

# WELLBEING



## **Wellbeing – Building Foundations to Support Being Well**

This FABIC newsletter explores the topic of Wellbeing and how hugely influential being well has on our overall experience and capacity to enjoy life.

**As Senior Behaviour Specialist Tanya Curtis shares:**

*"Our body communicates all day, every day.  
Every behaviour, word, thought or feeling  
is communicating to us."*

Q: What is our body communicating?

A: How it is experiencing life.

**When we listen to our body,  
we will realise it has a lot to share."**

Our capacity to be well and enjoy life comes a lot from our relationship with our body and how we are experiencing life. If we don't listen to the messages our body sends us, we can easily end up in situations where we will be higher than code blue on the FABIC Behaviour/Anxiety Scale, say at code yellow, orange or red without being aware of the fact.

Of the many tools and support services on offer at FABIC, we want to highlight the following that support everybody's Wellbeing:

- [Mental Wellness vs Mental Illness – Building Foundations to Support Mental Wellness \(Fabic.tv\)](#)
- [Eating Disorders or Disordered Eating – How Do Either Impact on My Mental Wellness? \(Fabic.tv\)](#)
- [Addictions – Do They Need to Be Part of My Life? \(Fabic.tv\)](#)
- [Fabic blogs on Wellbeing](#)
- [Free YouTube videos to support with Wellbeing](#)
- [Fabic products to support with Wellbeing](#)



## **Mental Wellness vs Mental Illness**

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### **Building Foundations to Support Mental Wellness (Fabic.tv)**

The quality of foundations built for everyday life will determine whether we are able to weather the

storms that invariably come our way. Shaky foundations will leave us adrift and feeling lost in the ups and downs, faced with smashed pictures and our shoulds, wants, needs, expectations and attachments and seeking feedback and recognition from others to prop ourselves up and gain a false sense of solidness.

In this episode, Senior Behaviour Specialist Tanya Curtis introduces the mental health spectrum, a scale from 0 to 10, and how it can support us. She says:

***“The quality of our livingness = where we are on the Mental Health Spectrum.”***

So, which way are we looking? That depends on our choices, as we can either look towards mental wellness (10) or mental illness (0). Thoughts of love and joy, a sense of equalness with others, zero harm and a sound mind and body all point towards mental wellness, whereas time-based demands, imposition and projections, separation and harm have us look in the direction of mental illness.

[Go to Video](#)



## **Eating Disorders or Disordered Eating – How Do Either Impact on My Mental Wellness? (Fobic.tv)**

Supportive eating asks us to become the scientist of our own body and learn to listen to its messages.

Our body will let us know what works for it and what doesn't, especially when it comes to choosing what we put into our body.

Senior Behaviour Specialist Tanya Curtis goes through the different types of eating disorders and defines disordered eating by the quantity and quality of food and the timing. It is important to note here that there is no 'right' quantity; instead of any hard and fast rules, we simply go back to being the scientist of our body and our food choices.

[Go to Video](#)

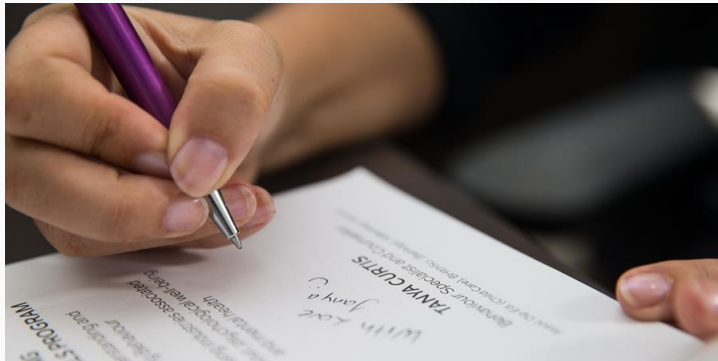


## **Addictions – Do They Need to Be Part of My Life? (Fabic.tv)**

There are many types of addiction, whether to substances in their varied forms, to screens, food, cracking one's knuckles, gambling, pornography or work ... and the list goes on. And while we can say that nobody in their childhood declares that they want to become addicted, the reality is that untold many are and their number is rising.

Senior Behaviour Specialist Tanya Curtis explains that on the Mental Health Spectrum, a body free of addiction is firmly on the mental health side whereas high intensity addiction is located at the other end of the spectrum, in the area of mental illness.

