

# WELL MAN

MEN'S LIFE PROMOTION SURVIVAL HANDBOOK



BY GRANT WESTTHORP

2022

LIFE PROMOTION  
SOLUTIONS

7-DAY  
CHALLENGE

**selectability**  
mental wellbeing and suicide prevention





## FOREWORD

Grant Westthorp has for over 14 years contributed significantly to the health and wellbeing of men in Australia and specifically regional Queensland.

Grant is the selectability Well Man Coordinator and oversees the Well Man app and website and the Men's Life Promotion Survival Handbook.

Grant had a successful career as a golf professional for 33 years, traveling the world and totally committed to his profession.

Then it all came tumbling down after a recreational accident. In one moment, he lost his livelihood, his physical capabilities, mental and social worlds were in a tail spin.

The Life Promotion Challenge provides his learnings and a pathway back to a vibrant life.

Grant's passion and drive to create meaningful, significant

and appropriate resources was developed in response to the real-life questions that men raised during the performance of 1250 presentations/workshops, 8000 wellness checks, 350 positive mentoring sessions and personally assisting 2798 men who presented to the office in distress.

Grant designed the Men's Survival Handbook in 2013 to provide a resource for men seeking information about preventative mental, physical and social wellbeing.

24,000 copies were distributed throughout Australia and the Handbook evolved into the Well Man App in 2018.

Grant has lived and living experience and has assisted thousands of men to overcome mental, physical and social distress.

The selectability Men's Life

Promotion Handbook reflects information, strategies, inspiration, practical tips and life skills gathered from Grant's personal journey and from men that Grant has worked with and beside.

By adopting positive living and wellbeing behaviours recommended by Grant, men have been able to heal and get their life back on track. Small behaviour and wellbeing changes do create major life gains.

Grant is not a clinician; he is a motivator and passionate about changing men's health and wellbeing outcomes.

*Let the journey begin*

**Grant Westthorp**

selectability Well Man coordinator

*Note: Grant Westthorp is not a clinician; he is a motivator and passionate about changing men's health and wellbeing outcomes.*

## ABOUT THE HANDBOOK

This Handbook aims to provide early intervention life promotion information, strategies and life skills in an easy to embrace format for men written by a man. Accepting responsibility, understanding how men think, what guides men to react, the role of values passed down from fathers and the difference of modifying behaviours will be addressed. Check out *“How to be a warrior in the 21st century”* as a guide. Mental, physical, social and diet solutions will be outlined. Finishing with the Life Promotion 7 Day Challenge, which is a kick starter for men wanting to start the journey of life promotion and positivity.

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## CHARITY OF **CHOICE**

**Consider making selectability your charity of choice.**

Suicide rates in regional Queensland are at least 1.5 times higher than the national average. Your donation to selectability is likely to save a life!

**We need your help!**

Every suicide is a tragedy with its impacts significant, far-reaching and long lasting. Research shows that every suicide impacts around 135 people.

While there is no single solution that will prevent it, there are many protective factors that can reduce the risk.

Through our range of programs and services, selectability aims to prevent suicide in our communities. You can help us continue our work by making selectability the charity of choice at your next fundraiser.

*Note: select Charity of Choice in the drop down menu. All donations over \$2 are tax deductible.*



**You can support us by scanning the QR code and making a donation via our website.**







# ACKNOWLEDGEMENT

## OF COUNTRY

selectability acknowledges the Traditional owners of the land on which we provide services and pay our respects to Elders past, present and emerging.

## OF LIVED EXPERIENCE

We acknowledge those with lived experience and those who support and partner with us to improve mental wellbeing and prevent suicide across regional Queensland.

# ACCEPTING RESPONSIBILITY

Creating a strong foundation for life involves taking full **responsibility** for your actions, responses, thoughts, behaviours, habits and choices. After the age of 18 years when parental control diminishes it is up to you to steer your life towards positive habits and behaviours and a life well lived. By adopting positive living habits and behaviours you will have the tools to navigate towards life promotion and longevity.

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There are plenty of poor choices, temptation and peer pressure to embrace negativity, in the end though, it is your life and your choice.

In a society that wants to blame somebody for every situation it is easy to fall in the same trap and blame your parents, your upbringing or even your socio-economic situation for what is happening in your life.

However, whenever you point the finger at someone else realise there are still three of your fingers pointing back at you! Take responsibility and be responsible for your life.

So, responsibility is in your hands, by taking hold of the steering wheel and accepting that your life will be driven by you and you only suddenly strong foundations are poured into the footings.

- You now have a solid base to

work from, your intentions become reality and darkness of the spirit dissolves into light.

- You are now in charge of your life; you realise that each action has a consequence and you are in total control of choices.

- Your responsibility covers how you act, how you respond, what you think, how you behave, respecting yourself and others and whether you exercise, eat a varied diet and control alcohol and drug consumption.

- Life is a roller coaster; you will have your ups and downs however positive choices will always be up to you. Taking responsibility gives you a better than average opportunity to manage the highs of life and to navigate the lows.

- Life is a journey; satisfaction is gained by taking positive steps along the way. You are the architect of your life, be the one who

seeks help early, if required, be the one to assist family, friends and colleagues who may need a hand up.

Check out the list of must do's in my very best mate Karl McKenzie's article *"How to be a Warrior in the 21st Century"*, as a guide.

