gone through and to acknowledge this. Keeping a little record of what I was doing has helped me to remember those little tiny goals you actually achieve especially when it equates to someone you love having a better quality of life.

I wish I didn't have to, but I do while I am still able, because my loved ones can't. **To be honest, I didn't realise I had it in me.** But you have to find a way to advocate when you witness so much judgment and discrimination. So not only do I care, I advocate and know my voice has contributed for changes to happen.

Keeping dot points of these goals has helped me realise that I achieve so much for my loved ones, especially my two adult children who have an intellectual disability. They both live a fulfilled and happy life because I make sure they do. I do this every day which then becomes every week, every month and every year.

When you become a carer, you often don't give yourself credit for the strength, compassion, resilience, and commitment you have in supporting your loved ones.

You realise you have special qualities that make you demand change. **It takes courage to do what you do, to speak up, to show up every single day and to care.** You often don't get any recognition and no pay. You become a person who shows great vigour, you face challenges; many of them with determination for change. **You have a Warrior mindset.** They say the spirit of a Warrior is not about flexing power over others, it's about fighting for something bigger than ourselves, showing compassion, leading by example, not being focused on what we can get from others but what we can do for others. You overcome discomfort to fight for others and yes, I recognise that I do that.

So, at the end of each year, I let go of the negative but I also recognise myself. I sit in a local cafe, with my pink lippy on and sip my cappuccino which I've looked forward to for weeks, sometime months. I'm tired, actually exhausted and I start looking through my journal at what I've achieved. I feel a tear or two coming out of my eyes because I love those I care for. I have love, care and compassion for a lot of what I do. I recognise that nearly every single day has been stressful and difficult in some way. I'm proud of the strong voice I now have, how each day I have organised, coordinated and supported my loved ones so they have a better quality of life. **I'm proud that I've tried to bring joy to someone else's life.** I give myself credit for enduring the negativity, judgment and lack of compassion in some people, but I celebrate the great things too. I've got through 365 days of constant ups and downs.

I look around the café. Nobody here knows that even being here in this café is an achievement and what a reward it is for me. I don't get to do this very often but I sure am proud of myself and what I have done this year. I acknowledge I've tackled another year with all that I have, I am a community champion and at times, a Warrior for my little family.

I start this New Year with dedication, commitment and hope for a better year and I'm sure a lot of you reading this will have too.

Happy New Year to you all.

Until next time,

Love Dianne

Chronically Booked

BOOK CLUB & REVIEWS

Contributor Kez Wickham St George

Introducing the Global Book Cover Awards

Why did Kez Wickham St George - already a popular global book reviewer, award-winning international author of fourteen books, in four different categories and three languages, decide to create the Global Book Cover Awards.

It all began as a fun conversation with one of her colleagues. ***"You always know a book by its cover".*** The power of those words stopped Kez in her tracks. With her expertise reviewing over 400 books, she knew that the cover is often the first drawcard to readers. The idea slowly took form.

Kez believes in insight,; the idea of book cover awards had a certain ring to it. She mulled it over until it was tangible. To impact the market with her idea, she needed innovation and influence of others' creativity, so many questions were asked from her peers in the literacy field.

Kez took all their suggestions to heart, she knew if she placed this opportunity in the right places, not only would it encourage authors, artists and publishers to enter, it would also assist in their books being read. It was this that drove her to commit.

There were many times it did not feel right. Kez recognised the imposter syndrome and dealt with it. There were times she thought this is going to be too hard, acknowledging the self-doubt syndrome, which she also conquered. Yet she was driven for many reasons, the major one was her continued commitment to her writing community.

She knew from her own experience to be a well-read author, you not only need your own self-belief firmly in place, but you also need others to believe in your authorship.

Once the dream took shape, it was like a rollercoaster, albeit at times one with brakes.

When the artwork arrived, Kez knew this was the right path, the flyer perfect, the timing perfect, there is no better feeling.

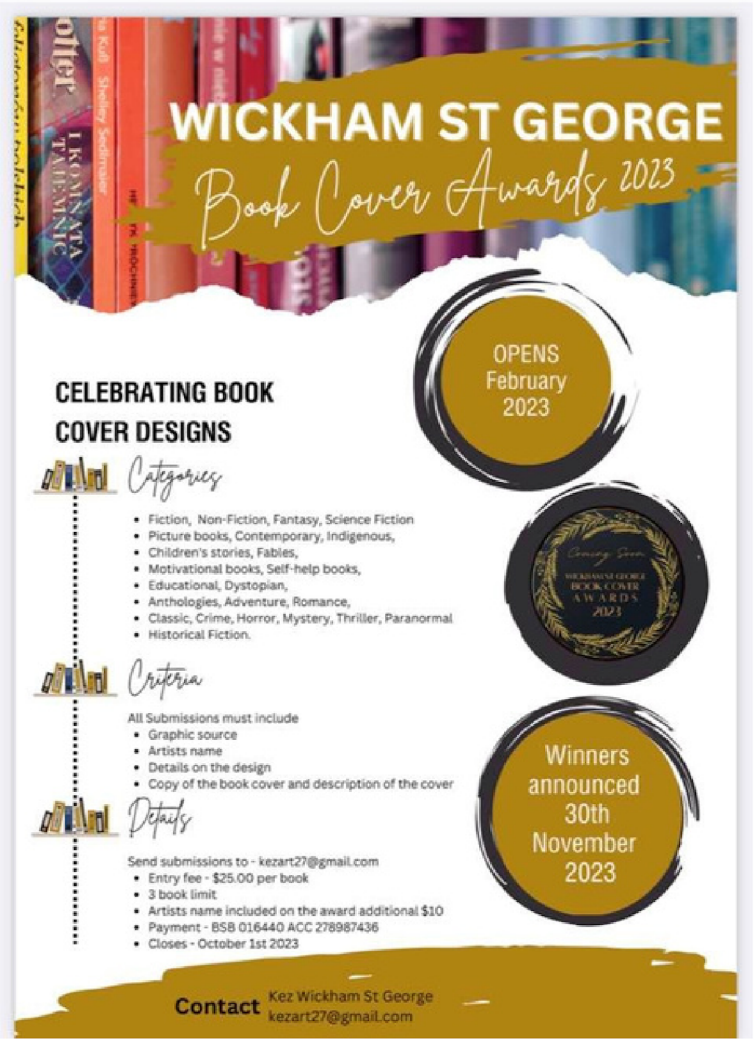
It was time.

So let's reward those who love the covers on their amazing books.

Kez would like to take this opportunity to welcome all authors, artists and publishers who have a book published and would like to be acknowledged for their amazing book covers to apply.

The Wickham St George Book Awards has been launched, all winning entries will receive a Certificate of Excellence.

I look forward to receiving your entries.



Empress of Authenticity

Contributor Jenny Gleeson

Fundamentally Flawed

Growing up, I always thought there was something wrong with me. I felt I saw things differently from most people. Thought differently from others. Had a way of hearing things differently. Read into things differently. Had an intensity that others were lacking.

This intensity grew into anxiety.

For a very long time, I took everything personally. Felt every flippant remark from people so deeply. Consistently overthinking everything, feeling like I was in the way, and that I was annoying everyone.

I couldn't give a reason as to why I was feeling this way. There didn't seem to be a reason.

Why are you so anxious, Jenny?

What's happened Jenny?

I don't know.

And for all of those questions, I would spend hours trying to answer them. There goes the overthinking again. Wanting to do the 'right' thing, give the 'right' answer. Explain my anxiety away.

People would come up with ideas as to how to 'fix' me – take this, try that, do this, read that, listen to this, eat that.

Even though people were trying to help, all they did was make it worse. You see, giving an anxious person more to do only makes them more anxious. As a people-pleaser, you don't want to disappoint, so you diligently do everything everyone says to do. You take this, you try that, you do this, you do that! And it only makes it worse because you can't possibly fit it all into a day, as well as doing all the other things you're 'supposed' to do (like work, exercise, eat properly, brush your teeth even!).

When I was 13, I was admitted into a psychiatric ward for children due to anxiety and depression. I was there for three months.

Even though I didn't realise it at the time, I was introduced to the Warrior within. I was the eldest in the institution and the other kids looked up to me. I was like their big sister, and they turned to me for support and advice. I couldn't let them down. I had to step up and into my bravery.

