



Prevention of Anxiety



Children
Communities
Connections 2010


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Acknowledgments

- My family: Ana, Tom, Brad, Lucy, our pets
- Pathways Team and research teams
- All the families we have worked with




***“The very motion of
our lives is towards
happiness “***

Dalai Lama




**RESILIENCE IS THE
ABILITY TO BOUNCE
BACK IN THE FACE OF
ADVERSITY.**



**Has history shown progress
towards human happiness?**

**“Citizens of affluent countries have
physically healthier, longer life
spans but receive much less social
support from friendships and
extended families. Do these
citizens have psychologically
healthier lives? ”**



What we know:

**Obesity /early onset diabetes and
anxiety/depressive disorders will be more
prevalent in western countries than any
other health problem in the next 30 years.**

(World Health Organisation conference, 2006, 2007, 2008, 2009)

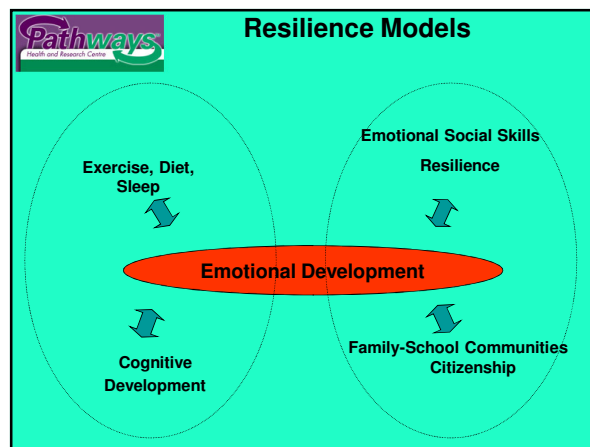
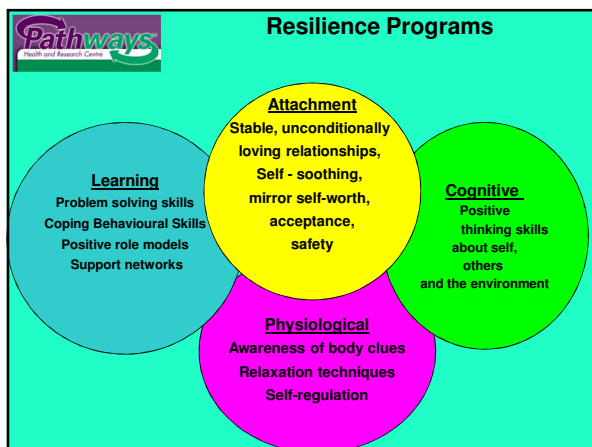
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“We cannot always build a predictable future, but we can build ourselves for whatever the future may bring”

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Risk and Protective Factors for Human Development

- Risk Factors:**
 - Temperament Physiological sensitivity – low thresholds for stress
 - Neurological/brain development
 - Attention Biases
 - Life Events traumas
- Protective Factors:**
 - Attachment
 - Cognitive style
 - Family
 - Sleep/Diet/Exercise
 - Evidence based prevention programs



OVERLOOKING MY LIFE SO FAR

In my life I had accumulated many things in my head
Too MANY THINGS !

Memories tunes facts fears, visions, loves etc etc as many as possible

In a fertile mind such things will interbreed, mongrel visions are born hybrid memories inbred, idiot love It gets very CONFUSING

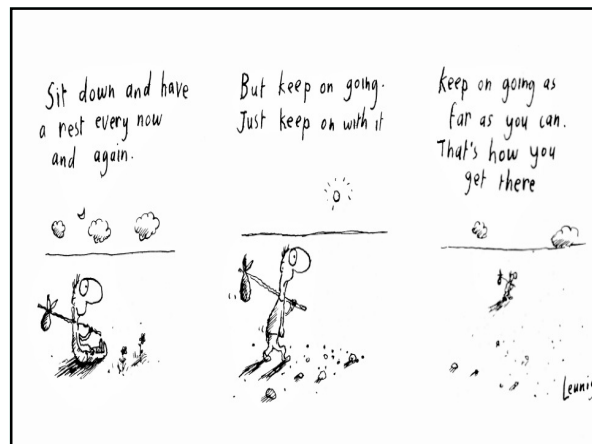
I decided it was time for a good cleanup so I emptied it all out of my head and pushed it up in a big heap to sort it out

There it was everything that was me, all in a big jumbled heap. I walked around it. What a mess!

Then suddenly I saw it in silhouette and realized what it was. IT WAS A HEAP...! A SIMPLE HEAP...! You don't sort it out you climb it, you climb it because it is there.

Excitedly I clambered to the summit and raised a flag. I was now looking beyond everything that I knew.

THE VIEW WAS SIMPLY MAGNIFICENT



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- The Brain that Changes itself – Norman Doidge, 2008
- The Sweet Poison Quit Plan – David Gillespie, 2010
- Second Nature - The Inner Life of Animals – Jonathan Balcombe, 2010
- Last Child in the Woods – Richard Louv, 2010

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Thank you
All references on website

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