**Yes, it is all about you and the responsibility that lies in your hands, take the reins and enjoy a wonderful life.**





**RESPONSIBILITY  
AHEAD**

# TAKING PERSONAL RESPONSIBILITY

## CHECKLIST

- ☐ Create a health history with your GP, each year book in a full check-up and record all results. Get your doctor to have administration to maintain this record. Any small deviations will assist in early detection of disease.
- ☐ Ask your father and grandfather if they have had any diseases, these diseases may have been passed down to you.
- ☐ At any stage of your life if you have any symptoms seek expert health advice immediately, this one action will probably save your life.
- ☐ If you have past trauma, seek a therapist to talk about and manage it. Plenty of men continue dragging trauma throughout their lives in the end it will come home to roost and can be life shortening.
- ☐ What you eat will reflect on how you feel about life. Minimise sugar, salt and fat. Keep an eye on the volume of food you eat. Having a varied diet will assist longevity. Plenty of healthy recipes available on the free Well Man app.
- ☐ Moderate alcohol consumption, stay away from daily intake, follow the standard drinking chart. Alcohol does affect behaviour and increases the chance of aggression. On top of this is that it is a depressive and leads to melancholy.
- ☐ Take time each day to switch the active mind off by meditating. The mind deals with around 6,000 (*Reference: Queen's University Canada*) thoughts each day, it makes sense to give some quiet time so that you have an opportunity to ponder.
- ☐ Relationships are important in maintaining social wellbeing. Structure in time to spend with family and friends. If time is short stay in touch via texts, emails, phone calls and social media platforms. Invest in your social wellbeing it is important to keep loneliness at bay.
- ☐ Check in with your responses to people, once you accept that you are not always RIGHT, life unfolds with a lot less stress. It is fine to have an opinion, it is naïve to expect everyone to agree with you.
- ☐ Connect with the great outdoors, spend time in the sunshine, stop, look and listen to nature, take off your shoes and feel the earth. Grounding your soul is your responsibility.
- ☐ Expressing feelings/emotions is courageous and indicates that you have evolved into a complete human being. Anger, sadness and joy are all a part of living a full life. Perpetrating physical or mental violence on anyone is unacceptable and is a sign of weakness.
- ☐ Being grateful for what you have brings life into perspective, it shows maturity and leads to many more positive outcomes. Acknowledging the present keeps you in the now so that opportunities abound in your life.





## HOW MEN THINK

Understanding how you think and why you react as a man will give you a better appreciation of why at times life feels like an uphill battle.

One of the key components to this mystery is that men hear conversations from a singular point of view.

*Do I need to fix this issue?  
How am I going to do it?*

Men are fixers. It is in our genes from days gone by. Accepting that some things don't need fixing, appreciating we can't fix everything and putting in place an evaluation system of what needs to be fixed will reduce your thoughts and mental load.

As men we tend to internalise thoughts, the next step is we act or react and finally we decide whether we can fix the thought/problem or find a solution. Men rarely reach out for assistance or assess the value of finding a solution. This process can cause mental concern, lead to doubt, loss of confidence, depression and even loss of life. Live the life you love and love the life you live; you are the captain of the ship.

A mind full of thoughts is dangerous, prioritise what you are thinking.

*Do you need to fix every mental command? Probably not!*

It is best to write down your top five thoughts that keep rattling through your head. Assess their value and either deal with them or jettison them. In most cases they can be deleted.

Otherwise, it becomes a game of mental ping pong, with thoughts bouncing around your head, it is difficult to stay in the "present" in this state of mind.

No wonder 92% of work place deaths are men. (Reference: Australian Men's Health Forum website)

One special skill for a 21st century man is to listen intently, process the information and do not react, if things need to be fixed the instructions from the conversation will reflect this outcome.

**A wise man will process a conversation before he reacts!**

# CORE VALUES

Your core values will assist you to navigate through the up and downs of life. It is worth mentioning some of these values may have been genetically passed down from your father. Check in by writing down your top five, see if any of these were your dad's ideology.

*Are your core values justified?  
Or are they complicating the process?*

It is worth reflecting on what you believe in, what the media and social platforms are feeding you and more importantly what is vital for you to live a life worth lived.

These days world, country and local news is instant although sometimes helpful, this can be draining on the soul. If you are searching for news and updates make sure it is from a reliable source that is promoting truth, fact and hope. These last few years have proven that fake news is out there and it can have a detrimental effect on your values and state of mind.

Your core values should mature as you age, what you believed in as a juvenile will certainly not be the same as your beliefs as a senior.

**Wisdom comes from passed down knowledge and life experience. Old perceived values may be burdensome and not really relevant today.**



A photograph of three light-colored wooden blocks standing upright on a wooden surface. The blocks are arranged in a row, slightly increasing in height from left to right. The first block on the left is labeled 'ETHICS', the middle block is labeled 'TRUST', and the tallest block on the right is labeled 'CUSTOMERS'. The text is printed vertically in black, sans-serif capital letters. The background is blurred, showing a person in a white shirt and a dark blue jacket.

ETHICS

TRUST

CUSTOMERS



Core values are often passed down through generations.

Write down your top five core values and see if any of these were also your dad's.

1.

.....

2.

.....

3.

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4.

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5.

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Monitor your core values and evaluate whether they are ruling your life in a positive or negative way.

*What are your core values?  
Do they enhance your life?  
Are they easy to live by?  
Do you own them or are they left over from your father?*

Make a list of them, now reduce that list down to your top three, these are the premier core values and should reflect your beliefs, your go to behaviours and how you

perceive yourself to all those around you.

Live your life using these core values as navigational aids, at the end of each year check to see whether they are still relevant.

