Why is health important to you?

Speaker 2 ([01:01](https://www.rev.com/transcript-editor/Edit?token=T5pj6l_ZnwBl-3brC7prRBExy_Wb-Zupz4r9v1QtBwuP8waTDVwwJyyKdX5t-sFLEYwoCQaWW_rh6D8j7Slfi6LrTfg&loadFrom=DocumentDeeplink&ts=61.44)):

Um, it just links John to my overall sense of, of wellbeing. So, um, you know, the, the connectedness of the different components of health, the dimension of health, make it really important. Um, for me, because if I have a strong sense of self strong sense of wellbeing, um, then I sort of feel that I can, you know, live my best life and, and achieve the goals that I want to achieve. And conversely, um, you know, if, when things aren't going well, um, in any sort of aspect of my health, that it does sort of trickle down and, and, um, connect to the other parts of my life as well.

Speaker 1 ([01:38](https://www.rev.com/transcript-editor/Edit?token=L51pLVCYXIFo-nF29nnw5yN8X0Tt-Nvk70Qfe3H45W4AgR1zIU7VxbSxTljCxSk0s09Zif1dcORY-uGBm0RYh-HHIW8&loadFrom=DocumentDeeplink&ts=98.38)):

And what do you do when those times are, are tough, whether it's day to day or, or a longer time, are there little things, little techniques that you implement into your day to help overcome those moments?

Speaker 2 ([01:48](https://www.rev.com/transcript-editor/Edit?token=H9JuQX1kZzTICGuTLIEI-Fkf6oLxYotRM4vxkiWKxkW9R8HK9N9r-qAeR6p7JxylfWPew8HPydvOIjaE4AwT-HbEXzk&loadFrom=DocumentDeeplink&ts=108.75)):

Yeah. Um, two things. Um, one is on the talker, so, and I know that I know that men have got better at that over time. So I will absolutely, um, have a conversation with a trusted person if, if that's the way to go. Um, and other thing is like just a little bit of, um, time out or breathing. So that might be a walk. It might be yoga, it might be, it might be a run. Um, but you've gotta give yourself, um, the time to sort of go, okay, what's going on with my health? Am I, um, you know, putting too much stress on myself, am I not eating the right food, whatever it might be. Um, so they're, they're my sort of two go to bit of a talker, happy to happy to discuss what's going on in life with a trusted friend and also, um, yeah, take the time out when things are going tough to, to reassess.

Speaker 1 ([02:39](https://www.rev.com/transcript-editor/Edit?token=Yjamp9caclXjhY2rnF2Wf0wRzGa-PvKAcOAydVDAE45p-TxPBeCk4RPMJsFLqWmw1tPjzTqMhAibMmn46KT8s7i0las&loadFrom=DocumentDeeplink&ts=159.23)):

You're talking about taking the, the time out there and, you know, the world we live in is, is so busy and congested with, with schedules and things to do and social media and stuff. Have you always had that mindset about hitting pauses and taking a breath or is it something you've kind of implemented more recently?

Speaker 2 ([02:56](https://www.rev.com/transcript-editor/Edit?token=JCAW3fEgs3trkkJvFhFR0MeI7OqDAsRBZhv5hZLyLa05CnoPYqxe_4syKSBY2UTujT2HPrrC5fK3pr292-NZ39XmVzc&loadFrom=DocumentDeeplink&ts=176.22)):

No, you got a, for me, I had to learn it. I had to learn it because, um, particularly, you know, as a young male, you sometimes think that you can achieve everything. Um, and that it's weak to sort of say, well, I can't, I can't do that right now. Um, or, um, you know, to, to sometimes say no, so no, it was a skill that I had to learn to be able to sort of say, well, what is my capacity? What is gonna begin to adversely affect me? And, and then stop

Speaker 1 ([03:25](https://www.rev.com/transcript-editor/Edit?token=jaSCVvKkLOYkBF1h2nqMuFk-cPyIrVNHd0hP_Azw-8H2TyPz8a6c-dRavV5jn-_fg21S7dycRUXozNcGeKVq9n0VntQ&loadFrom=DocumentDeeplink&ts=205.419)):

Talking about, I guess, the environment or the setting around you, who, who has an impact on your overall health.