I found my voice.
I found their voice.
I started to find me.

Attention
Possible Triggers

During my time in hospital, I went to school. A school where I didn't know anyone. Suddenly, I found the group I was sitting with being referred to as 'Jenny's Group', and whenever someone new wanted to sit in our group, I was the one who was asked if it was okay. This took me by surprise. 'Who was I to determine what people can and can't do?'

As I entered into my late teens and adult years, I found more and more people looking to me for guidance. I felt overwhelmed and perplexed. I thought there was something innately wrong with me, so who was I to give advice? And I hated people giving me advice, so I gave advice in a haphazard, nonchalant, noncommitted way. Bluntly, abruptly, and seemingly uncaring. But I did care. I do care, I just feel awkward when asked.

At the age of 19 I gave myself a break from this burden of responsibility that I found myself carrying. I admitted myself into a psychiatric ward. I had lost four friends to suicide in a six-month period and my thoughts were heading in the same direction.

What's the point?

If they couldn't make it through life, who was I to even pretend that I could?

Life felt so incredibly hard.

This time, I had the break I needed. I had time out from the world. I felt blessed to be able to be still. I didn't want any visitors because I felt I would have to be strong, well, together. I didn't want to appear to 'be' strong, well, together when I wasn't. I wanted to work out who I was without pressure, without guilt, and without feeling like there was something wrong with wanting 'Jenny time'.

During this time, I was introduced to healthier choices in life, such as meditation, practicing mindfulness and the concept of letting go of trying to control everything and everyone around me. Trust me, it's not easy to do and it's something I have to mindfully manage every day. I was introduced to the concept of self-acceptance and accepting others for who they are. Again, something easier said than done. But I was blessed with this knowledge at a young age.

I believe everything happens for a reason and, even though I was so young to be going through so much, I feel it has held me in good stead, and I have been able to support others at a deeper level than I would have been able to otherwise. I found my authentic self, young.

It hasn't come without struggle though. In fact, it is only now, in my late 40s, that I feel I can trust myself to make decisions without turning to others for approval or counsel.

So, how did I change my thinking from feeling as though I was Fundamentally Flawed to realising that I am a Warrior?

Consistency. A touch of stubbornness. Determination. Perseverance.

A deep-seated knowledge that, even though I feel anxious at times, it will pass, and better times are ahead.

I still get anxious from time to time, and I am not ashamed to say that I take daily medication for it. It works for me. I take a holistic approach though and ensure I eat properly, exercise regularly, see a life coach, see a naturopath, and a chiropractor, as well as try various therapies. I am not a rich person by any stretch of the imagination, but I prioritise my wellbeing and health over all else. I made the choice a long time ago to spend money on me to stay well and be the best version of me so I am able to support others more effectively. It's like they say on the airplanes, "Put your own oxygen mask on first before helping others" because, if you can't help yourself first, you can't be there for those you love.

What led me to starting my own business?

After being a Secondary English Teacher for less than a year (I do not agree with our current education system), I became a Career Counsellor as the young people I was teaching were very stressed about making the 'right' decisions for their future. My whole intention was to provide them objective direction and awareness of various opportunities available to them, regardless of what anyone else said they could and couldn't do. Always on the look out for tools to support people in their career journey, I came across Personality Dimensions, an easy to use and easy to implement profiling tool that takes a holistic approach to understanding self and others.

I now work within this field offering it to others, so they too can live to their fullest potential.

Wishing you well on your Warrior Journey

Footnote:

Books that I recommend:

-Calling in the One by Katherine Woodward Thomas (although it is marketed as "7 weeks to attract the love of your life" it is more about finding love for self).

-The Celestine Prophecy by James Redfield (this book took me outside of myself and made me realise there is a bigger, mystical world out there that is beautiful, and I needed to trust).

-Influence by Robert B. Cialdini (this showed me how people think and function and why they make choices in certain ways).

Apps that I recommend:

-Five Minute Journal (I do my five-minute journal every morning and every evening. It allows me to reflect on what I would like the day ahead to look like and then reflect on what was).

-Insight Timer (so much on this app that I can't even begin to explain how awesome it is).

Activities that work for me: Gardening, Cleaning, Walking, RPM/Cycle classes, Body Balance, Vision Boarding, journaling
Writing lists and reordering the lists into urgent vs. important vs. get rid of, Decluttering (Facebook friends, unsubscribing from mailing lists, clearing out the pantry and wardrobe)

Music I listen to: Spotify - you can type in things like: Morning meditation, The most beautiful songs in the world, Office music, Chilled vibes.

Jenny

COMMUNITY AND INVISIBLE ILLNESSES

What comes to mind when you think of the word 'disability'?

Is it someone in a wheelchair, with a guide dog? These images pop up because they are easily visible and often what's portrayed in the media.

People with invisible disabilities who are young or who look healthy are often accused of faking their condition or milking the system and must fight to have their challenges acknowledged.

A study from the University of Sydney suggests that 90% of the 4.4 million people with disabilities in Australia are living with an invisible disability. 74% of those with a disability don't use any aids to assist them… and I'm one of them!!!

Many people living with invisible disabilities are often questioned when using accessible parking or disabled facilities. This can often cause frustration and embarrassment as they are forced to defend and explain their illness – often to strangers!

In reality, there are many chronic conditions that make movement both difficult and painful, so having this accessibility goes a long way.

It's time to stop and think about the accessibility symbol and what it means, who it relates to, and whether or not it needs to be more inclusive.

The white icon of a person in a wheelchair set against a blue background is known worldwide as the universal symbol for disability.

Found on toilet doors, painted onto parking bays and seen on public transport signage, the image is known as the International Symbol of Access (ISA) and indicates that a facility is accessible for those with disabilities, or solely for their use.

But is this icon of a person in a wheelchair inclusive?

Designed by Danish design student Susanne Koefoed in 1968, many people now feel it should be updated to reflect people with "invisible disabilities" – those who are not in a wheelchair, whose condition cannot be seen or is discrete.

The most important thing is that it's still recognisable as the ISA (International Symbol of Access). We know it is a highly effective symbol and we need to respect that, but it's time for it to change and be more inclusive of those disabilities that cannot be seen.

Today more than ever we need to advocate, educate and expand this all-inclusive community - which I'm now sure you would agree?

So, I implore you to join me and **sign the petition** and share with your family, friends & colleagues.

