At Jean Hailes we passionately believe in the physical and emotional health and wellbeing of all women in Australia.

We greatly appreciate the generosity of the women and health professionals across Australia who have shared their experience and words of wisdom for the benefit of the next generation of women.

Please share this eBook as a gift from you to the women in your life you care about.

Di McDonald - CEO
I wish for every woman in the world more choices, respect and comfortable shoes. And maybe dessert.

Kaz Cooke, Australian author, cartoonist, radio broadcaster and public speaker
Look after yourself first and you won’t be disappointed — passed down from my grandmother.

Anne Smart, women’s health nurse, Orange, NSW

We have compassion for others when they get something wrong.

Dr Amanda Deeks, psychologist

No one is perfect.

Have the same compassion for yourself when you get it wrong.

Karen, Stanwell Tops, NSW

Become assertive, take an active approach to solving day to day problems and worry less.

Jane Fisher, Jean Hailes Professor of Women’s Mental Health, Monash University

Love yourself and make healthy lifestyle your priority.

Charmaine, Wantirna South, Vic

Eat & sleep well, be connected, exercise, be intuitive, meditate. I call this ‘putting jellybeans in your jar’ — with a full ‘jar’ you’ll have love & sweetness to give to others.

Dr Carol, Toowoomba, Qld

Strive for contentment and never wear knickers in bed.

Make the most of every day…with good food, fun, friends and family.

Sophie Scott, national medical reporter, ABC News

Become assertive, take an active approach to solving day to day problems and worry less.

Jane Fisher, Jean Hailes Professor of Women’s Mental Health, Monash University

Love yourself and make healthy lifestyle your priority.

Charmaine, Wantirna South, Vic

Eat & sleep well, be connected, exercise, be intuitive, meditate. I call this ‘putting jellybeans in your jar’ — with a full ‘jar’ you’ll have love & sweetness to give to others.

Karen, Stanwell Tops, NSW

Strive for contentment and never wear knickers in bed.

Dr Carol, Toowoomba, Qld

Make the most of every day…with good food, fun, friends and family.

Sophie Scott, national medical reporter, ABC News
If you say to yourself something is wrong more than twice, do something about it.

Janet Michelmore AO, Jean Hailes director

Be yourself, not someone else’s ideal. Commit to what renews your energy and to relationships where you can be real and vulnerable.

Di Saunders, counsellor, Dulwich, SA

Be kind to yourself. Accept, respect and forgive yourself. Be true to yourself, and don’t be afraid to march to your own drum.

Judy, Bentleigh, Vic

Use your brain to help you identify fact from wishful thinking, and smart decisions from poor judgement. Your body can do just about anything, providing you treat it kindly.

Larraine Sathicq, health writer

Be grateful for being in this time and place. We all have our various health complaints, but we have answers and help available to us like no generation before.

Manuela, Williams, WA

If you say to yourself something is wrong more than twice, do something about it.

Janet Michelmore AO, Jean Hailes director

Trust in yourself — you are a good person. Don’t settle for anything or anyone less than fabulous.

Julie Collins MP, Federal Member for Franklin

Work out early in your life the healthy things you can do — food, exercise and relationships — and learn to love them. Then they become easy and not a chore.

Dr Heather Rowe, Jean Hailes Research Unit, Monash University
There are 3 things in life you can never get back: the spent arrow, the spoken word and the missed opportunity. Take every opportunity for health and wellbeing.

Prof Susan Davis, director Women’s Health Research Unit, Monash University

Learn to be on good terms with yourself and stay true to the person you want to be.

Rhonda, Dandenong, Vic

You can’t care for others unless you care for yourself. We nurture others and are not always good at self nurturing. Permission to be ‘selfish’ is ok at any stage of life.

Dr Vivienne Whitechurch, Jean Hailes GP

Listen to your intuition and trust it a bit more than your reason or what other people say.

Marina via Facebook

Pursue and enjoy everything good and healthy thing, great and small; seek delight to nourish you and build resilience for a happy, fulfilling life.

Gaytana Adorna, presenter Best Medicine, Southern FM radio

You can’t care for others unless you care for yourself. We nurture others and are not always good at self nurturing. Permission to be ‘selfish’ is ok at any stage of life.

Dr Vivienne Whitechurch, Jean Hailes GP

Listen to your intuition and trust it a bit more than your reason or what other people say.

Marina via Facebook

Pursue and enjoy everything good and healthy thing, great and small; seek delight to nourish you and build resilience for a happy, fulfilling life.

Gaytana Adorna, presenter Best Medicine, Southern FM radio

There are 3 things in life you can never get back: the spent arrow, the spoken word and the missed opportunity. Take every opportunity for health and wellbeing.

