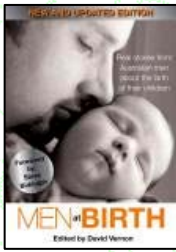


Men's Information Sheet to Every Region: JUNE 2011.
Mostly Mens Matters. Networking Men's Groups and communities in New South Wales (and Beyond) .

MISTER



Men at Birth is a collection of stories written by Australian men, for men, about their experiences of being at the birth of their children. More often than not men can be bewildered, put off or just plain scared by the idea of childbirth. They may feel helpless in the face of their partner's distress and have no idea of what to expect or what they are meant to do. These 23 beautifully described stories – some humorous, some sad, but all of them written straight from the heart – will dispel many of the anxieties men have about birth and prepare them for one of the most important moments of their lives.

Editor: David Vernon. *'This book of men telling the stories of their children's births is a gift; an unbelievable resource with more trust, honesty and helpful information than you might find in a hundred years of conversations.'* – Steve Biddulph. \$29.99

www.finch.com.au

"The Men's Deck is a fabulous tool for learning more about yourself. It is a mental health check in a box, an opportunity to explore what is going on in your own head.

The Men's Deck is made up of 78 cards and a 100 page handbook explaining the images on the cards. The images and words in **The Men's Deck** will remind you of stories and issues that are churning around inside your head and your heart. These stories affect you every day, and affect your every interaction – but you are not necessarily aware of their effects. When you become aware of those issues and stories, you then have an opportunity to change them." Check out: www.themensdeck.com

www.misternewsletter.com.au

Current & back issues of MISTER. Check LINKS by specific alphabetic needs. Check out the site.



"On The Other Hand: opening cans, sharpening pencils, learning to write – mastering these skills can be traumatic for the left-handed. Such children need to be taught to perform skills in a left-handed fashion. If a child is forced to use his or her less-skilled hand the stress that results can be enough to induce a stutter or emotional problems. If the child is angry and frustrated, their academic motivation may also suffer, along with relationships with their parents and teachers. Across the globe these children are often left to teach themselves many important manual skills. Anyone who thinks it does not matter should try going through one day using their non-preferred hand." (Spectrum: SMH May1-2, 2005: Judy Adamson, Ref. Dr.M.K. Holder, USA Hand Res Inst.) **useful information at:** www.leftys.com.au

Stigma. "Whether you have, or have had a mental illness or not stigma can affect you. The word 'stigma' means a sign of shame or disgrace. Stigma is a mark placed upon you that can affect people's view of you, and even your view of yourself, for the rest of your life. This means that along with having an illness, which can be difficult enough to cope with, the stigma has an impact on relationships, self-esteem, socialising, going for a job or even renting a house. The fact is that there are things we can do to challenge stigma individually and as a community." These are listed in the 'Stigma' fact sheet from the Mental Health Information Service: www.mentalhealth.asn.au or **Ph: 1300-794-99**

Now Then ... "If you haven't wept in ten days, you're not listening to your soul. Weeping is better than prozac. If you don't grieve, don't feel the darker side, you'll end up depressed." (If you are interested, or even if you aren't, or never heard of him), **google and read about: Robert Bly.**



"Alienation is one of the faces of modern masculinity. The cure is communication and community - a new sense of togetherness. By opening to each other we reduce the pressure of being alone and exiled" (Malidoma Some). Check the New Zealand men's organisation: www.essentiallymen.net

And the In-depth training weekend, in New Zealand, designed for professionals working with men & boys with Essentially Men founder: Rex McCann. July 15 to 18th, 2011, on the same web-site.

"The aim of the **Andrology Australia** website is to provide on-line access to quality and authenticated information about male reproductive health. This site provides information to men, their partners and families and health professionals." www.andrologyaustralia.org (Choose Fact Sheets relating to your need. Ed.)

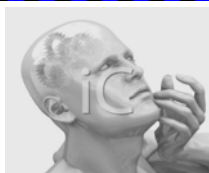
Space for Men. "Women need friends because they like to have support. Men need friends because they like to relax from the stress, created either by work or relationship. With friends, women like to talk about emotions, while men hardly discuss their relationships, at least not with the ones they are not close too. In general, men are more private than women. Privacy does not mean secret. When a woman cares about a man, she cares about everything, including his food, his health, his vitamins, his interests, his job, his clothes, etc. She effectively acts like his mother. To him, she is not romantic at all. He needs space, not a mother." (Eva Chen: The Epoch Times, May 11-17, 2011, Ed 293). **For full article** Ctrl+Click: <http://epoch-archive.com/a1/en/edition.php?dir=au/nnn/2011/05-May/Edition%20293> Scroll to Page 21.