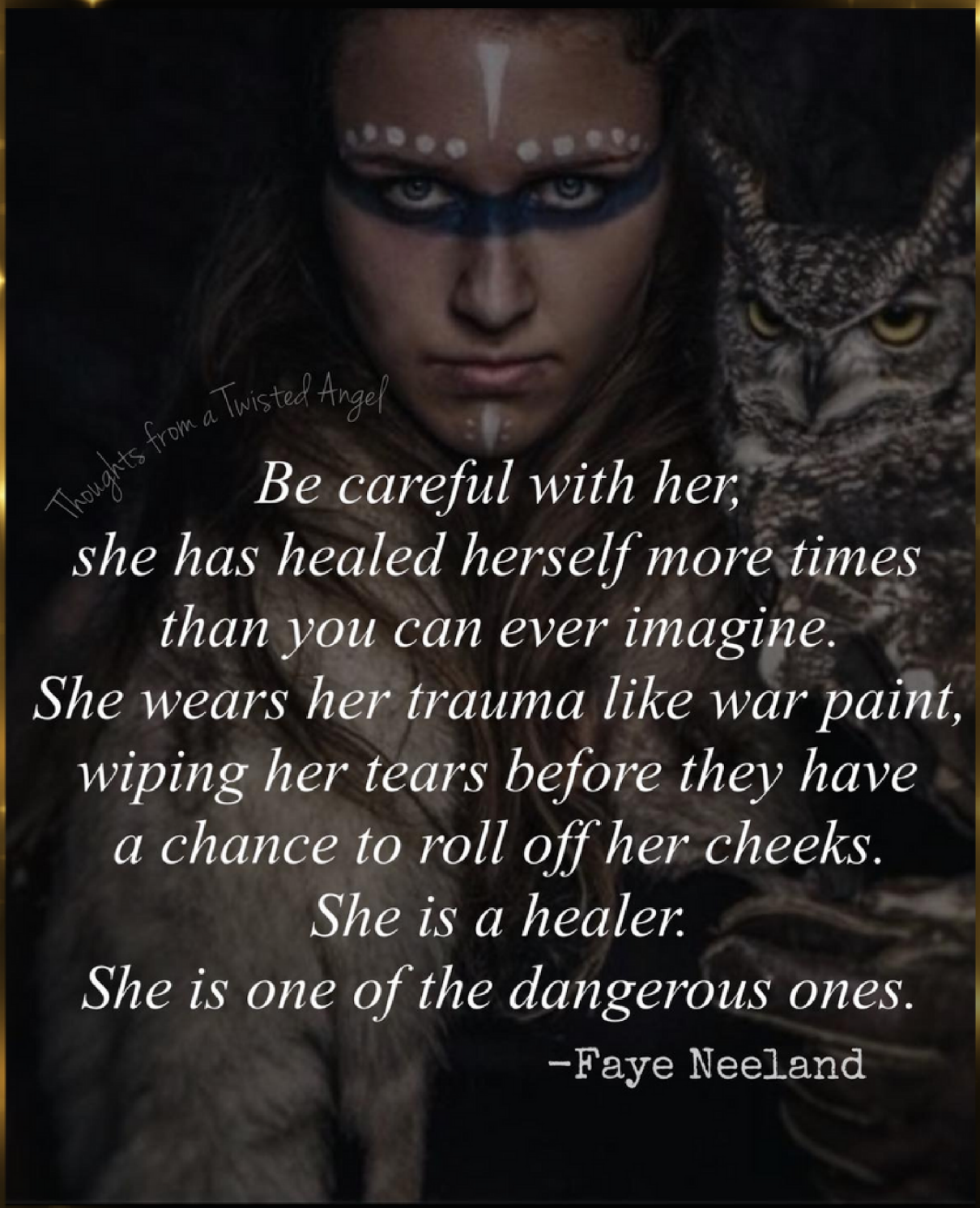
#thinkoutsidethechair #change.org

For more information about this petition or to enquire about the many services available from this organisation please contact hello@invisibleillnesses.org.au or telephone 08 6140 39 77.

Proudly shared with you from the:
President and Founder of Invisible Illnesses Incorporated, Michelle Greenwood.

Click directly on sign the petition if reading this electronically or go directly to their website: www.thinkoutsidethechair.com.au

Invisible Illnesses


Thoughts from a Twisted Angel
Be careful with her,
she has healed herself more times
than you can ever imagine.
She wears her trauma like war paint,
wiping her tears before they have
a chance to roll off her cheeks.
She is a healer.
She is one of the dangerous ones.
-Faye Neeland

Creating an Inspired Life

Contributor Letisha Living

From Stroke Survivor to Stroke Warrior!

"1 in 4 people globally will have a stroke in their lifetime".

It was a cold night in June 2012. I woke up at 1am with what I thought was a severe migraine. It wasn't typical like my usual migraines. I went to get up out of bed to get some painkillers, but I knew even before trying that I couldn't walk. I had pins and needles all down the right side of my body. There seemed to be something wrong with my vision, but I put it down to a visual disturbance as I usually got auras with my migraines.

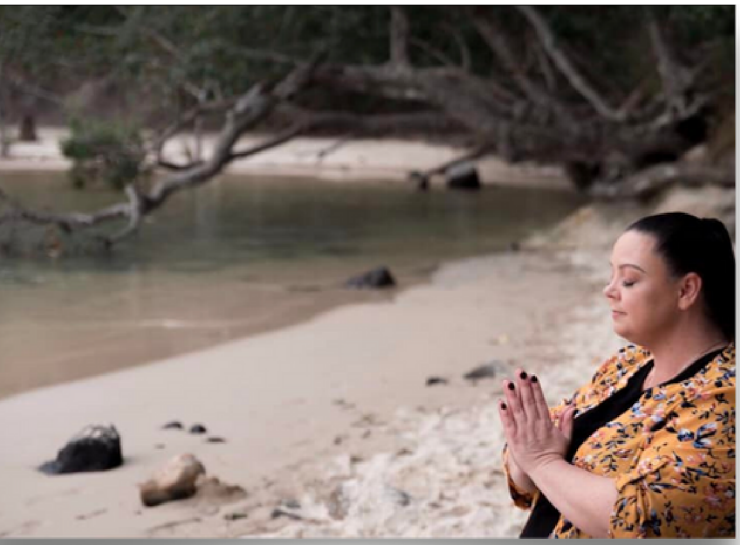
At no time did I ever suspect I was having a stroke.

Well, 3 strokes actually. All at the same time. I was 35.

It happened suddenly and unexpectedly.

Due to having a Patent Foramen Ovale (a hole in my heart), multiple blood clots escaped through the PFO, travelled up my basilar artery and dissipated into my occipital lobe, brain stem and bilaterally into my cerebellum.

My life changed in an instant. I lost my ability to drive, my employment, and this impacted my independence and quality of life.



For the following few years after my stroke, I spiraled into depression, ruminating over the things I had lost – friends, family, income, independence, identity. I couldn't accept that I had a stroke at a young age, so I went about pretending that I was fine, when on the inside I just hadn't accepted what happened to me.

Breaking through the trauma

I finally got tired of living in emotional pain and found a way for myself to break free. I looked within for inner guidance on what I needed to do to feel empowered again.

I realized that I was focusing on all the things I had lost, and as a result I didn't appreciate what I still had and what I could still do. I needed to rebuild and rise after stroke, and that had to begin with my mindset.

I lost my job, but I could earn an income from home.

I lost my ability to drive, but I could travel by public and private transport.

I lost my family and friends, but I could meet new people who would accept me just as I am.

I wasn't the mother I pictured myself to be, but my children still loved me, and we adapted to life after stroke.

I created a life I love by focusing on what I could do, while working towards where I wanted to be. I found gratitude in the small things that most people take for granted.

I have been helping other young stroke survivors do the same for a couple of years now. I compiled a book titled "Finding Yourself After Stroke" and have created an online Recovery Coaching + Empowerment program which focuses on mindset, emotions, and confidence.

I have learned that it's not what happens to you, it's how you respond that determines the quality of your life.

Kindness Empowers,
Love Letisha

[1]. GBD 2016 Lifetime Risk of Stroke Collaborators, Feigin VL et al. Global, Regional, and Country-Specific Lifetime Risks of Stroke, 1990 and 2016. N Engl J Med. 2018; 379(25):2429-2437.

A kind gesture
can reach a wound
that only compassion
can heal.
STEVE MARABOLI

BE Nourished

Contributor Jackie Rowe

"Finding your Inner Warrior"

We often see books and articles that invite you to find your ***Inner Warrior***, which implies that she is lost somewhere. The thing is you were born with an Inner Warrior, it's in your DNA, passed on through the generations from the beginning of time.

As Maya Angelou says, when faced with a challenging situation, remember the words, ***I come as one, but stand as ten thousand.*** I have over the years repeated this statement in my mind when feeling the battle of life, the challenges of daily demands or simply moving from one minute, or one day to the next.

I think of the thousands of women who have been before me, my lineage, my ancestors, those I know, those I recognise from old photographs and those I have never known but know they existed. Every one of them found their Inner Warrior the moment she was needed. In their moments of fear or despair, in the quiet of their mind or in the loud cry of their voice they called on her. They asked her to rise up from deep within to bring the courage and resilience they needed, and she answered their call.

Finding your Inner Warrior does not mean life will be perfect or that you won't feel fear or worry, because you will. But you will find an inner strength you didn't know you had and ability to go beyond the confines of what your mind is telling you, you can do.

As the men marched off to war in 1914 the women had to find their Inner Warrior to step into the space of men and to do the work of men. Social norms were stretched and pulled and life turned upside down.

