



## FROM THE COLLEGE CHAPLAIN

Over one hundred and sixty people were present at the recent SMBC Hot Topics to hear Clinical Psychologist Sue Bartho.

Much of the night was devoted to discussing 7 Principles for Healthy Self-talk, and they are;

- 1. Don't listen to fear. Pray!**
- 2. Trust, relax and seek the joy (remind yourself of God's goodness).**
- 3. Be proactive (make a list of problems and what you can do about it don't avoid it as this breeds fear).**
- 4. Respect yourself (God can work change in you).**
- 5. Don't compare yourself with others.**
- 6. Be thankful and worship (despite the circumstances).**
- 7. Answer your questions with good answers**



Sue also gave examples of how to do this and mentioned other resources that may be helpful:

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

[www.anxietyonline.org.au](http://www.anxietyonline.org.au)

[www.beyondblue.org.au](http://www.beyondblue.org.au)

*Aisbett, "Living with It"*

*Bourne, "The Anxiety and Phobia Workbook"*

*Keller, "Walking with God through Pain and Suffering"*

*Leaf, "Switch on your brain"*

*Scazzero, "Emotionally Healthy Spirituality"*

*Van Der Hart & Waller, "The Worry Book"*

There was also some delicious hot soup and refreshments made by the wonderful staff in Mrs Riitano's Kitchen.

If you're interested in joining us for the next Hot Topic, on '**Rest and Sleep**' on **Wednesday 19 September**, please register at the following link: <https://www.eventbrite.com.au/e/smbc-hot-topic-at-thomas-hassall-anglican-college-rest-and-sleep-tickets-47102377479>.

*"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ... But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of*

*its own."*

**Matthew 6:25, 33-34**

**Rev Stuart Tye**

Chaplain

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