[Go to Video](#)



## Fabic Blogs on Wellbeing

Our wellbeing is a reflection of how we are with all that life presents to us each and every day. If we find life difficult and experience even a minor degree of anxiety, our overall quality of day-to-day life will be impacted.

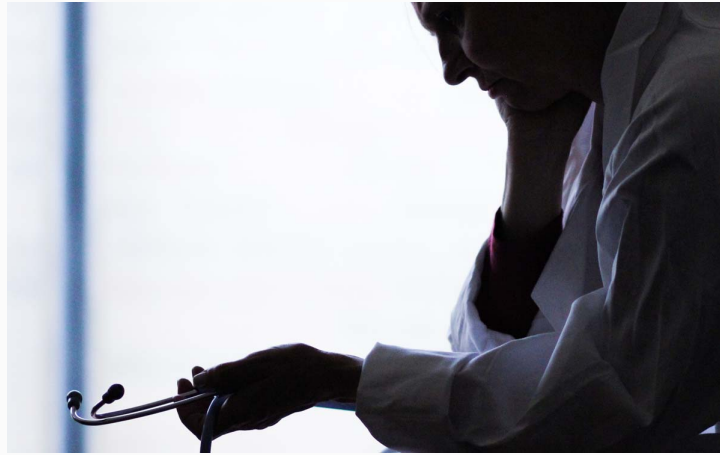
*The articles below all relate to the topic of Wellbeing in daily life.*



### [Anxiety and Wellness – are they related?](#)

Are anxiety and wellness related? Yes, absolutely! Anxiety has a huge impact on the quality of our day to life. But where does it come from?

[Read](#)



## Anxiety and Adaptability during Covid-19

Anxiety is a world epidemic, impacting our quality of life which has only been exacerbated since COVID-19. Many may ask why has this occurred?

[Read](#)



## Understanding The Root Cause of Eating Disorders

Most at some point in their lives have tried to change their eating patterns without success. We examine what the root cause of this may be.

[Read](#)





## Winter and our Mental Health

Do you like winter? Tanya Curtis looks at the impact of winter on our mental health, offering five ways to keep the winter blues at bay.

[Read](#)

[View More Blogs](#)



## Free YouTube Videos to support with Wellbeing

Have you caught up with the FABIC YouTube channel lately? FABIC has a huge range of free videos covering many topics including Wellbeing. Of particular note:



## The Importance of Joy beyond Function

Whilst it is certainly important to be functioning in life as well and as fully as we possibly can, many people ask themselves whether there is more to life than mere function and more to true health and well-being than just doing well in life. Find out more ...

Watch



## Deepening the Quality of Our Life with the Body Life Skills program

Is there more to life than the day-to-day function and anxiety most of us live with? Yes, absolutely there is! The Body Life Skills program is a simple, practical and very effective tool to truly understand life and our non-preferred or unwanted behaviours – and change them to allow more of who we truly are to come out.

Watch



[View More Videos](#)



## Fabic Products to support with Wellbeing

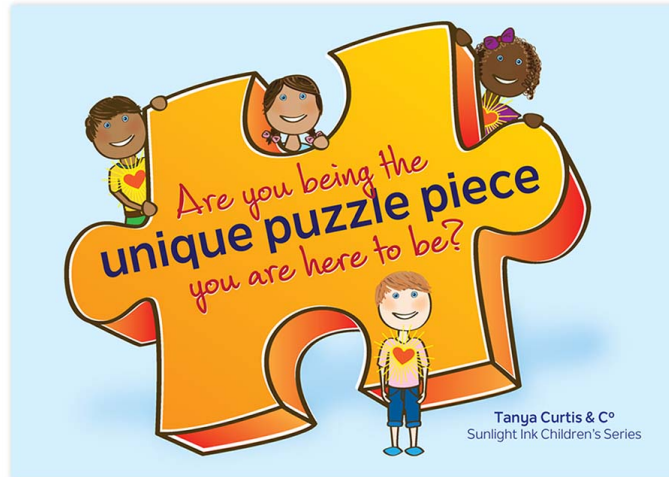
FABIC offers an extensive range of books, calendars, posters and more to support with all parts of life including Wellbeing. Of particular note:



[We all have a beauty-full essence \(Picture book\)](#)

Defeating perfectionism so it won't defeat us!  
Making mistakes, being corrected, being told  
you're wrong, losing ... these are common triggers  
for increased anxiety and unwanted behaviour.  
Why? Simply because we forgot we are 'human  
beings' and not 'human doings'.