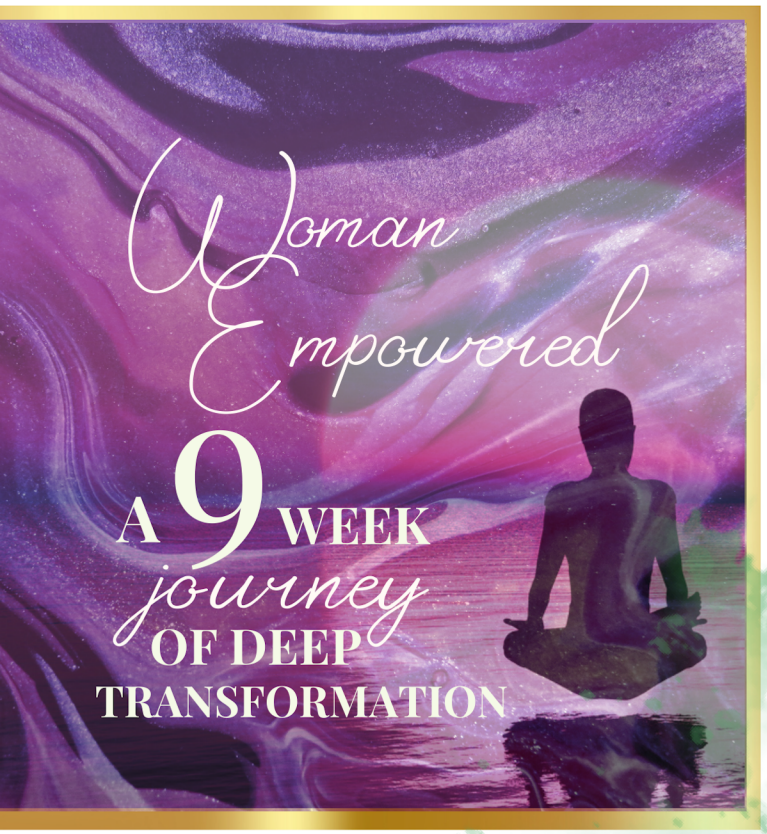
So how do you find her, where can you see her, this Inner Warrior of yours?

- Begin by finding your centre, mindfully quieten the mind, close your eyes and breathe deeply and steadily into the belly.
- Place your right palm on your belly and your left palm on your heart, you will feel the Inner Warrior within, allow her to waken.
- As you breathe, allow your thoughts to settle and calm, the thoughts will become less and less the more you practise.
- Now, when you have connected deep within and your mind is calm, picture your inner warrior in your mind's eye. Is she centred and strong, is she kind and wise? Let the image come to you.
- Now ask her for what you need guidance on, let her show you, and let her tell you.
- Write down what she has shared and reflect on her guidance. You will know what action to take.

Get to know your inner warrior in the deep centre of you, build a trusting relationship with her and she will help you transform your life.

This is my grandmother Gladys, at 18 years old she had to find her Inner Warrior to find the courage to become a crane operator in the shipyards, a place where no woman would normally be found.

Jackie



If you are ready to find your Inner Warrior and you are looking for guidance to connect with her on a deep level, Woman Empowered will take you there.

I know that you have it in you to connect to your Inner Warrior and step into a journey of amazing transformation.

I believe there is a reason you are here, reading this right now, in this moment in this lifetime.

I know that deep within you, you feel there must be more to life than this, that you were born to do more, to create more, to live a life that you love.

There comes a time when you realise that the gap between where you are now and where you want to be feels overwhelming.

The strength you are looking for is within you. Woman Empowered creates a bridge that will hold you in a safe space as you take the steps you need to take.

The power and energy of circle, the deep inner work, the safe fully-supported space will hold you as you break through a lifetime of emotional blocks and let go of old negative limiting beliefs.

JOIN ME ON THIS SPECIAL JOURNEY

I will be there to guide you every step of the way, through every emerging emotion, memory and old patterned behaviours. As you expand your conscious awareness, your heart and mind will open to new possibilities, you will be able to let go of old wounds as you peel back the layers of old conditioning to find more of your true amazing self each week.

Over nine amazing weeks you will discover a beautiful well of unconscious competence that will take you to new levels of courage and confidence.

This journey is for the Woman who,

- Feels like she has lost sight of who she really is
- Longs to feel whole and complete again
- Is ready to step back into the driving seat of her own life
- Ready to trust and back herself again
- Is ready to completely let go of the limiting beliefs holding her back
- Wants to feel strong and confident again
- Is ready to stop waking up each day in stress or anxiety

Find your Inner Warrior and step into a new season of your life, make the right choices for you.

Make 2023 your year of growth and self-empowerment. I can't wait to share this journey with you.

With love, Jackie xx

Click on link (if reading this electronically) or go directly to the address below:

https://www.eventbrite.com/e/woman-empowered-tickets-405833156897

WRITERS

We Want to Hear From You!

Honeybee Lifestyle Magazine exists to reinforce the purity of one message:

The Lived Experience and Patient Expert!

We want to hear your voice and publish your words and story. Join our vibrant and growing team.

HEAD TO CHRONICALLYINSPIRED.COM.AU

We are looking for experienced or aspiring writers to add to our amazing team from multiple backgrounds. If you are someone living with a chronic illness, intellectual or physical disability or a mental health condition, your lived experience story may be exactly what we like to feature and share with our readers.

If you are an organisation or business that works in any of these industries supporting others, then we would like to feature and showcase your services and/or products with our growing community.

To be considered send us an email (details on page 38).

We can't wait to meet you and collaborate together!

#HoneybeeLifestyleMagazine

Welcome to Laura's Kitchen

Recipes through the seasons

Hello My kitchen is all about fun, colourful food, and eating for enjoyment. In 2023 I will be following the seasons with my recipes, and I hope you enjoy them as much as I do.

I am kicking the year off with something cold and creamy. This no-churn recipe is probably one of the easiest ways to make an ice-cream. Low in effort, big on taste. With only three ingredients to begin, there are many additions you can make to jazz this recipe up, so use your imagination. It is egg free, there are no artificial flavours, and it's perfect for making ahead.

The hardest part will be not eating the whole lot!

Love Laura

No Churn Mango Ice-cream

Ingredients

- 2-3 large ripe mango's (chill in fridge so they're cold)
- 395g can sweetened condensed milk (chill in fridge for a few hours beforehand)
- 2 cups heavy whipping cream (must be very cold)

Method

- Peel skin and chop mango's and puree in a blender to make about 2 cups of mango pulp. **Texture Tip** if your mangoes are very juicy, strain them in a sieve after chopping to remove extra moisture.
- Add condensed milk to the cooled mango pulp. Combine well using an electric beater until its creamy and smooth.
- In a large mixing bowl, pour in heavy whipping cream and whip until it forms stiff peaks. Start monitoring closely once you reach soft peaks to avoid overmixing.
- Add a big scoop of the whipped cream to the mango mix to loosen it up. Mix well until it's fully mixed and looks creamy. Now add the remaining whipped cream to the mango mixture and using a spatula gently fold it though until it's smooth and lump free.
- Transfer the ice cream to a freezer safe container with lid, or cover with plastic wrap. Freeze for 4-6 hours. **Serving suggestion** add any extra fruit or coconut shavings, macadamia nuts, white choc shavings, & enjoy.
- For best results consume within one month. (If it lasts)!

JUST HAVE FUN!

Support Group
The Tastebuds Club

SOCIAL SUPPORT GROUP GATHERINGS IN WESTERN AUSTRALIA

Come along and feel supported today

This initiative is a wonderful way to connect, make friends, socialise, receive and give support, all while enjoying a lovely meal together. Bring along your carer, family and friends.

Anyone with a rare disease, lung disease, heart failure, chronic condition, disability, or mental health condition is welcome at our table.

The Tastebuds Club is available in WA only and meets at a central location just outside the city, to make it as accessible as possible.

We meet on a Tuesday from 11.30 – 2.30 every second month. Dates announced on our website page under Community.

For more details you need to become a member. You will be subscribed to both our quarterly magazine and e-newsletter, and receive invitations to our luncheons and other events. Individual support can be offered where needed in regards to information and education.

Website: www.chronicallyinspired.com.au/community
Email: chronicallyinspiredau@gmail.com
Telephone directly on M: 041 893 0291

Proudly supported through the Lung Foundation Australia
Facilitated by Melissa Dumitru – Consultant & Educator

Gather Together

Everyone is welcome at my table, Melissa

Lung Foundation Australia
when you can't breathe... nothing else matters®

ConnectGroups
helping support groups & individuals

THE WELLNESS SOCIETY

Proudly shared with permission from our affiliates, Rebecca and the team at the Wellness Society

The Wellness Society

From the Editor: Some of us are experiencing increased anger issues since the global pandemic. Life didn't go back to 'normal'. It actually seems to have become a lot harder in many ways. You may always have had anger issues, but the rise in anger and dissatisfaction with life, road rage, and explosive outbursts is on the rise both in adults and children. The daily pressures and anxieties of life have increased to a point where our minds and bodies have literally reached overload. If you would like to try and work on this, then these worksheets may benefit you.