**Each day acknowledge current core values in a mantra, "I am..."**



# HOW TO BE **A WARRIOR**

IN THE 21st CENTURY

## **A WARRIOR**

1. Is brave in heart and strong in mind, spirit and culture.
2. Is the protector of his family and community.
3. Does not hurt all that he loves, including family, community, culture and country.
4. Protects and promotes his culture proudly but respects the culture of others.
5. Provides for his family and community.
6. Stands with his brothers but is also prepared to stand alone.
7. Is confident and positive.
8. Inspires others to be their best.
9. Leads by example.
10. Keeps his word.
11. Respects all, even his adversary.
12. Is loyal, but also expects loyalty from others.
13. Is trustworthy; even puts his needs second, rather than break someone's trust.
14. Stands up for the weak.
15. Is humble not boastful.
16. Is a role model for others.
17. Is wise but always seeks the wisdom of others.
18. Treats his body with respect.
19. Does not let fear stop him from doing what is right.
20. Respects all elders.

**BY KARL MCKENZIE**



FULFIL YOUR DESTINY AND  
**BECOME A WARRIOR TODAY!**

# LIFE PROMOTION

## MENTAL SOLUTIONS

### **Meditate**

Our mind can be our best friend or worst enemy, apparently everyone has over 6,000 thoughts each day. *(Reference: Queen's University Canada)*

It is no wonder you feel tired at the end of the day! This is why it is wise to have a break in transmission and silence the mind. Invest 20 minutes each day meditating, there are plenty of low-cost meditating apps on the internet.

You will find simply by cutting the transmission of thought quietens down the mind and gives it breathing space to regenerate.

**Break the chain and give your mind a little down time each day for clarity of thought.**

### **Tapping**

Mental stress, anxiety and depression are signs that the mind is continually switched on.

To intervene early, start "tapping" download the free Well Man app (QR code in the 7 Day Challenge), click on the Mental Section on the landing page and then click on Tapping to Relieve Emotional Stress.

Tapping is a natural process for relieving stress and anxiety by gently tapping on various acupressure points on your body with your fingers. As you tap verbalise a positive mantra to let go of tension and

anxiety. The acupressure points are shown on diagrams on the app. Tapping is scientifically proven and is used by many therapists worldwide.

### **Choose your friends wisely**

Through your journey of life, friends will come and go. You will make friends at school, further education and then through your working life.

You may make friends with people who live in the same neighbourhood or who attend a shared sporting activity.

It is important to consider if your friends possess the same values, interests and positive attitude. Choose friends wisely, friends who are positive will uplift you, the rest will pull you down.

Avoid friends who swim in the sea of negativity, who blame everyone else and who have to be always right!

### **Upgrade and engage your senses**

Connect to nature; what do you see, smell, hear and feel? This simple action improves your awareness.

Humans are born with incredible senses, which over time are lost due to lack of use. It is very calming for the mind if you engage them on a regular basis.

Quietly sit with your shoes off in a garden or park. What do

you see? What can you smell? What can you hear? What does the ground feel like underfoot? This process is a wonderful way to ground your soul.

### **Stay in the moment, enjoy being present and maximise the now**

For men this is super important and vital, by staying in the moment your safety is greatly improved especially if you are working around machinery or in a dangerous environment.

Being present means you are not thinking about the past or the future, you are here and now, your mind is totally focussed on what is happening right now.

Have you ever driven down a road and realised that your mind has wandered and that a fair distance has disappeared and that you were not entirely present? If yes, keep the mind switched to the now, avoid letting it wonder to yesterday or tomorrow. Staying focussed on the now may save your life, concentrate on what you are seeing, hearing and feeling, this will keep you alert to any possible dangers.

### **Masculinity, a blessing or a curse?**

For too many years men have been tagged with needing to be strong, silent, fearless, emotionless, stoic and in some cases dominating. These characteristics have led many men

to points of crisis, creating unrealistic demands and pressures to be the strong silent type.

Times are a changing and so should you, be the man you want to be, show emotions, speak your mind, seek help early if needed and be the positive father figure.

One of the fundamental differences between men and women is that women talk and men take action. You can be that man that actively adopts positive habits and behaviours, yes, it is in your hands.

#### **Situational distress**

Australia is home to bushfires, floods, high temperatures and vermin plagues, to name a few. These events can cause anxiety, uncertainty, stress and any number of mental health issues.

A sense of depression can affect individuals and communities during these difficult times. On a personal front relationship break downs, loss of a job and even the effect of working from

home during COVID-19 lockdowns can replicate the same emotional feelings of threat, loneliness and loss.

One very important thought to keep front of mind is that these times will pass, and that mental stability will return over time. It is natural to feel sad and threatened during these external and internal events. Once time has elapsed, if trauma remains, do yourself a favour and seek assistance from a therapist, this is a sign of self-responsibility and courage to act.

#### **Breathing, an underrated skillset**

We all take breathing as a given, when young, air naturally flows deep into the body. As we age tension sets in and breathing becomes shallow.

#### **Here are a couple of breathing routines to activate calm.**

**Routine 1:** Inhale through the nose and smell the flowers. Hold for the count of three and blow out the candles, hold for the count of three and repeat

the procedure, make it rhymical and complete six breaths.

**Routine 2:** Imagine a box shape, inhale through the nose across the top of the box to the count of six. Hold the breath for the count of six down the side of the box. Exhale for the count of six across the bottom of the box and hold the breath for a count of six up the side of the box. Complete the procedure six times.

#### **Seek professional help early**

If your mind is carrying trauma your chances of a positive life is impossible. Be courageous and seek assistance early, this single action will mean a better life for you and your family.

selectability provides many therapists throughout regional Queensland. Check our website to find out more information, [selectability.com.au](http://selectability.com.au)



# LIFE PROMOTION

## PHYSICAL SOLUTIONS

### **Keep moving, your body is there to be used not to stagnate - stay active**

Your body is a machine and thrives on moving. Take time out during the day to exercise the muscles, walk, run, swim, cycle or visit a gym.