[View & Buy](#)



[Are you being the unique puzzle piece you  
are here to be? \(Picture book\)](#)

Just like every puzzle piece, each and every one of  
us has our unique colour, size, shape, expression  
and purpose. And to complete the puzzle, we all  
need to be the puzzle piece we are here to be!

[View & Buy](#)

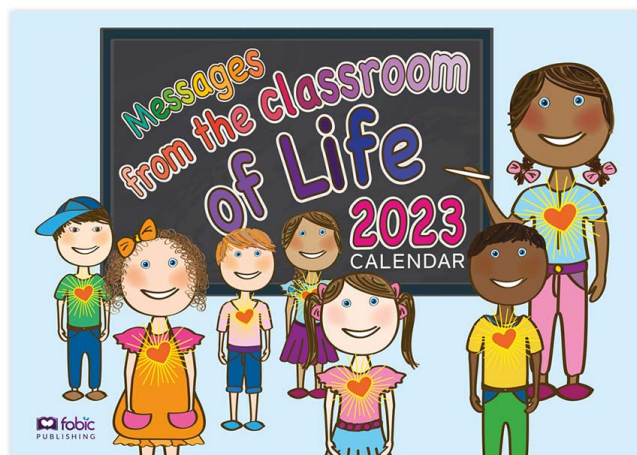


## Full Package of Communication Cards

5 cards including a lanyard and sleeve to hold a card.

Communication Cards are a visual form of communication with others on how the person wearing the card is experiencing life at any given moment.

[View & Buy](#)



## Messages from the Classroom of Life – 2023 Calendar

The colourful Fabic Publishing calendar 2023 offers a collection of radiant pictures, each one with its unique message that support old and young alike to commit to life and embrace all their lessons in the classroom of life.

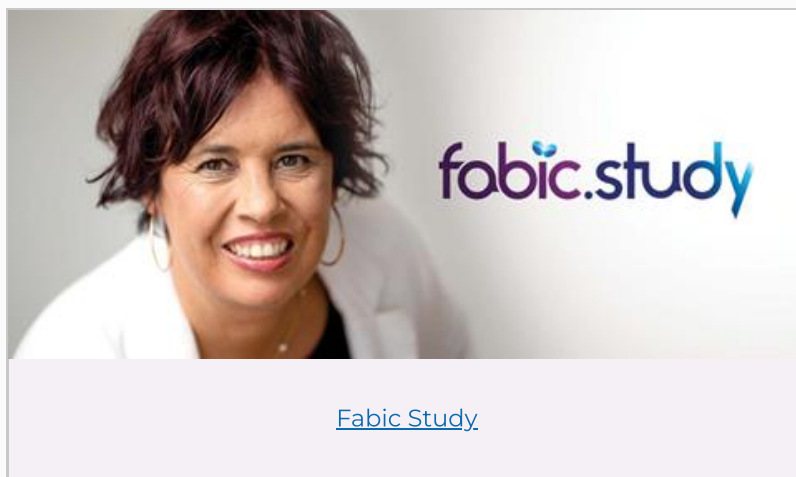
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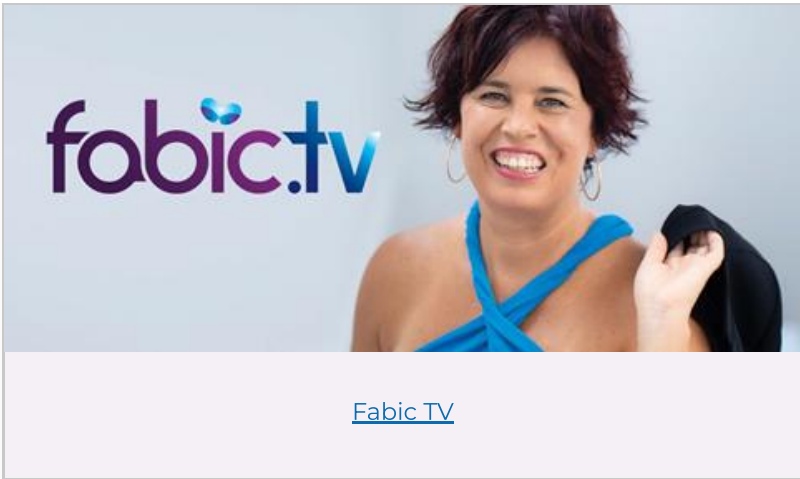
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Here to support,

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