A member of our community requested that we compile some helpful quotes about anger.

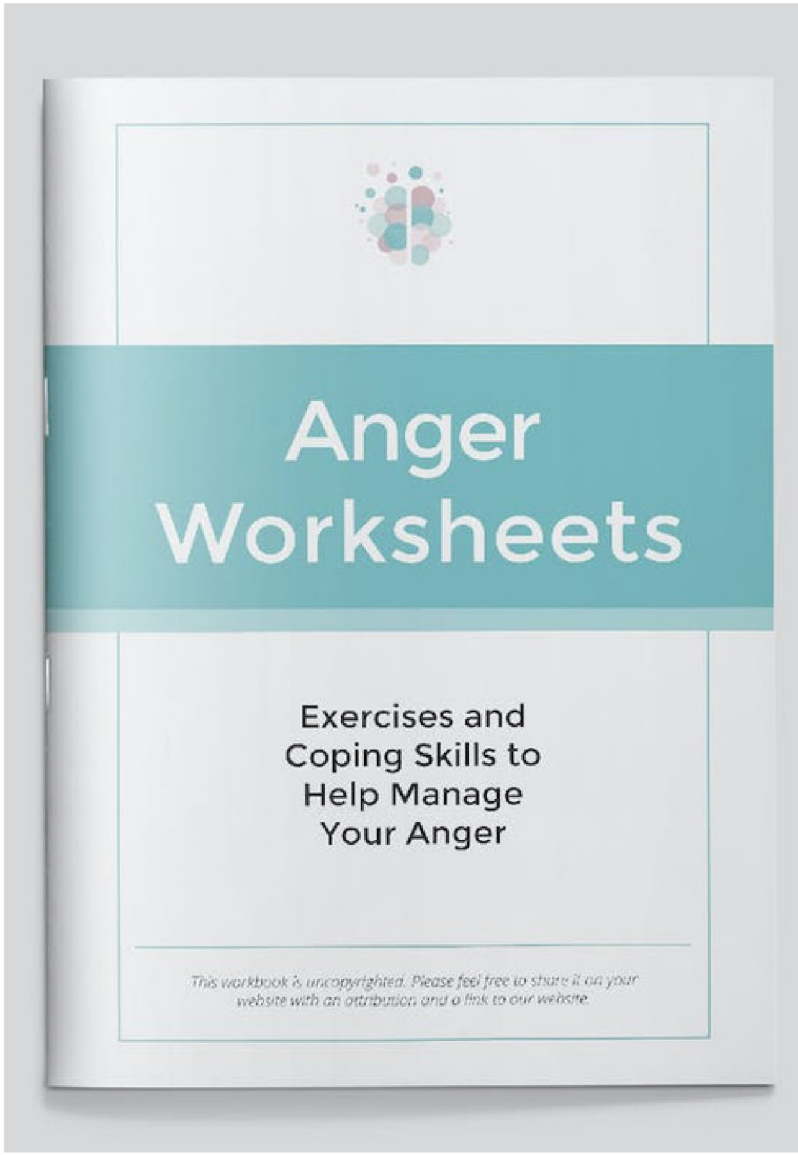
These insightful quotes cover:

- The root cause of anger
- The consequences of anger
- Anger coping skills.

Click **HERE** (if reading electronically) or visit the site directly at: www.thewellnesssociety.org/quotes-about-anger-worksheets/

Anger Worksheets: Exercises and Coping Skills to Manage your Anger

Click **HERE** (if reading electronically) or visit the site directly at: www.thewellnesssociety.org/anger-worksheets



Some of the quote examples:

- "Where there is anger, there is always pain underneath"
- "Anger comes from frustrated expectations"
- "At the core of anger is a need that is not being fulfilled"
- "When we are in pain or fear, anger and hate are our go to emotions".

Some of the anger worksheet examples:

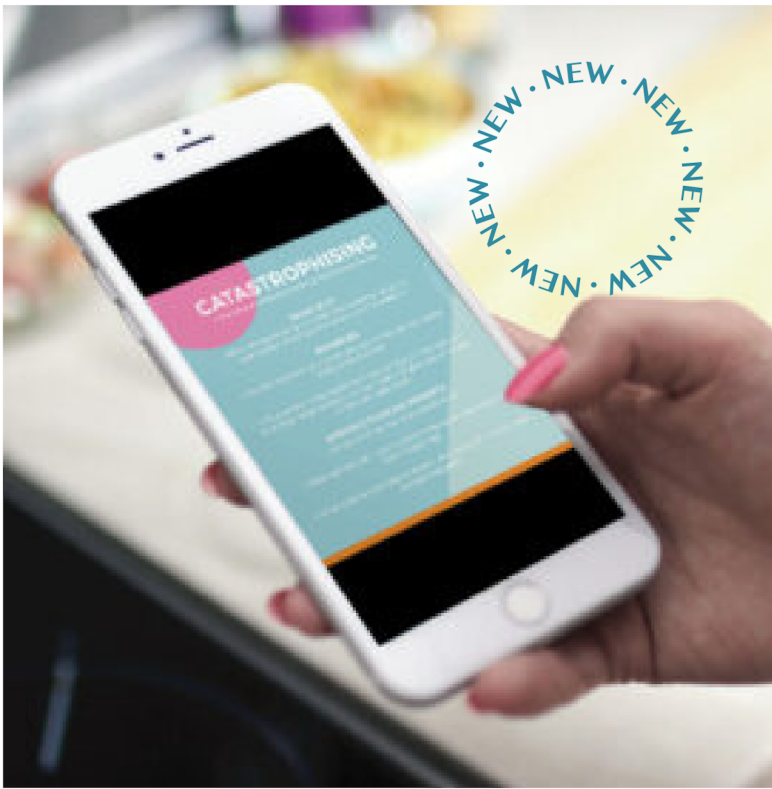
- Explaining the Anger Iceberg
- Anger coping skills - track your triggers
- Identify unhelpful thoughts
- Develop healthy communication skills

Access to your resources and worksheets:

Go direct to the electronic link or use the website address provided to access.

Discover The Mental Wellbeing Toolkit - HERE

www.thewellnesssociety.org/toolkit-options/



Taking a deep breath, I rapped my knuckles against the metal door in front of me, avoiding looking directly into the security camera above my head that I knew was zooming in on me. This garage was just one of the main locations where Merrick conducted his business, and the force was well aware of it, but lacked any significant evidence to conduct a raid. Two nights ago, they'd arrested one of Merrick's wheelmen on assault charges - a valuable piece of information Kayla had shared with me over a few glasses of wine - and this was the exact opportunity I'd been waiting for.

The door opened a crack, just enough to reveal the outline of a sturdy, heavily tattooed man, and the large gun in his hand.

"Heard you have an opening for a new driver," I said boldly.

His lips curved as he assessed me. "What, and you want to apply for the job?"

I nodded, keeping my face neutral even though I was internally reassessing my wardrobe choice. A colder-than-normal spring day, I'd donned tights and boots, and a cloaked green coat, but I was suddenly thinking I should have worn something more masculine. It wasn't exactly an industry that took women seriously.

"Who's your reference?"

"My… reference?" *Shit*.

"We only take new workers who are referred by our own contacts, for obvious reasons." He looked me up and down. "If you don't have one…"

My palm slammed against the door he'd started closing in my face. "I'm the best person for the job. Stick me in a driver's seat, and I'll prove it."

The man's eyes narrowed, but a voice sounded from behind him "Let her in, Diego."

The door widened, and I stepped inside, the smell of oil, sweat, and cigarettes immediately invading my nostrils. Thirty seconds inside and I already felt like it was harder to breathe. The absence of my oxygen tank only accentuated my need for a fuller breath of air.

The place appeared like any ordinary garage, with an assortment of cars, motorcycles and spare parts, and a handful of mechanics conducting their work. One of the men strolled towards me, a look of authority in his eyes.

He was young, likely in his late twenties, and attractive in a dangerous kind of way. The type of man any sensible girl would fantasise about, but avoid like the plague if she knew what was good for her. Tattoos snaked his forearms, trailing from his wrists to beneath the sleeves of his buttoned shirt. The pair of expensive looking beige pants he wore told me he was clearly not there to conduct any hands-on work. *Merrick*?