Prof Susan Davis, director Women’s Health Research Unit, Monash University

Learn to be on good terms with yourself and stay true to the person you want to be.

Rhonda, Dandenong, Vic

You can’t care for others unless you care for yourself. We nurture others and are not always good at self nurturing. Permission to be ‘selfish’ is ok at any stage of life.

Dr Vivienne Whitechurch, Jean Hailes GP

Listen to your intuition and trust it a bit more than your reason or what other people say.

Marina via Facebook

Pursue and enjoy everything good and healthy thing, great and small; seek delight to nourish you and build resilience for a happy, fulfilling life.

Gaytana Adorna, presenter Best Medicine, Southern FM radio

There are 3 things in life you can never get back: the spent arrow, the spoken word and the missed opportunity. Take every opportunity for health and wellbeing.

Prof Susan Davis, director Women’s Health Research Unit, Monash University

Learn to be on good terms with yourself and stay true to the person you want to be.

Rhonda, Dandenong, Vic

You can’t care for others unless you care for yourself. We nurture others and are not always good at self nurturing. Permission to be ‘selfish’ is ok at any stage of life.

Dr Vivienne Whitechurch, Jean Hailes GP

Listen to your intuition and trust it a bit more than your reason or what other people say.

Marina via Facebook
section 2

Harriet Farkash, editor, FlamingoPink.com.au

Book your health check-ups in January. Doctors surgeries are usually empty (hello, no waiting!), I always know when my last tests were and when I’m due for my next check-up.
If you develop hot flushes and night sweats around the time of menopause, make sure you seek balanced and reputable information.

Professor Henry Burger AO, Jean Hailes inaugural patron

Learn to do pelvic floor exercises and make them a habit.

Belinda, Stanthorpe, Qld

1. Never stop HRT in summer!
2. Look after your feet.
3. My grandmother used to wash her face with milk.

Dr Debby Bachmayer, Mosman, NSW

Sex should be enjoyable for both partners. If it isn’t, talk to your GP. When you first get your period, celebrate with women close to you. Don’t see it as negative or secretive.

Janetta Webb, Jean Hailes continence physiotherapist

If you develop hot flushes and night sweats around the time of menopause, make sure you seek balanced and reputable information.

Professor Henry Burger AO, Jean Hailes inaugural patron

Preventive health care is always better than reactive health care. Eat well, exercise, have regular pap smears and breast examinations, and do pelvic floor exercises.

Janelle Greitschus, women’s health physiotherapist, Belmont, Qld

Walk to keep healthy. It’s free, relieves stress and can be done with a human or four-legged friend! It helps you maintain a healthy weight, bone density, cardiovascular fitness and vitamin D levels.

Dr Sonia Davison, Jean Hailes endocrinologist
A diaphragm is a great contraceptive method towards the end of our reproductive years, and doubles up by stopping ‘messy’ blood spotting.

Laurence Westcott, myotherapist, Mt Eliza, Vic

If you don’t drink plenty of water every day you become dehydrated, which can lead to an irritated bladder and needing to ‘go’ more frequently.

Dr Elizabeth Farrell AM, Jean Hailes founding director

Get your vitamin D level tested. Take a supplement or get some safe sun exposure to maintain vitamin D levels or boost if needed.

Jo, exercise physiologist, Elwood, Vic

Think about your heart health, not when you’re 60 and might already have high blood pressure, but when you’re young and healthy and can reduce your cardiovascular disease risk.

Louise, Preston, Vic

Gynae & sexual health is a whole community issue — when a woman suffers in silence, so does her family and partner. We need to raise awareness so we can speak openly & are more accepting.

Kath Mazzella OAM, founder GAIN Inc.

I suffered very painful periods, so my advice is to talk about your menstrual cycle and find out from the experts about what is normal and what isn’t.

Lana, Eagle Point, Vic

Always record the first and last date of your period and any changes from month to month. A great tip, especially when planning a pregnancy!

Martina, Ferntree Gully, Vic

If you don’t drink plenty of water every day you become dehydrated, which can lead to an irritated bladder and needing to ‘go’ more frequently.

Dr Elizabeth Farrell AM, Jean Hailes founding director
section 3

One of the greatest pieces of advice about relationships I have heard (for young women especially) is: Sex is not just a physical act — a condom can’t protect your heart.

