

Wooroloo

- CONNECT -

OCTOBER 2021

Self care squares

A message from



Self-care is critical to recovery.

Whether you're recovering from a major event like a bushfire, or from other stressors in life, taking time out helps us think clearer and be physically fitter to perform stressful tasks and responsibilities.

But... self-care isn't always easy. Having a holistic care plan in place which considers your mind, body, social network and something bigger than yourself makes it easier to schedule into a busy day.

Anyone can use Self-Care Squares.

All you need is a blank piece of paper and a pen! Fold your paper into quarters, or draw four squares, and label each area with the titles below:

1. **Physical** – resting my body
2. **Emotional** – taking care of my mind
3. **Social** – building my support network
4. **Spiritual** – connecting with something bigger than me

Complete yours and then schedule at least 15 minutes of self-care into your routine this week.



Mundaring Christian College student clean-up crew - 9 & 10 September 2021

A little TLC from MCC

Wooroloo Hall, Wooroloo Primary School and the Dirt Jumps enjoyed the avid attention of year 8 students from Mundaring Christian College over a couple of damp September days.

Rakes and wheelbarrows were borrowed from the two Rotary Tool Libraries (one located at Wooroloo General Store, the other in Gidgegannup) to aid them with their clean-up endeavours.

The project also benefited the students. Stevie summed it up nicely when she said, *"It was nice to know that I was giving back to the community and it has inspired me to help others more."*

Inspirational! A fantastic example of what can be achieved simply with manpower. Where there's a will there's a way.

PHYSICAL

I am going to try light stretching each morning.



EMOTIONAL

I will write in my journal every evening.



SOCIAL

I'll catch up with a friend for coffee and a chat.



SPIRITUAL

I am going to go for a walk in nature.



- Fostering a sense of community as we recover together -



WHAT'S ON?

October Activities at the Wooroloo Hall

GET INVOLVED!

There's lots happening...

- "C L A P" a Community Led Art Project
- Revitalising the Wooroloo Hall War Memorial
- Community Garden planning
- Dirt Jump + Ron Evans Park conversations

And don't forget Pilates with Bessie on Wednesday's.

Tuesday 5

- Intergen Art, 1pm-3pm

Thursday 7

- Ballroom Dancing, 6pm-8pm

Tuesday 12

- Hall open 8.30am-4.30pm

Thursday 14

- Wooroloo Connect, 3pm-5pm

Tuesday 19

- Hall open 11.30am-5.30pm
- Indoor Soccer, 3.30pm-5pm

Thursday 21

- Ballroom Dancing, 6pm-8pm

Tuesday 26

- Hall open 8.30am-4.30pm
- Memory Keeping, 3pm-5pm

Thursday 28

- Wooroloo Connect, 3pm-5pm
- Community Meal, 5pm-7pm

Sunday 31

- HALL-oween Family Trivia Afternoon, Midday-3pm

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