It is too easy to become sedentary and stay fixed in one spot for too much time especially if your eyes are fixed to a game screen or phone screen.

Get outside, breathe the air, catch some vitamin D from the sun, reconnect to nature.

Consider purchasing an electric bike which will be an investment in your future physical longevity. Electric bikes are great fun to ride and if the going gets tough you can always increase the electrical charge and decrease your physical exertion. The e-bikes generally also come with wider tyres which makes it easier to transverse uneven ground and safer to stay upright.

Men who stay active report that they have better mental health outcomes, better sleep and find socialising much easier. The body just works better if it is active, make the effort, less sitting more moving.

### **Flexibility is a key to maximum muscle use - keep stretching**

Put simply, muscles work better when they are flexible, suppleness improves posture and also assists you to become more

proficient in daily activities which leads to longevity and overall health.

Stretching is a gentle art form. Do not bounce the muscles. Always perform within your range, avoid overdoing movement and breathe while you stretch.

### **Staying upright is vital for your best performance. Maintain balance exercises**

Maintaining your balance throughout life's journey will improve your performance, sporting prowess, posture and general wellbeing. Most people take staying upright as a given until they have a bout of vertigo or trip due to lack of attention.

Balance exercises can be as simple as lifting one leg off the ground, check in on the Life Promotion 7 Day Challenges for specific balance exercises.

Include aerobic and resistance exercises to greatly improve your mortality and length of life. Consider Tai Chi which includes elements of stretching, aerobic exercise and balancing which will build your core body strength and reduce body sway.

### **Muscle strength diminishes as you age**

Start early by lifting light weights repetitively to maintain core strength and to stay strong.

Maintaining strong muscles

does not require hours in the gym, light weights lifted on a regular basis will serve the purpose. Having easy access is the key, position two x 4 kilogram dumbbells in an area that you walk past regularly and pick them up and lift them.

If you prefer the gym attend on a regular basis, although it is less trouble if you can complete a set of lifts at home and more likely to happen.

It is that easy, check out the internet for lifting routines that suit your goals. Maintaining strength is important and reduces frustration at any age.

### **Being overweight can effect your mental state**

If you are carrying a few extra kilograms, make your intention to lose them post haste.

A larger waist contributes to the metabolic syndrome which is a cluster of conditions together increasing your risk of heart disease, stroke and type 2 diabetes.

These conditions include increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.

Being overweight can affect your mental state and emotions, this can also include body image, self-worth and self-respect.



Moving a bigger body also takes more energy and effort. If you comfort eat because of previous trauma have a chat with a therapist to remove the mental trauma before starting exercise and dieting.

Seeking assistance is a sign of courage and strength, after all you want to be the best version of yourself and get the most out of life.

**Here are two easy stretches that will contribute to your wellbeing.**

#### **Stretch 1 - Superman**

1. Stand with your feet shoulder width apart, raise your hands and arms like you are about to fly like superman.
2. Bend at the waist and slowly bring your hands so that they point at the floor. Stay in your comfort zone, only bend to a comfortable position.

This stretch is about building the bend gently it takes time to get the full stretch be gentle with yourself.

#### **Stretch 2 - the Sprinkler**

1. Stand with your feet shoulder width apart, lift your right hand up and move it across your body so that it is parallel to the ground.
2. Bring up the left hand and create a support to hold your right arm reasonably straight.
3. Rotate your body to the left like a sprinkler so that your right-hand points behind you.
4. Reverse hand positions and complete the same stretch.

Daily stretching for 5 minutes when you get out of bed is a wonderful way of kick starting your body.



# LIFE PROMOTION

## SOCIAL SOLUTIONS

### **Humans are social animals**

Staying socially connected to family and friends is a wonderful way of staying socially healthy, you do not have to live out of each other's pockets, it is simply a matter of sending a text, email, phoning or dropping by.

Social wellbeing makes up a third of your health, be proactive and have coffee catchups, bike rides, walks in nature or a night out together with your family and friends.

Getting out past your front door is important, socially interacting is vital, just make the effort!

### **Loneliness can be avoided by joining community groups or volunteering for charities**

Over the past three years life has changed dramatically due to the COVID-19 pandemic, social isolation for weeks on end due to lockdowns have been part of the norm.

Loneliness has always been an issue for many men. The solution lies in joining community groups like selectability's Bike Shed (*Ingham, Townsville, Charters Towers, Mackay and Cairns (coming soon)*). Check [selectability.com.au](http://selectability.com.au) for other community resources).

Rotary, Men's Sheds, Lions or similar. Another option is to join Australia's volunteer brigade and give back to society.

Both options are easy to do and will make you feel better about yourself and contribute to the betterment of mankind.

### **Have an animal in your life**

They make it easier to meet people, get you up and out of the house and provide unconditional love if required.

Animals are great company and can ward off loneliness. For example, cats are ideal therapists and do not mind listening until they fall asleep while dogs will hang on to your every word and reward you with a tail wag.

Dogs can broaden your social network. Daily walks provide opportunities to interact with like-minded souls. If you regularly walk Fido at the beach, dog park or around the suburbs at a set time it is amazing how many times you will bump into the same people, conversation is easy because you share the same animal/interest.

Treat your animals kindly they are doing their best to provide you with unconditional love.

Even a pet bird can provide company and someone to talk too.

The bottom line is that animals are great companions and do make a major difference to their owners.

### **Play sport for companionship**

What a wonderful way to make

lifetime friends. Sport is excellent for your mental, physical and social health and wellbeing. It will get you out of the house and active and depending on the sport it will be outdoors with plenty of fresh air to consume.