Christine Peters, community nurse, Bairnsdale, Vic
Nurture and cherish the people you love.
Melita, Oakleigh, Vic

You don’t need lots of friends – just a few who’ll be there for you through good and bad times. Don’t waste time on relationships that drag you down.
Mila, Joondalup, WA

You have one life and one mother, so love and enjoy both. Remember that you only are responsible for the life you lead.
Senator Michaelia Cash, Senator for Western Australia

Treat everyone in life the way you would want them to treat your mum.
Karen Campbell, health librarian, Subiaco, WA

Understand that being a mother is the most important job you will ever have. Rewarding relationships with family and friends is key to good mental health.
Julie, Torquay, Vic

Never creep around your babies. Vacuum and make noise around them, and they’ll learn to be good sleepers.
Esther, East Brighton, Vic

Sex starts outside the bedroom. If you’re having sexual problems take a look at your relationship first. You can’t expect to have good sex in a bad relationship.
Dr Rosie King, sex therapist

You don’t need lots of friends – just a few who’ll be there for you through good and bad times. Don’t waste time on relationships that drag you down.
Mila, Joondalup, WA

Never creep around your babies. Vacuum and make noise around them, and they’ll learn to be good sleepers.
Esther, East Brighton, Vic
Spend time with friends or family who uplift, empower and support you — great for your mental health and feeling supported in achieving your goals.

Karen Plumbe, women’s health promotion, Coffs Harbour, NSW

When your adult children are experiencing parenthood for the first time, don’t criticise. Offer advice only when asked. Listen & don’t judge. Offer practical support.

Rima, Shepparton, Vic

I hope one day my daughter experiences the pleasure I have now as a nanna.

Chelle, Woolloongabba, Qld

If motherhood is one of your life goals, don’t leave it too late.

Dr Karin Hammarberg, Jean Hailes Research Unit, Monash University

No matter if you’re newly married or married 40 years, you have to work at your relationship. We’ve always had regular date nights, even when our children were small.

Jill, Wollongong, NSW

I take pride in being open with my daughter (and son) about any physical and emotional issues. Find someone you trust to talk to about any problems. It really helps.

Aleeza, East Bentleigh, Vic

Communication is key. If you can master that, you can achieve anything.

Ingrid, Malvern, Vic
My wonderful mother taught me to cook.
A chicken fed six people with enough left over for sandwiches.
Vegetables filled the plate and stomach. Cake was for visitors.

Noeline Brown, Australia’s Ambassador for Ageing
A little goes a long way. Incorporate a little extra movement each day for long term health and wellness.

Victoria, Elwood, Vic

Know the ingredients in what you’re eating. If it doesn’t make sense to you, think twice before biting.

Dr Amanda Newman, Jean Hailes GP

Make breakfast count – make it nutritious, delicious and sustaining.

Sandra Villella, Jean Hailes naturopath

Teach your children to cook! If they can create a simple stir-fry or mince dish, they’re not at the mercy of fast food with its heavy load of fats, salt and lack of vegetables.

Catherine Saxelby, accredited nutritionist, www.foodwatch.com.au

Making healthy exercise a priority.
Keep your body strong and active with pelvic floor safe strength and fitness exercises, and regular pelvic floor exercises.

Michelle Kenway, pelvic floor physiotherapist, Brisbane, Qld

Pick up a set of weights and learn how to get stronger. Feeling stronger physically helps you feel stronger and more confident in your head.

Paula Goodyer, nutrition and fitness columnist, Fairfax Media

A little goes a long way. Incorporate a little extra movement each day for long term health and wellness.

Victoria, Elwood, Vic

Know the ingredients in what you’re eating. If it doesn’t make sense to you, think twice before biting.

Dr Amanda Newman, Jean Hailes GP

Make breakfast count — make it nutritious, delicious and sustaining.

Sandra Villella, Jean Hailes naturopath

Keep nutrition simple & practical. Remember, the when & why is as important as what you eat. It’s the big picture over time that adds up for best health.

Terrill Bruere, Jean Hailes accredited practise dietitian
Do 20 minutes of moderate to high intensity exercise every day to promote a healthy metabolism and prevent metabolic and age-related diseases.

Amanda Barlow, personal trainer, Southport, Qld

I keep my weight steady and my life enjoyable by balancing my food intake during the week and enjoying a little treat over the weekend.

Dianne, Prahran, Vic

Labelling food as ‘bad’ often causes us to feel bad about ourselves and guilty about what we’ve eaten. Try to think about food as ‘everyday’ and ‘sometimes’ food instead.

Dr Rick Kausman, Vic

Change how you think about snacks and treats. You can have something delicious, just not all the time. A ripe mango or a few raspberries are the best treat of all.

Marie, Penrith, NSW

Look healthy, not skinny.

Dez, Preston, Vic

Adopt healthy choices. Relish nourishing meals, being active and laughing daily; connect with people and the environment; let go of negatives.

Gaytana Adorna, presenter Best Medicine, Community Radio Southern FM

Stay active, eat healthy most of the time and drink plenty of water. This helps the ageing process and maintains a good immune system.