Speaker 2 ([03:32](https://www.rev.com/transcript-editor/Edit?token=0jEhgEj-0Yjwl__iauVjHSJusPmzPYSB2YFZ6io_NwOvSQjVYSc4iHhsEnHfmEl8sfDv7_zubg5DDaXHa5oeoK2H5ZQ&loadFrom=DocumentDeeplink&ts=212.13)):

I've got a really good bunch of friends, um, that, that have a huge impact on my health because they are the trusted people that I can, um, go back to. And then also, um, thinking about I've played a lot of team sport and my teammates have, and coaches have also been, have always been really good. Um, so that allows me the opportunity to, to, to use my, um, my vices, which is open up and, and have a bit of yarn about what what's going on. Um, and then also to, to say to my teammates where it might be, I'm, I'm a bit off tonight or I'm a bit off today. Um, so look giving the heads up. I might not be great at, at training or I might not, it might be the greater session or whatever they've been. Yeah. The two biggest impacts, um, on my life. And in terms of my health,

Speaker 1 ([04:18](https://www.rev.com/transcript-editor/Edit?token=y9DFT16IoUoq69TH-wz1HV1I_bzYBDM8VRMBaihsEUTuILDUzMH_Faaa17i05uMidtG5AaHkRi7xYmwT-I5fHLDllo4&loadFrom=DocumentDeeplink&ts=258.05)):

How important do you think that setting is like for you of sport, but having that safe space between the individual and say health services, having that safe space, whether it's sport, uh, a walk and talk group, um, a weekly get together, how important is that kind of middle space? Do you feel in overall men's health

Speaker 2 ([04:38](https://www.rev.com/transcript-editor/Edit?token=BRR0F7xY9p1cTbk3xS4pmtZdORVvMhihwMsJD8EueuJ_HS_KLE65OiG9UYATiiku3Bk8542RRYEeo-cwdqJWSodUxd0&loadFrom=DocumentDeeplink&ts=278.23)):

Super important and it's because of the thet word of trust. And I think as men, we are still learning to trust, um, you know, medical practitioners, we're still learning to trust and actually say, you know what? Um, things are tough and it's not easy to be the, um, you know, be sort of the man all the time. You've gotta be able to, um, take a step back. And the often when having that conversation with someone you trust as a, as a, you know, friendship group or a relationship, um, they've experienced it too, or they can sort of mean, you know, another, another fellow can sort of say, yeah, I, I can see where you're coming from with that. And, and shit's going on, you know, for me as well. Um, so that's, that's a really important intermediary, uh, intermediary. Um, I don't think it's always a substitute because sometimes, you know, you know, you need to go and, and see the doc or you need to seek professional advice or, you know, if I'm helping counsel someone, I would, you know, never take the place of a professional. But, um, as a first port of call, I think it's really, really important.

Speaker 1 ([05:45](https://www.rev.com/transcript-editor/Edit?token=G7c6dt9pkkkPhkwzqRnhFZK_z_vkVLEr8kCqGJwZAx4n1kO4m5dfjHIwZQDqzY2YAVH16My-9j4c6kniQVVdIDtt0P4&loadFrom=DocumentDeeplink&ts=345.88)):

You've gotta experience mark in education. Why is the education setting? And that could range from school TAFE university, such an important setting for promoting positive men's and boys health.

Speaker 2 ([05:59](https://www.rev.com/transcript-editor/Edit?token=78ioi3dSXPEj_N1dli0UhGdafFWxYOxCVC86ur07HVCqAS8YskoSuRnNZp-dEMTTrLr5C45p9s48IRTppucQvad5TEk&loadFrom=DocumentDeeplink&ts=359.05)):

Yep. John, at every level of education, you're going to learn decision making skills, discernment, and there is a continual, um, like sort of, uh, linear movement from, from, uh, ignorance to enlightenment, right. And that's what I love about education. That's why I was an educator to take anyone on a journey from where they dunno much about anything, whether it's a health issue or anything else right through to, well, I know what the issue is. And actually now I know how to, to deal with it. So education teaches those skills of critical thinking decision making, um, for, for our, for our men. Um, and for all of our young people, to be able to, to make smart choices in their health, or at least diagnose and, and acknowledge where, um, their health isn't going to, whether whether it's, you know, social, mental, emotional, physical, whatever it might be.

Speaker 1 ([06:50](https://www.rev.com/transcript-editor/Edit?token=A1lCobyJbflI75eM2OImGbb-0HOwvA4eZnwMnw-AmmkAdCBP2Gp6PT_eOnRDleJ-cmgkDM2cMO2pPewH62znLvp2V4s&loadFrom=DocumentDeeplink&ts=410.029)):

And the face to face time school, especially kids are spending 6, 7, 8 hours a day. What role do teachers play in, in being positive role models for students about their health?