So many men get stuck indoors playing computer games and end up brain dead because of too many hours eating fast food, drinking alcohol and watching a screen like a zombie.

Choose a sport that is of interest, join a Club and get training. By committing to sport, you will find like-minded souls that may end up lifetime friends, which is a bonus for your mental and social wellbeing.

Physically you will be more active and using more muscles which is a plus for your general wellbeing, heart health, flexibility and balance. By exercising you will also be releasing endorphins which increase your feel-good factor and positivity.

### **Say hello to a stranger**

We all live under the same sky and have life stories to share.

Social wellbeing is a third of your health, having conversations with everyone you meet is healthy. We are all on earth for a short time so it is important to chat with a variety of people.

Conversations can be short, talking is a way to overcome

loneliness, ask questions and listen intently. If the opportunity arises ask about where they came from, what job they do and if appropriate ask about their life.

It is easy to connect to people by sharing a conversation and everyone has a story to share.

### **Having a faith can be reassuring**

It is your choice if you want to believe in a god/s. All religions can place you amongst other like minded people which is a bonus for your social wellbeing.

Finding a religion to align with your core values is important. Living your life with honesty, kindness and gratitude should align to whatever religion you choose.

### **If you want to follow current local and world event be aware of sensational news channels**

Sensational negative news stories and images can have a very detrimental effect on your wellbeing. Believing in fake news

also can lead you down this path.

Finding a news platform that delivers truth, facts and hope should be your goal. Limiting your exposure to news is also worth a mention.

So many stories are regurgitated, they use the same video/images for weeks on end even when the story has moved on.

Continually watching negative images will affect your view on life, your fear factor and even how you relate to people. You are in charge of the television remote, computer mouse and radio off button.

It is okay to check in now and again however having continuous exposure is bad for your wellbeing. It can cause anxiety, depression and can turn up your fear factor.

You are in charge of your life outcomes, perception and evolution, turn off or limit your screen time.

### **Financial distress can add to social distress which can lead to major mental anxiety**

Many men find themselves in trouble when they have joined the mining fraternity or other high paying jobs and lend huge amounts of money from financial institutions.

Having access to a large pay packet opens many opportunities to buy the new house, boat and flash car via a hefty mortgage or on credit. In the end, you still need to pay back the money plus interest.

Your commitment to pay regular large payments over a long period adds extra stress on your relationships, work choices (*you have to stay in that job*) and even your view of life.

Rather than jumping into the credit trap, why not save up for the major purchases which will alleviate the possibility of spiralling into mental anxiety.





# LIFE PROMOTION

## DIET SOLUTIONS

### **Your body is a machine and requires the best fuel**

Go lean meat, vegetables and fruit. Excess sugar, fat and salt will lead to negative mental and physical health outcomes.

Be kind to your body and feed it premium fuel, focus on lean meats, fish and a small portion of red meat. Your diet can help fight disease and keep you looking and acting younger.

The old adage of 5 vegetables and 2 fruits daily is still a worthwhile goal, let's face it, it is easy to access the 5 & 2 these days with grocery stores offering a wide range of vegetables and fruits all year round.

Check out the section Healthy Eating for Men on the Well Man App for more information, tips and tricks.

### **Brain food diet**

Nutrition is a key contributor to good mental health, eating a Mediterranean diet is the choice of champions and aids longevity, better digestion and weight control.

Portion control is essential, too much of a good thing or over-eating will certainly not do you any favours.

Food definitely has an effect on your moods and how you feel about life, maintaining an awareness of sugar, fat and salt intake is vital.

Eating fruit, vegetables, lean meat, fish and pulses can keep your blood pressure lower.

The best brain food includes:

- Fatty fish, high in omega-3 fats, salmon, herring, sardines and mackerel.
- Whole grains which provide brain power, whole-wheat, bulgur, oats, wild rice and barley.
- Lean protein assists mental wellbeing, fish, chicken, eggs and pulses.
- Leafy greens assist vitamin B intake, spinach, kale, mustard greens and broccoli.
- Yoghurt and active cultures reduce anxiety and stress hormones, active cultures, kefir, kimchi, yoghurts and pickled vegetables.

### **Heart food diet**

Poor diet is one of the leading risk factors for heart disease, go figure. Choose fresh foods over processed foods, variety is the key to a healthy diet intake.

Choose foods with high amounts of healthy fats such as avocados, olives, nuts and seeds, and use healthy oils for cooking, for example, olive, sunflower, peanut and soybean oil.

These foods can help lower your cholesterol. Check labels on packaged food for low sodium and sugar. It is worth investing some time into the food you eat as the leading cause of death for males in Australia is coronary heart disease.





# PLEDGE **WALL**

LIFE PROMOTION

## MENTAL PLEDGE

I will .....

## PHYSICAL PLEDGE

I will .....

## SOCIAL PLEDGE

I will .....

## DIET PLEDGE

I will .....

**DATE** .....

**Signature** .....



MAKE THE  
**PLEDGE TODAY!**

# LIFE PROMOTION

## 7-DAY CHALLENGE

The Life Promotion 7-Day Challenge is a great way to start to incorporate positive living habits/behaviours into your life.

The 7-Day Challenge was designed by Grant Westthorp to motivate you to embrace positive mental, physical and social habits/behaviours and harvest the rewards.

Grant had a successful career as a golf professional for 33 years, traveling the world and totally committed to his profession.

Then it all came tumbling down after a recreational accident. In one moment, he lost his livelihood, his physical capabilities, mental and social worlds were

in a tail spin. The Life Promotion 7-Day Challenge provides his learnings and a pathway back to a vibrant life.

