



Support Groups for Mental Health and Personal Development.

GROW NZ NEWSLETTER

JULY 2021



If the rough road gets you there and the smooth one doesn't, which are you going to choose?

GROW NORTH ISLAND CENTRE
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AUCKLAND 1025

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Email: auckland@grow.org.nz

national@grow.org.nz

GROW SOUTH ISLAND CENTRE
22 MANSE STREET
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PHONE: (03) 477 2871

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GROW N.Z. INC. NORTH ISLAND CENTRE

Office Hours: Monday 10:00am–12:00pm Tuesday & Wednesday 10:00am-4:30pm
Thursday, Friday and Public Holidays-Closed

Street Address:

97 St Lukes Road
St Lukes
Auckland, 1025

Postal Address:

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Mt Roskill
Auckland, 1440

Phone (09) 846 6869 or 021 049 1360

Website: www.grow.org.nz

Centre: auckland@grow.org.nz

National Team: national@grow.org.nz

The Centre is accessible by public transport and is very close to St Lukes Mall.

Social Lunch (Bring your own lunch) Tuesday & Wednesday, 12.30 - 1pm

GROW N.Z. INC. SOUTH ISLAND CENTRE

Office Hours: Wednesday, 1:00pm – 5:00pm

Street Address:

22 Manse Street
Dunedin Central
DUNEDIN 9016

Postal Address:

C/- Room 4
22 Manse Street
Dunedin Central
DUNEDIN 9016

Phone/Fax (03) 477 2871

E Mail 2growdunedin@gmail.com

The Centre in Craigie House on Manse St is opposite The Warehouse on High St.

The GROW Centres are a wonderful resource for Growers, as they hold a wealth of GROW Program material. If you haven't got to know the Centre's yet, please do so.

What is Grow?

GROW is a different thing to different people:

- To a mentally ill person, GROW is a program of recovery.
- To a person suffering from the stresses and crises of life, GROW is a way of preventing breakdown.
- To a person seeking personal growth and fulfillment, GROW is a school of adult education for life.
- The GROW organisation is a grassroot, community mental health movement, based upon a 12 Step Program of *growth to maturity*, through friendship and mutual help.

Weekly GROW meetings are run by their members, vary in size from 3-15 people and are approximately 2 hours long.

GROW is anonymous, confidential, non-denominational and open to all. No membership fees are charged, but contributions are welcomed.

Find your nearest GROW meeting from the list in the back of this newsletter.

Giving GROW a Fair Go: It takes a few meetings to develop an understanding of what GROW is and how it works during and between meetings. We recommend newcomers attend at least three initial meetings to make an informed choice about Grow.

From Grow Dunedin

On Friday the 30th April we set off on what would be a well-deserved break for the volunteers who work had to keep the centre running. Combining this with a training weekend we set off to Pounaweia, thanks to the generosity of my son Brendon providing us with the use of his facilities i.e., holiday home we were able to dwell in peaceful idyllic surroundings with birdsong to awaken to. No hard camp beds or sleeping bags to fight with. Beds made with sheets and blanketing already prepared ensured a good night's sleep and a great start to our weekend. Pounaweia is situated approximately one hour away from Dunedin on the coast in the Catlins. Native bush and ocean with many interesting sights and walking tracks to wonderful waterfalls. Because we were not there for all fun and no work, we only made it to one of these falls called Matai, see accompanying photo. However, this did not dampen our spirits as we had many short walks and good conversational interaction with each other.

The topics around training were.

What makes for good leadership in a group setting

- 1 We discussed identifying difficulties in ourselves when leading the meeting
- 2 How to deal with the over talker
- 3 How to draw out the quiet one
- 4 How to get the right mix of one problem, one piece of program, one practical task
- 5 We discussed how to assist a person to isolate one problem, when there are many issues needing addressed

All in all, we had a good time and finished the day with a few more tools in our toolbox. With renewed inspiration we determined to put into practice what we had learned on our return back home. The weather was good to us, and the overall journey was uneventful the only hiccup was the button that

turns the spa on to heat got jammed, and by the time I got hold of my son, so he could relay to me via the phone camera on how to fix it there wasn't enough hours left for it to heat before we had to leave.

So that carrot has been left dangling until we return.



'WE TOOK CARE AND CONTROL OF OUR BODIES'

STEP 7: WE TOOK CARE AND CONTROL OF OUR BODIES.