Speaker 2 ([07:03](https://www.rev.com/transcript-editor/Edit?token=yJpXgW1rP7G8eoJ629g_bQEdOH87RRRE_BKbPNR1nIhHWEUeaQPWfdDJLnpZbPppTFJovNEemWXo9lpLZIiwl-RK4L8&loadFrom=DocumentDeeplink&ts=423.13)):

Huge. Um, what's the in, in Loco, parentis, I think is the, is the Latin right? Loco parentis, you know, I mean, the teacher is, is there as the parent or the parents are there. So teachers have a huge responsibility, but, um, like it's not that it should be their responsibility. It's just that it becomes their responsibility. And you assume it as a teacher because you want to help young people. That's why you're going into it. So, um, working with kids is far more than, um, delivering the curriculum and it it's completely about relationships and, um, teachers, you know, hold the key for lots of young young people, um, to be able to, to learn those skills of decision making, um, you know, communication learning going from, you know, enlightenment, sorry, going from, um, uh, ignorance from enlightenment around around their own health. So look while, while teachers have absolutely full load, um, you know, we all appreciate our teachers. That's sort of a non-negotiable if you're, if you're a teacher, then you are part of that solution to help young people, um, in their, in their quest for their best, their best selves.

Speaker 1 ([08:12](https://www.rev.com/transcript-editor/Edit?token=rFPSrtFRO-jy56Kn_s-P9OkddvZsz3gQTTcYMr2CCti6lr4P8G0SJe9DnlLXmyq_UrhyUFQK6b69BlFneDwBCyOcRUo&loadFrom=DocumentDeeplink&ts=492.21)):

And mark now working with the goods O Locklin foundation, how does the go foundation promote the importance of healthy environments?

Speaker 2 ([08:21](https://www.rev.com/transcript-editor/Edit?token=YNYSZEBzVoic1FNPfWYN-BkFIRHrhZJWAvh1wvS0obghJNnSkZvV_6SJsponUWlliZae_HyHJC6yjxT1iNkU4_o-qUY&loadFrom=DocumentDeeplink&ts=501.19)):

We, um, we have 2, 2, 2 sort of, um, motto one is that we, um, empower through education. So, um, even know, as, as recently, as this morning, talking to, uh, young people around staying in school and what their goals are and all that kind of stuff. So keeping education, fire stoked, and burning, but also, um, our main focus is on culture and that is connecting young, uh, Aboriginal Lander people, um, to their culture and each other. So, you know, we are not the, um, uh, the authority on what Aboriginal pressure and culture is. And in actual fact, you know, there are so many different cultures around Australia, but what we do is just help kids engage and feel comfortable in engaging with their culture. So we do that through, you know, our program to ensure that kids are experiencing, um, what, you know, what it was like, um, what you knowtrusion activities or even contemporary activities are like in terms of culture, so that they then have a stronger sense of self and then connecting with the person next to them. Um, so then there's a connection between, between, um, peers that strengthens, um, their ability of, well, I know who I am and I belong. That's our focus,

Speaker 1 ([09:34](https://www.rev.com/transcript-editor/Edit?token=GZ63FVh7cPjniIC21b6h8ORk-Q1YoOZZTKataC7BconaopWZp5-h3Xq7WUbFPG8vpvM2QuadWwBu3C9kXjzse-qnHnQ&loadFrom=DocumentDeeplink&ts=574.19)):

The sense of identity and connection to culture and country in your mind, mark, is that step one in terms of building a healthy lifestyle for Aboriginal and Torres Lander people to, to know internally that connection is, is that the starting point for positive, positive health?

Speaker 2 ([09:54](https://www.rev.com/transcript-editor/Edit?token=QucBBxkXXkHNtMIAy3YpY0joIeTaespgLcr36rSNSFqw7qvvhrZrZjODDxjOri4lqrYkdXNjHJMhEiY1XWrw5MTm2uk&loadFrom=DocumentDeeplink&ts=594.87)):

Like without doubt, without doubt. I mean, it is a major building block and, and, you know, um, Jonna you've, you've probably heard a hundred times over, you know, your life that the connection of countries is very important and that in natural fact, it's that devastation in colonization in Australia where, um, you know, those bonds have been, you know, um, somewhat broken that we're still dealing with trauma and young people are now, oh, and, and Aboriginal are continually looking to reconnect and, and work through the trauma. So that, that, that sense of identity is strong

Speaker 1 ([10:35](https://www.rev.com/transcript-editor/Edit?token=dEnGf7gvaVvJiMT8CoHztxbKmfLJaw4e6CfsXR5BGti7G-C3eRWjWPbhYWshyMijbfsxpalNUWNSfgxbHI8PqTWOVY8&loadFrom=DocumentDeeplink&ts=635.77)):

Mark. In your experience, either at work or in your personal life, what innovative ways have you seen or witnessed that have encouraged men and boys to, to seek out that professional, um, support from health services or a GP?