"What's your name, girl?"

"Lydia." I contemplated holding a hand out, then reconsidered. It didn't seem like something someone applying for a job in this industry would do. "Lydia Samiels."

"You barely look old enough to drive a car."

"I'm more than old enough." I countered, lifting my chin to appear taller.

His eyes trailed over me, his features a mix of suspicion and curiosity. He motioned to the blue Subaru WRX closest to me and tossed me a set of keys.

"You get one trial."

One was all I'd need. I slid into the leather driver's seat and pressed the key into the ignition, bringing the engine to life. It was definitely a more powerful car than the V8s we drove at the Academy, but not at all unfamiliar to me. My father had been fond of fast cars, and I'd had the pleasure of driving a number of them over the years. I smiled to myself as I felt the seat hum beneath me, and I let my foot gently press against the pedal, revving the engine playfully.

"Make the call," my potential new boss muttered to the doorman, before sliding into the passenger seat beside me. "Do you know the Duke Hotel?"

I nodded. It was a central upmarket pub, only a few minutes away.

"Good. Take me there."

I'd expected a more challenging drive to prove my abilities, but I didn't dare question the man. Instead, I focused on making the ride as swift and smooth as possible. It was an easy midday drive with minimal traffic and barely any intersections. Almost too easy, I thought to myself as I closed the final distance between us and the Duke.

"Pull over here," he instructed, and I slowed the car outside the entrance of the building.

"Well?" I asked hesitantly.

"If you can make it back to the garage, car in one piece, with no shadows, then the job is yours."

"Shadows?" I frowned, then heard sirens in the distance.

He opened the passenger door and gave me an unsettling smile. "This is a stolen car, didn't I tell you?"

My stomach turned. "Um, no, you failed to mention that."

"The police have been searching for it for a few days now, particularly because it's linked to a murder case."

"What?" I glanced at the rear view mirror, seeing flashing red and blue lights fast approaching.

"Your trial starts now, Miss Samiels."

this is me

Contributor Marie Williams

FINDING Your Inner Warrior

What does it mean: finding your Inner Warrior?

The first thought that comes to mind, is that of a fighter, disciplined, aggressive, completely focused and acts on behalf of others. **But what about the mental mindset of an Inner Warrior**, what is that, and how do you find your mental mindset?

The mental mindset of a Warrior is something that we all can possess and we already probably have some of the traits, but don't really categorise them as a mental mindset. However, if we called these traits the mental mindset of a Warrior, it may let us appreciate our skills and how resilient we are and how we can develop it further. Having a positive mindset enables us to look at a problem, find a creative solution, which may need us to think outside the box to solve the problem. **The Warrior lives within all of us.**

There are many different techniques we can use to prepare the mental mindset of our Inner Warrior.

One of the ways you can support your Inner Warrior is by doing Breathwork.

Breath work is a holistic tool that can support well-being and enable us to maintain a more positive mental health outlook. It is a technique where you intentionally regulate your breath. It has been practiced by many different cultures throughout the world and can be traced back to ancient times.

It is important to understand that we are unique individuals and some of the breathwork exercises may not work for everyone. In addition, some people may dismiss the idea of breathwork as they find the whole idea frivolous. My advice is to give it a go, open up your mind and see the benefits of breathwork.

As I care for a young adult with an intellectual disability, everyday can be challenging and often it helps if I take a moment to consciously '**Breathe**'.

One exercise I particularly like is called **"The Warrior Breath"** and it takes about 4 minutes.

Doing this breath work can assist with:

- Increase energy
- Improve confidence
- Inspire creativity
- Releases tension
- Relieves stress
- Improved concentration

The Warrior Breath Practice

1. Sit or stand with your feet planted firmly on the ground and your hands by your sides.
2. Keeping your eyes open for this practice is recommended.
3. Breath in quickly through your nose as if you're taking a big shot of air and feel your chest fully puff up. You're not breathing into your shoulders, but you will feel an expansion there.
4. Exhale forcefully out of your mouth as if you're blowing a piece of paper away from you. Feel your chest deflate.
5. Repeat this cycle seven times.
6. Then hold your breath for thirty seconds.
7. Repeat the whole practice seven times.

(Breathe – Shanila Sattar)

Everyday we face different obstacles and hurdles.

By having a positive mental mindset for our Inner Warrior, it enables us to build resilience in our lives.

So go on, find your Mental Inner Warrior that lives within you.

Marie x

THE PLATFORM WA

"Awakening the Warrior not the Worrier"

I remember when I was in a situation where I was a new leader, trying to find my way in a highly political space. At the first serious challenge to my leadership, I downed tools and retreated. It was hard to face opposition head on and to deal with the criticism and lateral violence. I mean, other people noticed how I was being treated and commented, so that gave me a reason to retreat, right? Fortunately, a friend activated my Inner Warrior and my life was forever changed.

> Fortunately, a friend activated my inner warrior and my life was forever changed.

It was a quote that invoked my inner warrior. It called me to embrace my personal power, to rise above my situation, which I did, reassuming leadership after humbling myself and making a public apology. The quote bore a picture of an eagle and a crow pecking at it. The quote said, “The eagle flies, the crow pecks at the eagle, but the eagle pays it no attention, it just flies higher until the crow can no longer breathe.”

When I saw it, it was like an arrow of understanding pierced my heart and a warrior emerged. Not the kind of warrior that engages in battles that are futile, but a wise warrior. One who knows who they are and only chooses battles that matter.

Since then, I have chosen to live more authentically and to be selective about how I utilise my energy in relationships. I embraced my power to say no, often, without fear, regret or shame. And I gave myself permission to be okay with who I am.

You see, to be truly free we must embrace all of who we are. To allow that warrior to arise in me, I had to embrace the knowledge that I am flawed, that I am imperfect, that I make mistakes, that people are going to see them and call them, and I am big enough to accept that, to acknowledge them or to rise above them without having to defend myself.

We can walk through life as moving targets, waiting for the arrows of others to land, frightened by the potential of opposition to our ideas or ways of being, or we can courageously and fearlessly accept ourselves, live authentically and expect to be treated with care and dignity.

I have always taught my children to bank with others. Where you bank, you should be able to withdraw. If you invest time, resources, yourself into others, you should be able to expect a return on that investment at some point.

This is reciprocity. Authenticity is not a license to be self-centred, self-absorbed and uncaring about how others are feeling or experiencing us. Our inner warrior can lead us into wonderful, reciprocal relationships if we recognise the value we bring to, and get from, these relationships.

The knowledge I gained from my leadership experience did not change how I want to be. Authentic me cares and holds hope for others. But authentic me does not allow me to be a doormat for others to wipe their feet on.

If you are feeling like you are unable to express yourself fully because of fear of how others may respond, today I give you permission to rise above the potential ‘crows’, to see yourself from a higher perspective and to pay no mind to the negative attention. I invite you to enjoy the view as you soar higher.

Hayley

TOP TOPIC

NEXT TIME

ISSUE 10 - 2023

BOUNDARIES, WHERE IS THE HEALTHY LINE?

CREATING POSITIVE RITUALS

COMING TO HONEYBEE

EVERYTHING THAT DROWNED ME
TAUGHT ME HOW TO SWIM
VISIONS IN BLUE

From the Heart

Contributor Jacqueline De Grussa

Authentically Me

How I Discovered My Inner Recovery Warrior

When I found myself in 'that place' yet again... full of pain, heartache and wanting to end it all, I was faced with the same question: **What are my options here?**

- *The system couldn't help me, I didn't fit into their tiny little box of selection criteria.*
- *I couldn't help me… not alone, I was too exhausted, too under-resourced.*
- *My family and friends couldn't help me. I was closed off and they didn't have the resources either.*
- *There weren't any 'groups' that I could get to (living semi-rurally) and none came to me.*

I was affected, not only by my own suffering but also the suffering of others around me. We were all women at different stages of very different journeys, who were isolated, under-resourced and floundering.

So, I decided to start a Facebook group so we could all connect in a safe space (with the help of several amazing women along the way). Five years later, I am the founder of Women's Recovery Community. Way before the 'Rona, I realised that online 24/7 support with a community vibe was the answer.