Grant has gathered these challenges/solutions from personal living and lived experience, as well as working with and beside thousands of men over the past 14 years who shared their life skills and positive practical tips.

Life choices are your responsibility and are easy to embed. You have the power to move towards a positive lifestyle and a longer life.

Each day you will be challenged to complete a mental, physical and social task, these minor

changes could become lifetime habits.

Yes, it is in your hands and you are responsible for your longevity. You hold all of the keys for a life well lived.

For more inspiration:

- visit **wellman.org.au**
- follow-us on Instagram **@wellmanselectability1**
- or download the free **Well Man app** using the QR code.



# DAY ONE

- ☐ **Mental:** today's mental challenge is to start tapping away the residue stress that you are holding on too.

Tapping is really easy to do and is scientifically proven to alter the human state of mind. If you want to unload some stress tapping is the answer.

**Download the free Well Man app** and visit the topic in the mental wellbeing section. Instructions and an image displaying positions to tap is available. Tapping is discreet and it has been scientifically proven to calm the mind.

Start today! If you want to take it further visit Steve Wells' website [eftdownunder.com](http://eftdownunder.com). Steve is one of the good guys on the planet and a world expert on tapping.



- ☐ **Physical:** today's physical challenge is to schedule in a 12-minute walk before work, during your lunch break or after work.

Our bodies are designed to be active and if you want to feel great and clear your body of some fat, engage your legs and get moving.

The first three minutes start steady, get a nice rhythm going, the middle six minutes increase the pace so that is still comfortable but you feel like you are being chased by a tiger! The last three minutes wind down back to an even pace.

Focus on your breathing as you walk, imagine you are breathing down to your knees and exhaling out more than you have inhaled. Engage your senses, what can you see, hear, taste, feel and smell. Be in the moment, quiet the mind with a mantra.

- ☐ **Social:** today's social challenge is to reach out to three people who you consider a part of your circle of mates.

One of the key findings during the pandemic was that humans are social animals and that we need social connections to get through life. Life is easy if you have work mates, sporting buddies or close family members to talk too on a regular basis.

This means simply catching up for a coffee, texting them or giving them a phone call. Make this a regular weekly habit so that you *check in*. Social wellbeing makes up a third of our wellbeing and is as important as physical and mental wellbeing.



## DAY TWO

- ☐ **Mental:** today's mental challenge is to heighten your senses and spatial awareness. These are important survival skills to enhance in today's fast changing world.

Staying mentally alert keeps you safe and spatial awareness keeps you out of harms way.

During today's physical challenge stay alert, look around, what do you see, smell, taste and hear. Where are you placing your feet, what does the ground feel like?

Record your journey in the daily journal on the free Well Man app, you will be surprised what you notice when you are in the moment and how much your mind becomes quiet. Add an image to your daily journal for better recall.



- ☐ **Physical:** today's physical challenge is to incrementally increase your physical capacity by adding six extra minutes onto the walk.

It is important to challenge yourself on a daily basis, it builds mental resilience and physical strength. Do some gentle stretching before you take off, push against a wall with your left foot forward and then swap to your right.

The first three minutes start steady, get a nice rhythm going, the middle 12 minutes increase the pace so that is still comfortable but you feel that there is a tiger behind you. The last three minutes wind down back to an even pace.

Record your journey in the daily journal on the free Well Man app, you will be surprised what you notice when you are in the moment, add an image for better recall.

- ☐ **Social:** today's social challenge is to introduce laughter into your daily routine.

Regular laughter releases all of the happy chemicals into your system, multiply that by having a social laugh with a friend or family member.

As a suggestion create a folder of your favourite comedians from the internet and play them daily to get the laughter bubbling through your system. Yes, the world can be a shitty place at times however laughter can make it more palatable and you will create a sense of perspective about what is really important in your life.

## DAY THREE

- ☐ **Mental:** today's mental challenge is having your mind prepared for the roller coaster of life by increasing mental resilience. This is an important characteristic and once learnt creates calm.

Write down six things that are currently bugging you and place a value on each thought between one and six with the important stuff being three or lower. Anything above three discount verbally by saying *"thank you mind for storing this thought but it is of no value so I no longer need to hold it."*

You may need to acknowledge the deleted thought again if it reappears by simply saying *"no thanks I no longer require holding this thought"*. Work on addressing the remaining key thoughts one at a time that were three and below, it is much easier once you have jettisoned the less important ones.



- ☐ **Physical:** today's physical challenge is to introduce light weights into your house hold. This extra strength comes in handy when you need to open cans, plastic containers or even to survive a natural disaster.

Have the weights handy and use them often - three or four kilograms in weight are ideal. Use them regularly and complete six repetitions with both hands/arms.

There are plenty of exercises available on the internet or visit your local gym for some inspiration. Muscle maintenance is important for all ages. Quick and easy availability of the weights is the key.

- ☐ **Social:** today's social challenge is to take your parents or connect and honour your ancestral line, siblings or a close relative out for a coffee and a chat.

Take the initiative and phone them up early in the day and set aside an hour to have a coffee and a catch up. If any of your family members are still alive invest some time in seeing them as you never know when that opportunity may no longer exist.

Taking time out of our busy schedules is important and beneficial to all parties concerned. Keeping up with family gossip is priceless!

## DAY FOUR

- ☐ **Mental:** today's mental challenge is to discover how you deal with and remove stress from your life.

This skill is vital in providing health maintenance for your mind, it is like tuning your car to get the best performance. It appears that everything is instant, we are bombarded with instant information 24/7 - instant fast food, instant Facebook friends, instant negative media. How do you cope with all of this going on, where do you seek comfort? There are plenty of instant poor comfort choices, overeating junk food, drinking excessive alcohol or using drugs are just a few.

