

## ***From the College Psychologist...***

### **Think well. Be well.**

National Psychology Week is coming up from the 8<sup>th</sup> November to the 14<sup>th</sup>. It is an initiative from the Australian Psychological Society to promote both the profession and positive mental health and well being. Naturally, this is of interest to me given my role but I am particularly interested in the theme for this year. It is '*Think well. Be well*' and is essentially about feeling good, having a healthy self esteem, positive family, social and work relationships, being fit and healthy and having a balanced life-style. Sounds logical but in our daily lives we typically encounter a range of events and interactions that can challenge us and lead us to feel hassled, irritable or even angry or distressed.

When these challenges occur, many people believe that they have no control over their reactions and that it is the events in their lives that cause them to feel distressed, but this is not exactly true. With conscious effort we can control our thoughts and feelings instead of being victim to them. Being happy is a choice. This fortnight, I would like to share the following story from the Happiness Institute which illustrates this perfectly and shares wisdom from an elderly blind man who, despite adversity, manages to find happiness:

*A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed, and shaved perfectly, even though he is legally blind, moved into a nursing home. His wife of 70 years recently passed away, making the move necessary.*

*After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready. As he maneuvered his walker to the elevator, he was provided with a verbal description of his tiny room, including the eyelet sheets that had been hung on his window.*

*"I love it!" he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. But Mr. Jones, was told 'You haven't seen the room; just wait.' To which he replied, 'That doesn't have anything to do with it. Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.*

*'Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life. Old age is like a bank account. You withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories!'*

For more tips on happiness go to  
<http://www.thehappinessinstitute.com/>.

And stay tuned next fortnight for more tips on thinking well and being well.

**Ms Felicity Monck**  
**College Psychologist**

## **Night of Excellence**

Tuesday evening, 28 October, saw our annual art show, *The Night of Excellence*. Once again the students of Mercy College showcased their creative talents through all different mediums, highlighting the skills they have developed throughout this year.

The evening was well attended and a past art teacher, Mrs Pierangela Giansiracusa, was the judge for the evening, along with the public being able to vote for the best work in three sections.

The following students were given these awards:

Judge's Award for most outstanding work:  
**Emily Zhang - Year 12**

People's Choice Award for Years 11 and 12:  
**Isabella Kranjec - Year 11**

People's Choice Award for Years 9 and 10:  
**Stephanie Galante - Year 9**

People's Choice Award for Years 7 and 8:  
**Danielle Scollo - Year 7**

*Congratulations to these students.*

Thanks must go to all the Visual Art and Technology teachers who instruct and guide their students in this creative manner.

**Donella Collins**  
**Head of Arts Faculty**



*It is good to have an end  
to journey towards,  
but it is the journey that matters,  
in the end.*