

# WHAT I'VE LEARN'T OVER THE LAST TWO YEARS

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# What is Mental Health?

A state of wellbeing in which every individual realises **his or her own potential**, can **cope with normal stresses** of life, can **work productively and fruitfully**, and is able to **make a contribution** to her or his community.



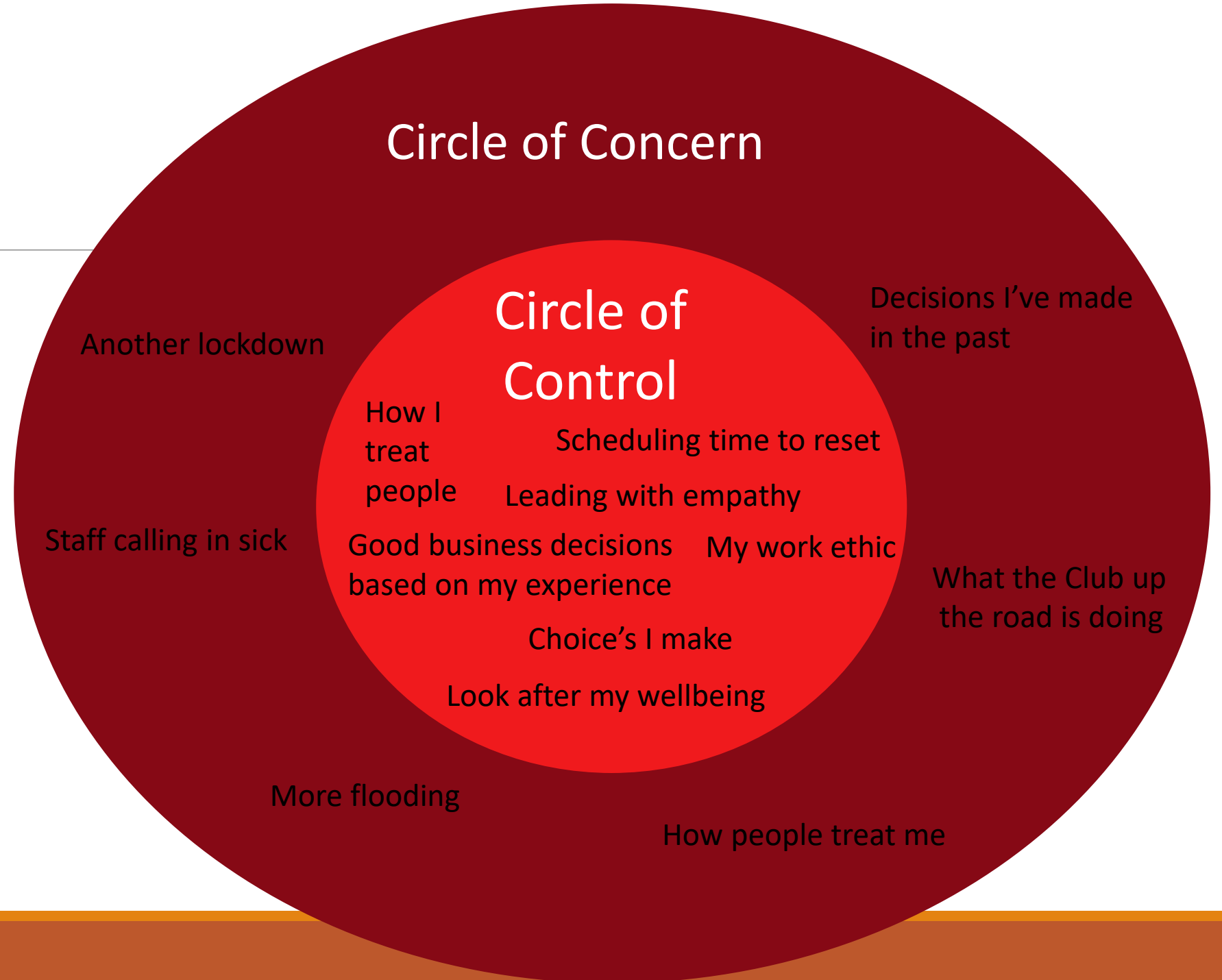
## Being open and honest is helpful to me to others....

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Pandemic Fatigue. its a real thing. Its a different thing for different people. it might look like copy and paste from the last time.

This time for me I have been affected in a different way. I think I feel a bit more worn down. As a leader people naturally look to you for direction which normally is great for me. I know there are many people worse off than me. I swallowed my fear yesterday and reached out to my family GP and organised a mental health care plan. I feel very relieved that I have. I have my first appointment next week. My friends will tell you that I am passionate about mental health awareness. its one thing talking about this issue and another thing to take the actual step to ask for help. I can tell you that its very easy to do. Medicare have provision for 20 visits to a phycologist. I will always be here to help and I am not afraid to tell my own story. I'm not brave I'm just me. If you are feeling this struggle I strongly encourage to pick up the phone and make the call to your GP and ask for a mental health care plan.

My focus....



# What I do to manage my wellbeing

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- Take the dog for a walk, get some exercise and fresh air
- Be mindful of my regular alcohol intake
- Seek professional help -I have with a business coach with excellent mental health/Fitness focus
- Be aware and open with how I feel with myself and others
- Connecting with and supporting staff
- Giving back to the community through flood recovery initiatives, Orange Sky laundry ,Surf Life Saving.
- Active in organising Clubs for a Cause – Walking with mates for mental health awareness
- Be kind to myself, I don't have to be perfect
- Mentor others and DO GOOD
- Mindfulness- be in the moment



A few of us got together to signify 12 months on from the Big Lockdown

Our intention was to create an event to be all inclusive for our club industry and focus on the mental pressures we are all under no matter what role you played in your club.



# Clubs For a Cause. Walking with mates 4 mental health awareness 26/3/2021

A few mates and I decided to mark 12 months since the big lockdown in March 2020 by organizing a walk and bring the club industry together in a very inclusive way.

We had 250 registered to walk 10KM

We raised over \$42,000 for the Black Dog Institute.

Most importantly we connected and raised awareness

We are planning another walk this year in mid October and will involve NSW clubs this year.







# \$42,006 Raised for mental Health Research

Matt Dagg handing over the giant cheque to Caroline Bellenger from Black Dog Institute and David Crisafulli leader of the Opposition and State member for Broadwater.

Venue is Paradise Point Bowls Club



TO MAKE A DIFFERENCE  
IN SOMEONE'S LIFE, YOU  
DON'T HAVE TO BE BRILLIANT,  
RICH, BEAUTIFUL, OR PERFECT.  
YOU JUST HAVE TO CARE



# My Screensaver

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**Reach out if you need anything!**

**Thank you!**

Steve Edgar

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