Other alternatives are choosing to quieten the mind down through daily meditation and replacing bad habits with exercising, reading a book, watching a movie or eating a healthy snack. These actions provide space for your mind to find some tranquillity in rough seas.



- ☐ **Physical:** today's physical challenge is to start to work on your balance.

*What is balance?*

Balance is the body's ability to sense and regulate its positioning so that you can go about your daily life effectively and harm free.

Good balance is a predictive factor in living a long life so well worth the investment. Every day balance on a single leg for two minutes.

To make it more exciting close your eyes when you complete the routine. There is more information about balance on the free Well Man app in the physical section.

- ☐ **Social:** today's social challenge is to connect on a community level, by frequenting a cafe on a regular basis, before or after work for morning or afternoon tea.

Social connection is a gift that gives you a sense of belonging. When ordering your beverage smile at the barista and thank him/her for making a great coffee or tea.

Start a conversation with people nearby if the opportunity arises, you will be surprised the number of friends you can make just by being in the same place on a regular basis. Small conversations can start long term friendships. Remember social wellbeing is a third of your health.



## DAY FIVE

☐ **Mental:** today's mental challenge is to introduce the two step sleep schedule.

Sleep is restorative and essential if you want to perform at your best physically and mentally. It is said seven hours of quality sleep is required each night to recharge the brain. Avoid screen time, caffeine, hunger and overeating pre-sleep time.

**Here is how to do it (this routing also works if you wake up in the middle of the night):**

1. Have a pad and pen beside your bed to write down what you are thinking. Just before sleep write down the top three thoughts that enter your mind. Picture these thoughts on a white board in your mind and erase them so that you can only see white.
2. Next, place your hand on your belly button and inhale through your nose to a count of four feeling the expansion of your belly through your hand. Exhale out through your mouth



to a count of six as your belly deflates. Repeat for three breaths. Your mantra is *"I now accept sleep not thought."*

☐ **Physical:** today's physical challenge is to complete this second balance exercise the Heel to Toe Walk.

As mentioned, staying upright is vital for performing at your maximum capacity.

1. Position the heel of one foot just in front of the toes of the other foot, your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.
5. Have a go, maintaining great balance will assist longevity.

☐ **Social:** today's social challenge is to improve your conversation skills.

Social connection provides us with a sense of wellbeing and connection. Start a conversation with a stranger. Your mission is to focus on hearing their story, really listen to what they are saying, avoid breaking into the conversation, just listen.

This challenge you are exercising a social skill which is an asset to have in life. Everyone has a unique story to share and knows something that you don't. Listen, learn and be respectful.

## DAY SIX

- ☐ **Mental:** today's mental challenge is to start giving your brain a workout on a regular basis by completing a crossword, word puzzle or my favourite sudoku.

When you complete these tasks, you are opening new neural pathways and enhancing the neuro plasticity of the brain which is believed to keep the brain functioning at full capacity.

Like all parts of your body if don't use it you will lose it! By daily completing mind tasks your concentration and focus will improve.

Just get going.



- ☐ **Physical:** today's physical challenge is to introduce stretching into your daily routine. Stretching is vital if you want to move through your life easily, it makes tying your laces easier as well as getting in and out of your Ferrari less embarrassing!

This Stretch is called Ned Kelly *"hands up"*. Stand against a wall with your calf's, buttocks, shoulders and neck making contact with the wall and hands and arms beside you.

Now lift your hands and arms to a *"hands up"* position, palms facing out and your hands and arm still making contact with the wall and hold for the count of six.

Next bring your hand and arms to a 45-degree position and hold for the count of six. Stretching improves body posture/structure and assists in breathing correctly.

- ☐ **Social:** today's social challenge is recognition of service of a person who plays a pivotal role in our society, for example, ambulance workers, police officers, nurses, fireman and council workers are just a few.

You will feel good, they will feel good and importantly it will give you a sense of belonging and connection to something that is bigger than yourself.

Acknowledge them by simply thanking them for their service and the amazing job that they do each week to keep us safe and secure. This small recognition is a wonderful gift to give to a person doing an important job for the good of society to keep us safe and secure.

## DAY SEVEN

- ☐ **Mental:** today's mental challenge is to introduce the minimum of 15 minutes of meditation into your daily routine.

There are many free meditation apps that you can download on to your phone, find one that suits you.

By meditating you are cutting the transmission of continual thought.

This gives your mind breathing space just to be present. It is such a simple procedure that will give you major life gains.



- ☐ **Physical:** today's physical challenge is to include *superman* and *sprinkler* stretches into your daily routine.

Stretched muscles just work better and you are less likely to sustain injury if you have warmed them up.

1. Stand like *superman*, push forward and bend and rest your hands on your shins. Bend to a comfortable position within your range and bend more over a period of time.
2. Stand with your feet shoulder width apart, lift your right hand up and move it across your body so that it is parallel to the ground. Bring up the left hand and create a support to hold your right arm reasonably straight. Rotate your body to the left like a sprinkler so that your right-hand points behind you. Reverse hand positions and complete the same stretch.

Do three repetitions both left and right. Continue to maintain this simple stretch for eternity.

- ☐ **Social:** today's social challenge is to remember or enquire about a small fact about your work colleague, casual acquaintance, neighbour or a person you don't see on a regular basis, and ask them about it.

Acknowledgement in this fashion can be uplifting to the receiver and the giver. You are also exercising your brain matter and memory capability.

It shows them that you have been listening and that you are a caring person. It is nice to be important but more important to be kind. Showing empathy makes you feel good, it is food for the soul, so it is a win, win.



