

FNQ FAMILY THERAPY

Family Therapy - Individual Therapy - Clinical Supervision

November 2020

Issue 5

MOVEMBER

Movember is the month where men's mental and physical health are highlighted. There is a taboo amongst men to talk about their mental and physical health. Depression, prostate cancer and testicular cancer are very common, men are dying too young from these. Please support this cause and talk to the men around you. For more information visit <https://au.movember.com>.

FNQ Family Therapy supports Movember with a free individual session, buy a raffle ticket today. See instagram @Katie_hill_fitness for more information.



November

Our fathers, partners, brothers and friends are facing a health crisis, yet it's rarely talked about. Men are dying too young. We can't afford to stay silent.
- <https://au.movember.com> -

www.fnqfamilytherapy.com.au

The graphic features a purple torn-paper background with several black mustache cutouts on sticks. The word 'November' is written in a cursive font. Below the graphic is a quote about men's health and a URL.

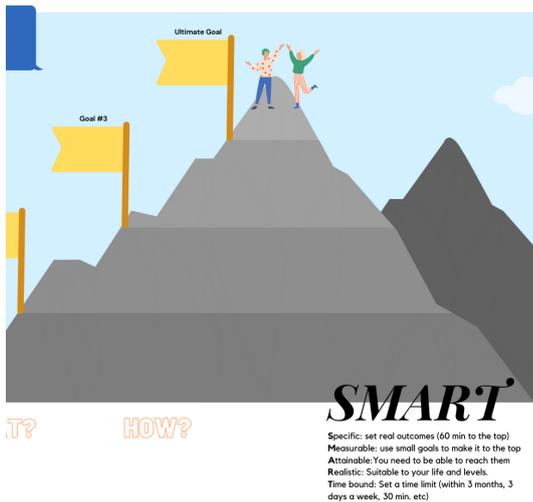
GOALS

Why do you think setting goals can be important for your mental and physical health? Goals are helpful step-stones to reach to where you need to be, increase your e.g. dopamine and endorphin release to feel better and increase your happiness and confidence. See [video](#) for more information. Goals are a very helpful tool to build more structure in your life, get to new places, and reach your potential.

HOW TO SET GOALS

Not meeting your goals is discouraging, and most of the time you stop doing what you need or like. A helpful tool is setting steps, max. 5, to reach your end goal. For example, if your end goal is reaching the top of a mountain, your first step could be buying comfortable shoes. When you reached your first step you feel motivated to go and tackle that next one.

See a part of my journey and more tips on how to set goals in this [video](#).



FREE-BEE

Use this [roadmap to success](#) to start setting those goals you want to reach. Please share them with others if that's useful.

THIS MONTH'S FEEDBACK

"Manon is a lovely person with a kind, caring nature that made me feel so comfortable during my sessions. She is very easy to talk to and her approach to assisting me work through certain things was extremely helpful. I wont hesitate to book with her again and I highly recommend!" -individual client-

"Thanks so much for your help. We were really happy with the way you were able to bring the team together" -manager-

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