Step 7:

One of the steps in GROW is to take responsibility for our appearance and our physical health. The reason this was made a step is the obvious fact that the way we think, and feel is directly affected by our grooming and general health. To prove to ourselves how much our physical health affects us, all we need to do is remember our mood the last time we had. flu! The way we appear to others profoundly affects the way we feel about ourselves is equally obvious. There aren't many people who disagree with these points in principle. But, in practice, there are a great many of us who either ignore this knowledge, or even actively sabotage our looks and health through neglect, poor eating habits, excessive drinking and smoking, abuse of drugs or lack of physical activity.

When seriously depressed, we find it especially hard to take proper care of our body, even realising that it is essential to our recovery to do so. One reason is that in depression our way of looking at things becomes so distorted that we see ugliness, violence, and lack of caring wherever we look; but we fail to see the good things that are even more in evidence. We see our own body as gross and ugly, even if to others we are especially attractive. In our self-disgust we will find it hard to care about our body.

Also, when depressed, everything seems to be too much work and rather pointless. Our exercise consists of dragging ourselves from our bed in order to sit in a darkened living room, or at the kitchen table over endless cups of coffee and cigarettes. We find it almost too hard to bathe and wash our hair, even though we hate our stringy hair and grey skin. When we finally do get dressed (maybe about 4.00 pm.!) we wear one of the same three faded, shapeless outfits - possibly held together with a well-placed pin! We think, if people really loved us, they would love us for who we are, not for how we look. However, in our hearts we know this is a phony rationalisation - for we are contemptuous of other people when they look slovenly and dirty; and we judge ourselves, and expect others to judge us, by this same standard.

In our depression we may find ourselves repeatedly at the refrigerator, looking at last night's leftover stew and a stale donut as though they held the answer to our bad feelings. Sometimes it is the bottle of wine that beckons us. We see ourselves bloating in new fat, maybe frightened that our drinking has gotten out of control, and we feel more hopeless and helpless than ever.

On the other hand, instead of compulsively eating, we may find that food tastes like cardboard and that it is too much trouble to fix nourishing food. We may take a perverse sort of pride in the fact that people are beginning to notice how thin and sickly we look- for we really like them to worry about us. But, though we may worry some about our physical condition, we feel remote from our body. We may even feel as though our body were a prison and that our "real self" was our disembodied consciousness. We then start thinking about ourselves that this "real self" is trapped and can only be freed by our death. On and on go these kinds of circular, dreary thoughts.

Our morbid thoughts and feelings seem so real that we don't want others to interrupt them with crass optimism, or any kind of demand on our attention. We want to sit and think, or sleep, or get stoned or drunk, to escape. Because we have become so remote from our body and really dislike it now, we don't even consider how much our deteriorating health and lack of adequate nutrition is affecting our way of thinking.

Fortunately, even as we are sabotaging ourselves through our thoughts and actions, we always have some small, healthy part of us that wants to live and be happy, and a part of the world. We really do want to take charge of our life, for we find our uncontrollable self-sabotage very frightening.

We need help, and we need to help ourselves. First, we need to realise that depression can be successfully fought and that our life can truly be wonderful. In the beginning this idea has to be taken on faith, for it goes against our strong negative feelings. But, if we ignore the bad feelings and concentrate on the hope, we can be assured that in time our feelings will coincide with our hope.

In the meantime, we need to start putting our body back in order. The fastest way out of depression is not endless soul-searching but activity. We don't have to like ourselves, our body or our appearance in order to make them better. We only have to develop daily habits of good nutrition, appropriate exercise and reasonable grooming. For, when we feel better physically we have more energy, when we know we are clean and attractively clad we feel better about ourselves, and feel much more comfortable with our friends. Once our bodies have started to get stronger and healthier, we can deal more effectively with whatever other cause have contributed to our depression. We can tackle these causes better because our thinking will be clearer and we'll have the energy to make any needed changes in our life. Surprisingly, sometimes just getting our body back into condition and taking pride in our appearance is all we need to do to lick depression.

Getting a Balance of Exercise and Good Nutrition

If we feel uncertain about how to plan a good routine of exercise and nutrition, we can go to any number of sources for help. Our doctor is an excellent source, or we can even seek out the many pamphlets and books on the subject in the public library. In general, these are better sources of information than well-meaning friends who may be hooked on some special fad, or those people who claim quick and miraculous cures.