Speaker 2 ([10:51](https://www.rev.com/transcript-editor/Edit?token=4xgt7yGGVA4ORsYGN1NH0Pe2M8rDYbBwq3LpMW7s6cb7tXMwrI6LGOgIiHkFJnvbma1AegTwORD-6yoE7WMmLP2JUeo&loadFrom=DocumentDeeplink&ts=651.45)):

I struggle with this question, John, um, because I think it links for me, it linked back to, you know, some of the earlier questions and comments, just sort of saying, well, if I'm in, it was easy for me to, to be an E and then sort of not say, um, you should do this. You should go and see the GP, or you should, but to sort of say, well, I've done it, you know, so rather so to be a sounding board and rather than tell people what to do, uh, make suggestions or, or like almost coach. So coach into a, you know, um, into a decision of, well, you know, have we resolved this? Is, is there someone that's better, you know, qualified to, to chat through this with, and then people sometimes come to their own conclusion of, yeah, maybe I should, you know, go and see professional guidance, or I have a yarn with someone else, um, or, you know, engage with a personal trainer or, or be more social with my friends, whatever it might be. So trying to that idea and, you know, with coaching people to the answer, rather than telling them, that's probably as innovative as I've got. Sorry.

Speaker 1 ([11:57](https://www.rev.com/transcript-editor/Edit?token=Mr0aj8BEg6SVELYSekJOzqrzOA0Qnvsn-goGOoFgeoPTanP-4KdDsD5tP_fv3MSlEkiMYv-VlziIWOszPFSm8OmceMk&loadFrom=DocumentDeeplink&ts=717.679)):

No, that's all right. That's, that's a good insight. And finally, Mike, bring it back to sport. What opportunities do you see for sport broadly in terms of really promoting positive men's and health,

Speaker 2 ([12:11](https://www.rev.com/transcript-editor/Edit?token=6rDmbxwdIKQdwQEiUKDLUYb9UK7MkwTW6178bTaRfp6gZu-G3SH7iQ6-vi6vGZpixt0Oe9i9SctDJqyWV3tVo0a6c4o&loadFrom=DocumentDeeplink&ts=731.23)):

Huge opportunities, John? Um, huge like the, the camaraderie teammates. Um, so you know, a common goal. So, um, no, let's start even before that. So sport creates opportunity for belonging. All right. So if we, if we think of, as those hierarchy needs, like let's start right at the bottom. You know, like I, I, you know, I've got food, I've got shelter, lots of stuff, then we've gotta have a sense of belonging, so let's go belonging. Um, then you all of a sudden go, all right, now belong to this group. What's our, what's our common purpose. What's our common goal. Then there's teamwork to get to that common goal and you're relying on each other, then the friendships, um, build after that. So it's, I mean, I just can't, um, emphasize how important in, in both, you know, young men and young women sport is in being able to be in physical for better health, whether it's, as I said, physical, social, uh, emotional, mental

Speaker 1 ([13:11](https://www.rev.com/transcript-editor/Edit?token=vBok-JjFasscAr6g3eU3G1uNAEQ0Os54hryx_YvHOPIwrfIHh3Q2MIN49a8USfqJKEKmWjKJ6C3k4si9AX8dNAzz7Kg&loadFrom=DocumentDeeplink&ts=791.89)):

Awesome mark. Thanks. Is there anything else you wanna cover off? Any other comments you wanna make in regards to men's health?

Speaker 2 ([13:17](https://www.rev.com/transcript-editor/Edit?token=z1-SANouZFaHDZdY7Wjm9O8XXTmBxHprprfraW2r0hQugGC07Mdx6KYyoODbA2oH_E8dWSFiSZSzil6zRUSx4a_XsWQ&loadFrom=DocumentDeeplink&ts=797.42)):

Um, no. Look, I mean, I think, you know, I've surrounded myself with, um, with positive people. And the other thing that I sort of mentioned or wrote down in my notes was, um, routine. Like I found that for me, routine worked, um, if, if I've set the alarm and I'm going to get up, that means I can, I can be healthy. Um, my, yeah. Using routines help, but that's, that's all that I sort of say about it.