# LIFE PROMOTION FEEDBACK

Thank you for taking the time to complete selectability's Well Man Life Promotion Challenge.

To ensure that selectability can continue to provide mental health and wellbeing supports to those living in regional Queensland we ask that you take a short survey.

Looking to connect with others who have taken part in the Life Promotion Challenge?

Why not download the Well Man app or head online to [wellman.org.au](http://wellman.org.au) and join the Mates Connect Clubhouse

You can also stay up-to-date with what's happening at Well

Man by following us on Facebook and LinkedIn.

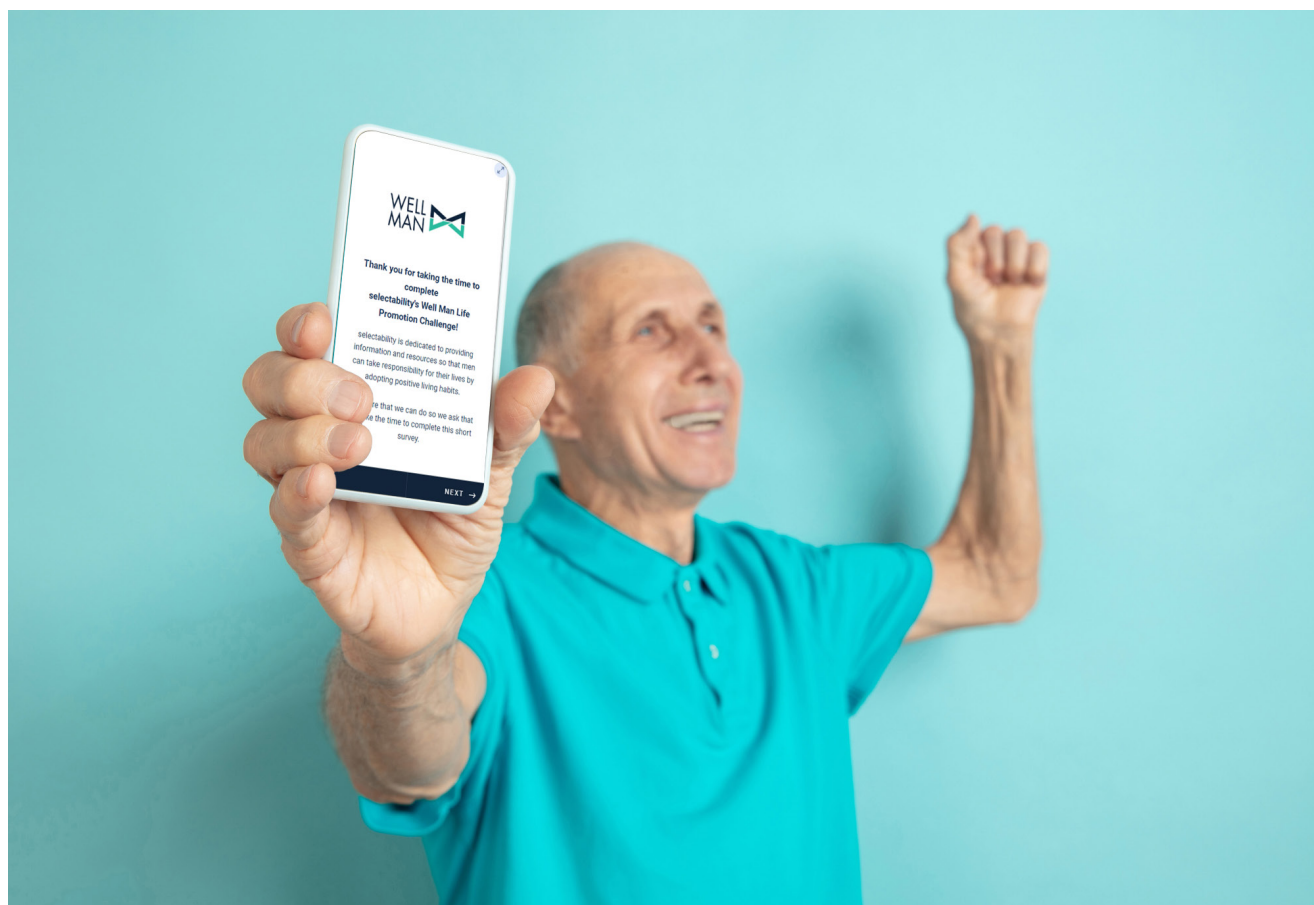
**Complete the Life Promotion Feedback survey by scanning the QR code below!**



## *Disclaimer*

*Information provided for The Life Promotion 7 Day Challenge is not intended to be a substitute for professional medical advice, diagnosis or treatment.*

*Always seek the best advice of your qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read/seen/heard here.*



# SUPPORTS



In an emergency please call 000



1800 133 123 | [selectability.com.au](https://selectability.com.au)



13 11 14 | [lifelineqld.org.au](https://lifelineqld.org.au)



1300 224 636 | [beyondblue.org.au](https://beyondblue.org.au)



1300 789 978 | [mensline.org.au](https://mensline.org.au)



1800 600 636 | [dvconnect.org](https://dvconnect.org)



1300 659 467 | [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)



[ruralhealthconnect.com.au](https://ruralhealthconnect.com.au)



1300 642 255



1800 177 833 | [counsellingonline.org.au](https://counsellingonline.org.au)



13 78 48 | [quithq.initiatives.qld.gov.au](https://quithq.initiatives.qld.gov.au)



[realmatestalk.com.au](https://realmatestalk.com.au)

*Disclaimer: The information provided for the Men's Life Promotion Survival Handbook is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the best advice of your qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read/seen/heard here.*

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mental wellbeing and suicide prevention

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