As we design a program for ourselves of sensible health care, we need to be realistic. If we have allowed ourselves to greatly deteriorate, it will take time to get back in shape. Sometimes we will feel discouraged. Sometimes we will even slip into our old, bad habits. When this happens we mustn't hate ourselves, we should simply get back as quickly as possible into our healthy routine.

In the design of this routine we need to keep in mind that our goal is good health - not self-punishment, nor the need to prove that we have lots of willpower. If we are doubtful about our plan, we can ask ourselves what we would regard sensible for someone we cared about deeply who was in the same condition as ourselves. Once we have developed a routine of daily exercise and nourishing meals, we should use it and stick with it. The best of plans are useless until used.

In taking care and control of our bodies here are a few points to think about:

- 1) For our nutrition we need to eat three healthy meals a day, or smaller ones if we're very overweight - but enough to give us the nutrition and energy we need;
- 2) We should not go on unsupervised fasts or crazy, fad diets - such as, eating only protein or sugar and salad oil. Although these diets do help us lose weight (or body fluids), it is weight that immediately returns, and we pay a high price in our overall health when we stress our body in an irresponsible way.
- 3) We should plan our meals so that our main source of nutrition comes from what we eat rather than from overusing vitamin supplements.

Lately, we have been hearing it said that certain vitamins taken in enormous quantities are some sort of cure-all. This is just not true. A pill with the day's requirement of vitamins is fine; but there is no evidence that megavitamins are helpful, and there is now a lot of evidence that they can do real harm.

Recently, many people have chosen to eat only health food. Among these many have also chosen to become vegetarians. There is nothing wrong with this. If this is our choice, though, we still need to make sure we are getting the nourishment we need; just because food is natural or organic does not guarantee this. Certainly, if we are vegetarians we can live happily and healthily, but we must make a special effort to get enough high-quality protein in our daily diet. All in all, moderation and common sense are our best aids in planning a healthy diet.

Proper exercise is as important as a good diet for our health. As previously mentioned, exercise is especially important for us when we are depressed. When we are depressed, exercising feels like the last thing we want to do; but whether our depression is the result of frozen anger, grief, or a generally negative approach to life, vigorous exercise lessens our tensions and promotes a more optimistic mood when we make it part of our daily routine.

We need common sense in choosing our exercise **as** well as our diet. We need to choose a form of exercise we can enjoy or, if we don't enjoy any exercise, choose one we dislike least - otherwise we won't continue to exercise for long.

As you have no doubt noticed, many people choose jogging as their daily exercise - this might be right for you, too! Jogging is inexpensive (all you need buy are the

shoes) and it effectively strengthens the heart muscle, causes weight loss as well as firms up the legs and stomach. Most people are physically able to jog if they work up to it slowly. Jogging works so well for people who are depressed that some psychologists now run with their patients as part of their therapy sessions.

But jogging isn't the only good exercise. Brisk walking is nearly as good and is in fact better for some people. Just about everybody, of any age or condition, can walk! Walking, too, is inexpensive, it doesn't require equipment and can be done almost anywhere. Walking can become an enjoyable activity, and even more so when the scenery is interesting, or when you're in the company of a friend. Walking, instead of riding everywhere, is a good habit.

Some of us find it easier to exercise with others in a group. The health clubs that have sprung up everywhere offer us this kind of shared or supervised exercise. We can also find classes in yoga and aerobic dance. The only drawbacks to these kinds of exercise is that 1) they can become expensive and 2) some of us shouldn't participate without a doctor's clearance first.

Some of us like competitive sports. Playing hard at games is not only good for us but lots of fun. The only problem with competitive sports (as is true of all strenuous exercise) is that we must work out regularly, not just once in a while. If we have allowed ourselves to get out of condition, but occasionally put in a really hard game of tennis, we put a terrible strain on our body, which can be dangerous. We need to build up gradually to any exceptionally vigorous exercise and then maintain our conditioning. This point becomes more and more important as we grow older.

Once we have established the habit of eating well and taking regular exercise, we will begin to find that taking care of ourselves grows easier and easier. Many of us will go from positively hating exercise to looking forward to pushing ourselves physically. We will be pleased to see ourselves looking trimmer, firmer and having a healthier complexion. We will find it easier to feel pride in our appearance, and to pay attention to our grooming and dress. We will enjoy the sensation of being physically, but not emotionally tired. We will be surprised at how much younger and more capable we feel. If, in our depression, we had begun to see ourselves as separate and alienated from our bodies, we will feel more whole and be happy to be at one with ourselves.