It has been a journey. Now we collaborate with several organisations, services and people who are all looking to help. We are fully registered, have an all female board and we're looking to steadily expand to help more and more women around the world.

Women's Recovery Community is my refuge, it has been there for some of the hardest times in my life. I spout my musings on recovery there twice a day (along with lots of other stuff);

- **Good Morning Recovery Warriors**
- **Good Night Recovery Warriors**

I do this for two reasons.

Firstly, it is a tool to help me ground myself in the morning and reflect at night.

Secondly, the reason they are titled "Good Morning" and "Good Night" is from when my mother was going through her second divorce. Full of grief and pain, she exclaimed to me, "Who am I going to say good morning and goodnight to?"

This stuck with me, I remembered my own grief and pain of loneliness. I felt the isolation of thousands of women who have no support, or don't feel safe to ask for that support.

Every day, I place myself on WRC to share thoughts, musings, lessons and laughs on a platform which, if it reaches just one woman, if it shows her that she is not alone, then I have succeeded.

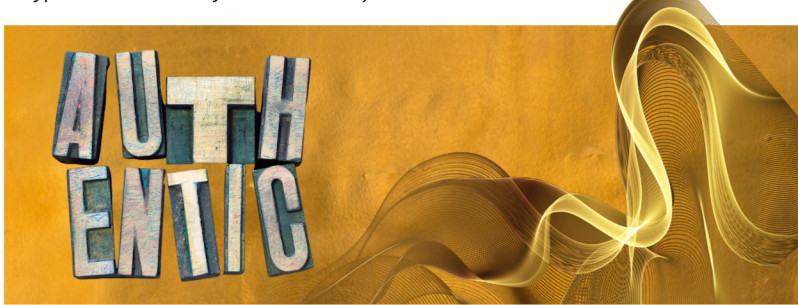
Absolutely everything I do, I do it from where my heart has led me, I am a Warrior because I see that other women need it too. I am a Warrior because of my drive to help myself and others. I am a Warrior because I turn up every day (even when I have failed a million times before), dust myself off and try again.

You see, my dearest. We are all Warriors.

Jacqueline x

Facebook.com/groups/womensrecoverycommunity

(Go directly to the link by clicking on it if reading in electronic format, or type address directly into Facebook).



I AM NO LONGER AVAILABLE FOR THINGS
THAT MAKE ME FEEL LIKE SHIT
VISIONS IN BLUE

Enjoy the following pages created just for you from our special topics at

Destination Wellness

High Hopes

FIRST ON THE TO-DO LIST THIS YEAR: PENCIL IN MORE OF WHAT MAKES YOU HAPPY!

What's your favourite part of the week? I have to admit that as Friday afternoon passes I do get filled with a lovely anticipation about the weekend that is about to begin.

Whether it's having a girlfriend over to share a glass of bubbles, take-away and chat the evening away, or jumping into my comfy PJs and lounging around with my husband while watching a new release movie, I start to feel those little sparks of joy and excitement.

After a busy week juggling life, work and chronic illness or disability and mental health stress it is nice to have high hopes for the plans you have made for yourself.

What do you look forward to after a long week - a bubble bath, a beachside stroll, going to dinner with family or friends? Do you plan, book in, and spend time looking forward to the activities that perk you up? Science says you should. We are happier when we have something to look forward to. The anticipation and the planning is often enjoyed more than the actual event!

Whether it's something simple or bigger like a holiday, making exciting plans physically changes your brain chemistry so you feel good. What better excuse to book that 'thing' you've been wanting to do but putting off because life's just too damn busy?

Living with or caring for someone with chronic illness, disability and mental health conditions can often mean plans have to be changed at the last minute. I know over the years I found that every time I booked a special occasion I usually ended up in hospital that day!

it is just a fact of life and one that you have to learn to pivot and work through like anything else.

This is why I enjoy the little things such as my afternoon espresso and cookie. I take great joy in preparing my treat, picking my cup and choosing my homemade cookie from the variety I have baked. Sounds bonkers I know, but the simple acts in life can often be more meaningful because they are achievable and make you feel good.

And don't under underestimate quiet time. There is a big difference between being alone, and being lonely! It is good to spend quality time with yourself. To reflect, sit with any uncomfortable emotions and work through them, do some breathwork. It all counts.

You may enjoy reading a good book or magazine, a solo staycation, or just catching up with things you keep putting off around the house.

Author Marie kondo says, "take 15 minutes and try to complete one area in your home that needs organising. Your spice drawer, your wardrobe, the junk drawer!" We always say we don't have the time or energy, but once you get started it can be a lot of fun, and it will definitely make you happier because you achieved something.

Again, it's the little things that have a big impact and can bring happiness and joy. Remember when childhood events like birthdays, Christmas, and school holidays were the most exciting time of the whole year?

There is no reason to lose that magic in adulthood. Start today!

Rather than adding more tedious new year's resolutions to that never ending to-do list, make a list of things to look forward to. Count down the days. Savour the wait. And enjoy every sweet moment.

Sparks of Joy

Go through your yearly planner or calendar and pencil in things that will add sparks of joy to your weeks, months, and year. Here are some ideas of things to look forward to:

- *A massage, facial, or mani/pedi*
- *Phone calls with friends or family*
- *Weekly arts and craft classes*
- *New releases on streaming services or at the cinema*
- *Working out (stretching, breathwork)*
- *Going to a concert*
- *Afternoon yoga*
- *Checking out a new restaurant or cafe*
- *A baking day*
- *Listening to a newly released album*
- *Catching up with friends*
- *Swimming*
- *A bubble bath*
- *Travelling somewhere new*
- *Visiting a museum or art exhibition*
- *Takeout night*
- *Podcasts*

FIND THE joy

What brings you joy?

Off the top of your head, can you list three things that make you smile?

Here's the first three that come to mind for me:

- the fairy lights I have in my indoor atrium
- the vast blueness of the ocean outside my window
- and quality time at home pottering around mindlessly

I love my recliner chair too, and I particularly enjoy sitting and watching my home renovation or cooking shows. I am a collector of recipes....and the dream that I will one day actually cook them! But I digress.....

While most people put plants in their indoor atrium, I have a giant pink Christmas tree that is covered in pink fairy lights, and adorned with huge imitation peonies, roses and sparkly leaves. It is finished off with little doves and butterflies.

In the month of December I call it a Christmas tree, for the rest of the year it is a light installation! The entire atrium is filled with magical fairy lights and woodland creatures like deer along with smaller white trees covered in fairy lights. I usually have them turned on during the day, as well as every night. It never fails to make me smile, and usually anyone who is visiting.

Seek it out and revel in it

The ocean was never something I felt drawn too. In fact I often feared it. Living with the ocean on my doorstep has led to me gazing out at the water regularly. There are so many colours and variations in the waters movement. The Marina that is being built has already had a small lake like area created, and this in particular makes me smile. Throw in a few willowy trees and I would be in absolute heaven!

Strangely enough the thought of pottering around aimlessly completing little jobs or chores, rearranging the furniture, or even baking for the fun of it, all make me smile. These activities are the things that often help ground me and bring me peace.

I also find great joy and happiness when I am researching, designing and working on this beautiful lifestyle magazine. Having deadlines and a framework to create from, collaborating with other team members, and discovering topics or quotes and stories to share gives me constant sparks of joy and appreciation.

The obstacles between us and our joy can often feel quite daunting. We may tell ourselves that we don't want it badly enough, or lose sight of what makes us happy altogether.

I can testify that the benefits to be gained by identifying what brings you joy, and then doing what it takes to connect with that, will always outweigh the effort it takes to do so.

Melissa

RoadMap to Success

WHAT MAKES YOU SMILE?

Editor's Note: I think I have mostly always tried to live a life of gratitude and be as happy as possible given any situation I found myself in. It is not easy to feel happy and joyful or even grateful, when you are suffering from chronic illness, disability and mental health issues. Some days it can be damn right impossible to feel anything other than the negatives.

I didn't start practising daily gratitude until I began working with Coach Jackie Rowe (who is also one of our contributors). She introduced me to her circle facilitation work, journaling, and practising real gratitude on a daily basis. I have to say at times it was a real challenge! Three years on and it is something I continue to practise because the benefits have been too noticeable to stop. I start my daily practice by being grateful for the fact I slept and woke up that day. It often moves with me throughout my morning routine, my shower, and the times where I am alone, such as driving the car. My thoughts are often quite negative in the shower and the car, so this is where I worked the hardest on my gratitude practices.