Victoria, Forresters Beach, NSW

Sitting less and moving more is key.

Sandra Peut, dietitian, Bundaberg, Qld
As we get older spend quality time with your Mum. I have learnt to do things that she wants to do, not things I think she’d like to do. Give as much of yourself as possible.

Deborah Hutton, creator of balancebydeborahhutton.com.au
Take time out for yourself each week, preferably alone. It will allow you to enjoy and appreciate your partner and children more.

Becs, Holland Park, Qld

Mental health is as important as physical health. Learning and practising deep slow breathing skills daily will help you to relax and reduce unhelpful negative emotional reactions.

Angelique Park, psychologist

Everything in moderation!

Lill via Facebook

When life situations get tough, ask yourself on a scale of 1–10 how important is the situation you are facing. This helps put things back into perspective.

Di McDonald, CEO Jean Hailes

When balancing family, work and life in general, flexibility in the workplace reduces stress and improves emotional wellbeing.

Helena Teede, Professor Women’s Health, Monash University; Head Diabetes, Southern Health

Laugh daily, eat enough and sleep well. Keep active. Let the past go.

Tracey, Melbourne, Vic

Be kind, caring and loving towards yourself. You’ll be a better, more balanced person for it.

Dee, Wyndhamvale, Vic

Laugh daily, eat enough and sleep well. Keep active. Let the past go.

Tracey, Melbourne, Vic

Be kind, caring and loving towards yourself. You’ll be a better, more balanced person for it.

Dee, Wyndhamvale, Vic

When balancing family, work and life in general, flexibility in the workplace reduces stress and improves emotional wellbeing.

Helena Teede, Professor Women’s Health, Monash University; Head Diabetes, Southern Health

Laugh daily, eat enough and sleep well. Keep active. Let the past go.

Tracey, Melbourne, Vic

Be kind, caring and loving towards yourself. You’ll be a better, more balanced person for it.

Dee, Wyndhamvale, Vic
With our increasingly busy lives, ensure to take time out for you to maintain good mental health! Even sitting in the sun for 10 minutes is a great mental break.

Meggan, Hawthorn, Vic

I feel passionate about encouraging my children to create balance in their lives. Balancing activities such as sport, television, study and hobbies helps to maintain physical, mental and emotional health.

Simone Buchanan, Australian actress

Everything in moderation is my mother’s philosophy — so true with eating, sleeping, exercise, work, spending and every area of your life.

Andrea, Caroline Springs, Vic

Make yoga and meditation part of your routine. I have started with my five year old daughter and we both feel better for it. A healthy body equals a healthy mind.

Heather, Perth, WA

Strive for balance and respect your body and mind, whether it’s through eating well, being active and sun smart, or nurturing relationships with others and yourself.

Julia Foreman, health promotion officer, Gold Coast, Qld

With our increasingly busy lives, ensure to take time out for you to maintain good mental health! Even sitting in the sun for 10 minutes is a great mental break.

Meggan, Hawthorn, Vic

I feel passionate about encouraging my children to create balance in their lives. Balancing activities such as sport, television, study and hobbies helps to maintain physical, mental and emotional health.

Simone Buchanan, Australian actress

Make yoga and meditation part of your routine. I have started with my five year old daughter and we both feel better for it. A healthy body equals a healthy mind.

Heather, Perth, WA

Strive for balance and respect your body and mind, whether it’s through eating well, being active and sun smart, or nurturing relationships with others and yourself.

Julia Foreman, health promotion officer, Gold Coast, Qld

With our increasingly busy lives, ensure to take time out for you to maintain good mental health! Even sitting in the sun for 10 minutes is a great mental break.

Meggan, Hawthorn, Vic

I feel passionate about encouraging my children to create balance in their lives. Balancing activities such as sport, television, study and hobbies helps to maintain physical, mental and emotional health.

Simone Buchanan, Australian actress
We hope this eBook, filled with the insight and life experience of women just like you right around Australia inspires you to live the healthiest life you can and that it helps you realise that you too can pass your words of wisdom to the next generation.

**Share**
Click to share this eBook as a gift from you to the women you care about

**Donate**
Click to help us create a healthier future for Australian women

**Request**
Click to request your free healthy lifestyle information pack

**Subscribe**
Click to receive our free women’s health magazine twice a year

Disclaimer: This eBook is designed to be informative and educational. It is not intended to provide specific medical advice or replace advice from your health professional. Jean Hailes for Women’s Health does not accept any liability to any person for the information or advice (or use of information or advice) which is provided in this eBook or incorporated into it by reference. Information is provided on the basis that all persons reading this eBook undertake responsibility for assessing the relevance and accuracy of its content. © 2013