"Any feeling (or idea), no matter how elevated or beautiful in itself, if not controlled, can unhinge my mind and disorganise my life."

Some of us, instead of neglecting our body become obsessed by it. We may spend any amount of money on makeup and clothes; we may diet and exercise to excess in order to look good - but ignore the need for good nutrition or even the basic need all human beings have for sufficient sleep. Some of us may feel (quite without foundation) that our value lies only in our beauty and good looks, and so hope to outwit age and death.

We owe it to ourselves and to everyone we love to maintain our health. Yet, simply being healthy is not enough. Those of us who truly make our health or our looks our greatest preoccupation are usually hiding from some deeper insecurity. In only concentrating on health, we become easy marks for all the plausible 'quacks' around. We become hypochondriacs. We worry about whether or not we have cancer. We choose our diets only on the basis of whether or not they promise to keep us from getting some deadly disease. When our whole aim is just to live as long as possible, we may find that we have lost all reason to want a long life.

Some people, rather than worrying about becoming ill, concentrate on following some extreme method for trimness and control which becomes almost a religion. The oddest and most dangerous of these obsessions is called Anorexia Nervosa. Unfortunately this type of self-sabotage has recently become quite common. Because of all the emphasis our society puts on thinness, some people (usually young women) become obsessed with this ideal. In her desire to be thinnest of all, a young woman will slowly but surely starve to death - all the time exercising past any kind of sense, sometimes doing thousands of sit-ups each day. In her obsession she loses interest in everything except her body - which never seems thin enough.

Her body is the one aspect of her life over which she can take control, and she is a terrible master. After a while she ceases to pay any attention to the fact that others see her as hideous - with her protruding bones and sparse dry hair - for she is only concerned with her delusions. She remains preoccupied with food to the bitter end, always hungry, but willingly sacrificing everything in order to maintain control. A lesser variation of this problem of appetite control is seen in the person who gives in to grossly excessive cravings for food while staying thin! To do this she continually purges herself. Unlike the anorexic person, this person (once again usually a woman) knows perfectly well that this is insane behaviour and she is frightened and embarrassed. If we are caught in either type of crazy, self-sabotaging behaviour, we need to talk about it. But, after we have finished talking we need to follow sound guidance, instead of only acting on the basis of our own deluded feelings or thoughts.

We need our health not simply because it helps us to feel good and look good, but also because it allows us the freedom to work towards greater goals. We are, of course, far more than our functioning bodies. Though we may richly deserve the anger people feel towards us, when our illnesses are the result of sabotaging our mental or physical health, many physical problems are in no way anybody's fault. There are few things more cruel than casting blame on a person who is already crushed by illness. Our strength, health and beauty are good things to have, but they are in no way the measure of our value! How courageously we have tackled our problems, and how much love we have invested in one another, are a far more valid measure of our worth. And in the end, when we must transcend our deteriorating and ruined body, we are at least as precious as we ever were when we were young and healthy.

(By Anne Waters, GROW HAWAII September, 1984.

PERFECT SEX NOT PERFECT ANSWER

step 7.1

People should stop striving for perfect sex or searching for the right partner, the Society on Sexology has been told.

They should concentrate on being better people and on finding a spiritual anchor to their lives, executive member Mr. Pierre Beautrais, said.

He told a course on human sexuality that society had become too self-centred and was preoccupied with sex.

Sex had become like a "pelvic morphine" a drug that people took to give the burst of hormones as they entered the empty cycle of finding the right partner in life.

"It is a very competitive environment, like a horse race," he said. "But we are getting more realistic now.

"The answer no longer lies in the 'if it feels good then do it' approach of the past. We should not try to marry the right person but be the right person."

Mr. Beautrais said people needed to improve their sense of well-being and commitment to life and living.

They needed some purpose for living - a spiritual anchor. They should develop the intuitive, artistic and musical side of their personalities and take up some commitment to life, like an interest in ecology or a greater involvement in the community.

Mr. Beautrais told an audience of doctors, psychologist, urinologists, surgeons, social and educational administrators, that a greater orientation was needed towards life rather than towards sex and sexism.

Later he said that the sexual freedoms of the 1960s and 1970s had helped erode marriage as an institution.

In the past two years there were 22,000 divorces in New Zealand. This would probably result in about 30% of the children still being profoundly disturbed even five years after the separation.