It really does lighten the spirit, and enhance those feel good hormones that we all need to improve our mental and daily life stress. I urge you to buy yourself a nice little journal or planner and start this practice today. **Melissa Dumitru**

1. **If you've already come up with three things that spark joy for you,** think about how you can factor those things into your life regularly. What do you need to do to make it happen? What considerations do you need to address? Can you pencil some dates with joy into your planner or calendar right now?

2. **If you're out of touch with what brings you joy,** think about your happiest memories. What made those times stand out as happy ones? Can you remember the last time you laughed our loud with pure joy? What prompted it? Is it something you can replicate?

3. **Look back at past planner or diaries** and mark joyful occasions with a smiley face. Just reading about them probably makes you feel good. Could it be time for a repeat performance or two?

4. **Use your journal or diary to begin a gratitude practice.** Each day, record three things you are truly thankful for. Consider why you are thankful for them and note any that contribute to positive feelings you can cultivate. People who regularly express gratitude for the positive things in their life are shown to be happier overall, leading to lower rates of stress and depression.

5. **Still stuck?** Look outward. Ask others, "What brings you joy?" Why not see if the same things spark joy for you? If all else fails, try using others' answers as guidelines to assist you in bringing them joy. It just might make you feel good too!

A Matter of Intent

Are you ready to get serious about rediscovering joy? Think about what you hope to achieve this year, and commit to five personal 'joy goals' by writing them down below. They can be big or small, life changing or everyday - as long as they speak to the truth of the person you are.

Create the change you wish to see

Quick Quiz to get you thinking:

STEP 1: WHAT ISSUES DO YOU CARE ABOUT?

STEP 2: WHAT TYPES OF ACTION ARE ACHIEVABLE FOR YOU?

STEP 3: IDEAS FOR WAYS YOU CAN MAKE A DIFFERENCE IN YOUR LIFE TODAY, NO MATTER HOW BIG OR SMALL.

We can fall apart in a second.
Yet it can take years to put
ourselves back together.
It's not because we are slow and weak.
It's because when we come back,
we come back bolder, brighter, stronger,
and anything worth having takes time.

Kate Masters - Writer

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thank you

Gabrielle Worthington

Honeybee Lifestyle Magazine - professional printing & postage is proudly supported through the generosity of our incredible long-term sponsor Gabrielle Worthington, Managing Director Dependable Laundry Solutions.

Gill McGimpsey-Evans

Chronically Inspired - Life.Beyond.Disability, and Honeybee Lifestyle Magazine are proudly supported through the generosity of our beloved member and friend Gill, who passed away in 2021 from Pulmonary Arterial Hypertension.

DEPENDABLE LAUNDRY SOLUTIONS

TESTIMONIAL from our sponsor..

As a Sponsor of Chronically Inspired - Life.Beyond.Disability we are very proud to support Founder Melissa Dumitru in her endeavours to provide an excellent resource for people living with chronic illness, disability, & mental health conditions. The HoneyBee Lifestyle Magazine would have to be one of the most helpful, informative magazines that absolutely inspires those with health challenges to live their best life. Melissa speaks and informs from a lived experience... a very powerful insight into individuals suffering chronic diseases... a fantastic read for sufferers and their Partners, Friends, Supporters alike. One day, this fabulous magazine will be in all sorts of Medical Practitioners offices as a little Life Saver for those afflicted in so many ways.

Acknowledgement to Country: Chronically Inspired would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their culture, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders, past and present, and are committed to making a positive contribution to the well-being of Aboriginal and Torres Strait Islander young people, by working on providing services that are welcoming, safe, culturally appropriate and inclusive. We are committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. We welcome all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.

JOIN OUR GROWING COMMUNITY

Chronically INSPIRED
Life.Beyond.Disability

041 893 0291

chronicallyinspiredau@gmail.com

www.chronicallyinspired.com.au

@chronicallyinspiredau

Last words

from the Divine Ms. M

BELIEVE IN YOURSELF.

When they tell the story of me,
I want them to say one thing;

She.
Kept.
Going.

Hello my lovelies and thank you for joining us for another glorious edition of Honeybee

As this edition draws to an end, I truly hope that you found inspiration within the pages of our magazine. That the deeply personal stories shared by our lived experienced writers resonated, and added to your own knowledge and understanding.

To live authentically and to be your own Warrior is a long journey with many twists and turns. It is always there within you, so use it! Help it to grow, develop and live with the joy and happiness living authentically brings us.

Make peace with your life and decide today that you will begin to nurture that Inner Warrior and be everything you can be.

Love & blessings always,

Melissa x

Make Peace With Your Body

Make peace with your body today my friend, for it has toiled for many years just to keep you alive.

It has grown, weathered virus and disease, healed countless wounds and fought many unseen battles, to keep your soul intact for its journey through this life.

Yes it has changed, but it has been changing since the day you were born. And it will continue to change until the day you die.

Make peace with this.

Striving against this change, is like trying to blow away the wind. Futile, pointless, misery-making.

Your body has served you well and done so with your daily hate and disapproval. It has suffered years of daily, hourly negativity, pulsing its way from your brain to your cells…

Not good enough, not attractive enough, not perfect. And every day you thought it wasn't perfect, it really, truly was.

It was keeping you alive, supporting your rash decisions, counteracting your foolish mistakes, doing everything in its power to stay in the game.

For you.

Make peace with your body today, my friend, say your apologies, right your wrongs and move on with appreciation.

You are blessed.

Look around you, not everyone is so blessed.
Not every one is breathing, walking, thriving.
And whilst you are looking around, see that nobody is perfect.
The way a body looks, says nothing about its strength, its longevity, its endurance.

This is not a rehearsal, this is your one shot at a life well-lived.

Make it count.

Words by **Donna Ashworth** - Art by **Taynee** (prints available)- https://amzn.eu/d/9Y6E6kz

EDITORIAL

- **Editor-in-Chief - Melissa Dumitru**
- **Design Editor - Erica Francois**
- **Lifestyle Editor - Helen Blanchard**
- **Copyeditor - Fay Bahemia**

CONTRIBUTORS

- Jackie Rowe
- Jacqueline De Grussa
- Hayley Solich
- Helen Blanchard
- Marie Williams
- Dianne Murphy
- Laura Williams
- Erica Huntzinger
- Angela Famiano
- Mystery Writer
- Kez Wickham St George
- Jenny Gleeson
- Jaymee-Lee Farrelly
- Latisha Living

PARTNERS

DEPENDABLE LAUNDRY SOLUTIONS

Disenyorita

ConnectGroups
helping support groups & individuals

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when you can't breathe... nothing else matters

STOCKISTS

- The Wellness Society Resources page 21
- Kez's Book Club & Reviews
- Jenny Gleeson Consulting pages 10/11
- Jackie Rowe Focus Coaching pages 16/17
- Destination Wellness topic inspired by the Mindful Planner, High Hopes and Find the Joy.
- Editors Note: inspired by Awaken the Warrior Mindful Planner

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- Canva Pro, Google Images, Unsplash, Pinterest, google definition searches,
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AFFILIATES

THE WELLNESS SOCIETY

THE PLATFORM WA

MD Consulting
MELISSA DUMITRU

HONEYBEE
LIFESTYLE MAGAZINE

Chronically INSPIRED
Life.Beyond.Disability

Tastebuds Club
Social Support Group

Honeybee HIVE

PUBLISHER

Honeybee Lifestyle Magazine for Chronically Inspired - Life.Beyond.Disability

CONTACTS

International Telephone +61 41 893 0291
Australia Telephone 041 893 0291
Email chronicallyinspiredau@gmail
ABN 872 013 043 85

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Our Vision

Chronically Inspired envisions a community where individuals, with chronic illnesses, mental health issues & disabilities both physical and intellectual, are accepted into our society exactly as they are. Recognised as having the same qualities, talents, flaws, and challenges as anyone else. And given the same advantages and privilege without exception.

Our Mission

Chronically Inspired exists to reinforce the purity of one message;
the lived experience and patient expert stories. We empower through inspiring storytelling, informative content, and supportive collaboration of the unique journeys and lived experiences from our collaborators and through our networking to highlight the incredible lives so many in our community are living despite their many challenges.