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Is This Rite? “Formal preparation for the rites of manhood in a secular society takes place first through the institution of schooling. My fifteen-year-old nephew put the matter more accurately than any social scientist. ‘Schools’ he said, ‘are designed to teach you to take life sitting down. They prepare you to work in office buildings, to sit in rows or cubicles, be on time, not to talk back, and let somebody else grade you.’ From the first grade onward schools teach us to define and measure ourselves against others.” Google: Sam Keen, Fire in the Belly, (P.52.)

Wise Words. “Basically, I’m talking about the difference between really being alive and really embracing the reason why I feel like I’m here on this earth, versus, my just being asleep and sleep walking, accepting the status quo and accepting somewhat of a suffering mentality, to being here. It really is my responsibility to distinguish the difference between the two and choose which one I want... The more transparent, the more authentic I can be, the more liberated I feel and the less fearful.” Google: **Alanis Morissette.**



Ever Wondered Why? “If the wounded inner child in our parent had his/her laughter squashed, they will squash it in their own children. Such a parent will counsel his/her children with statements like: ‘Stop that noise in there’; ‘We’ve had enough fun;’ and so on. I’ve often wondered why I found it so hard to really laugh, dance, or sing. I could do these well when I was drinking but sober, my muscles froze. Typically repressed children become the uptight parents, teachers, or preachers who cannot tolerate children’s excitement and loud laughter.” (**John Bradshaw: Homecoming**, P.35.) Google Author & Book..

Panic Attacks. “As adults we are suppressing a more authentic sense of self in the pursuit of trying to ensure everyone likes / loves / cares for us. By this suppression of our authentic self we have not learnt to trust ourselves. We are extremely passive people. This is part of the ideal who we think we should be and being passive ensures that we don’t express any of our emotions. We are not helpless. We can learn to develop a more authentic sense of self and learn to take our power back.” www.panicattacks.com.au (Bronwyn Fox. “Mental Health Matters”, quarterly magazine MHA NSW.) www.mentalhealth.asn.au AND: www.panicattackshelpcenter.com

Take a Break. “Everybody needs to learn to stop for five minutes. People need to hear nothing but silence. This generation doesn’t have an off switch. They need one so they can stay grounded, recharge and not end up totally frazzled.” (Tami Roos: P16. ‘Open Road’ NRMA (NSW) publication.)

Using the Internet. “Who has not been offered cheap erection drugs via their email? **Bypassing your local doctor means important medical problems are missed.** For example, men who have erection problems are often found to have important medical conditions. Diabetes, high blood pressure and high cholesterol are frequently diagnosed, as is significant depression. Erectile dysfunction is a significant predictor of heart attacks and is a vital warning sign. This doesn’t just relate to older men, it applies to men in their 30’s and upwards. Many medications bought on the internet are counterfeit and some contain toxins contaminants.” Assoc. Prof. Doug Lording; Cabrini Hospital Melbourne. P.2. ‘A Whole New Ball Game’; Nov 2010. www.49.com.au

Boys in Schools Special Programmes. “In men unrecognised depression, chronic pain and social isolation (often all three) increases the risks of suicide, a neglected factor in male suicide. The pathways to male suicide starts in boys; thus the development and education of boys must be given high priority. The suicide prevention programs in schools: **Mind Matters, and Kids Matters** are designed to engage with boys. These are evolving issues. There is much to do to prevent suicide in men, and the Men’s Health Strategy will have much to contribute.” (Prof Ian Webster: ASPAC.) www.mindmatters.edu.au



“But I might need it one day” “There comes a time when everyone realises that they would like their life to be simpler, more straightforward and have worthwhile endeavours. De-cluttering your home can have a dramatic impact on your quality of life, freeing up time, creating an inviting atmosphere and saving time and money. There are items that were great when they were an important part of your life, but if they are no longer, they need to go. Those sentimental items: ‘How many memories are enough?’ Place boundaries around your: ‘One day I might need this’. You have the chance to design your life to be not looking for things amongst all your clutter!” Rebecca Mezzino: www.clearspace.net.au (COTA mag/Feb/March 2011)

“Loneliness is not a ‘physical’ state it is an emotion, a feeling. It has many faces: that of the lonely young, or of people who withdraw into isolation because of the hurt they have experienced, and of those who are ‘higher-power’ lonely. Then there are those who lack commitment, not so much to people, but to a cause or something else worthwhile. Their lives are empty.” Google: **Dr. Lyn Barrow** Ctrl+Click: [Serenity New South Wales Incorporated - Products](http://SerenityNewSouthWales.com.au)

“Notoriously, creative men sometimes cannot go forward into life because they sense their individuality being eaten up by social convention; nor can they go backwards because they fear that the maternal consciousness will rend and overpower them. Caught between fear of the social order and fear of the unconscious, a neurosis develops in place of real development. (“Remaking Men- The Revolution in Masculinity”, David Tacey.P173.) Please Google.

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