"There is a place for marriage," he said. "It provides stability in a world of great stress.

Mr. Beautrais said the biggest sexual problem facing couples today was a lack of interest or desire because people were not "delighted to be alive."

Taken from The Auckland Star

CALENDAR OF EVENTS

Location details: All events are held at the GROW Centre, 97 St Lukes Road, St Lukes, except any camps/weekends

DATE	TIME	July Events
Thursday 1 st	For Jun Issue	Post/email Content for Newsletter to the Centre
Thursday 1 st		Post/email Bimonthlies to Centre
Saturday 17 th	2:30pm	O & R Meeting Social Potluck Dinner

DATE	TIME	August Events
Monday 1 st	For July Issue	Post/email Content for Newsletter to the Centre
Saturday 14 th	2:30pm	Leadership Social Potluck Dinner
Saturday 21 st	9:30am	NPT Meeting

DATE	TIME	September Events
Thursday 1 st	For Aug Issue	Post/email Content for Newsletter to the Centre
Thursday 1 st		Post/email Bimonthlies to centre
Saturday 18 th		National Conference

GROW dates do change from time to time. Dates/events are up to date at the time of printing each newsletter issue, and updated between issues through *Centre Announcements*, read by Group Organisers during weekly Meetings.



GROW MEETINGS

Group	Time	Location	Contact	
Online Zoom Nationwide	Monday Tuesday Friday	Requires Internet with webcam or smartphone (10Gb data/month)	Chas	027 614 2561 national@grow.org.nz
Papatoetoe	Monday 10am	Seventh Day Adventist Church, 16 Puhinui Rd, Papatoetoe	Vicky	(09) 269 3113 Text 021 129 4380 vrogers@xtra.co.nz
St Lukes	Monday 6.30pm	The GROW Centre, 97 St Lukes Rd, Mt Albert	Sandy Grow Centre	(09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Highland Park	Monday 7pm	Highland Park House, 47 Aviemore Drive, Highland Park	Allen	022 194 6744 aljaw33068@gmail.com
North Shore	Monday 1pm	Glenfield Community Centre Cnr Glenfield Rd & Bentley Ave Glenfield	Sandy Grow Centre	(09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Onehunga	Thursday 10am	Onehunga Community House 83 Selwyn St, Onehunga	Sandy Grow Centre	(09) 846 6869 Text 021 049 1360 auckland@grow.org.nz
Hamilton	Thursday 12:30pm	Whitiora Bible Chapel 24 Abbotsford St Hamilton	Carolyn	0210517287
Thames	Tuesday 10:00am	ZOOM MEETING	Patti	021 233 3184 patti.wicksteed@gmail.com
Dunedin	Monday 5:30pm	GROW Centre 22 Manse St Dunedin City	Centre Shirley	(03) 477 2871 027 565 6556
Kaiapoi	Sunday 1:30pm	Kaiapoi Library 176 Williams St, Kaiapoi	Jacquie Leon	03 381 2214 021 059 8052
Nelson	Friday 10:00am	Citizens Advice Bureau 9 Paru Paru Rd, Nelson	Patricia	03 547 6120 dennybehrens@gmail.com

**GROW is a program of *Growth to Maturity or Mental Health*,
through Friendship and mutual help.
No introductions are needed. Just come along to a meeting.**

A thought for all growers.

GROW does not charge members fees or dues, and so relies on grants and private donations as a source of income to meet operating expenses. If you can afford to, please consider giving back to GROW.

Methods of payment include cash, cheque, bank deposit and internet banking. When using internet banking, type 'donation' and your name into the available fields. If by post, please include the slip below. Contact the GROW Centre if you would like a receipt, as donations are tax deductible.

Account Details: GROW N.Z. Inc. 12 3017 0509675 00 (ASB Bank)

===== ✂ =====

GROW N.Z. Inc., I have donated by direct credit \$_____ on ____/____/____
PO Box 41-051 ~ or ~

Mt Roskill,
Auckland, 1440. I have enclosed my donation cheque of \$_____

Name.....

Address
.....

GROW NZ Inc WISHES TO THANK OUR GRANT FUNDERS AND VOLUNTEERS
FOR THEIR CONTRIBUTIONS AND SUPPORT TO OUR GROUPS.



If undelivered, please return to:

The GROW Centre, P.O. Box 41051, Mt Roskill, Auckland 1440

