

# Men's Health

## Key Points

Prevention

Seeking help

Tips

### The pressures on men in the modern world are enormous.

Men often feel trapped halfway between their traditional and modern roles as partners, fathers and breadwinners. Many men find themselves losing their identities, never sure who they're meant to be and when.

In today's uncertain economic times, financial pressures and the prospect of losing a job can really weigh on men who tend to hold tightly to their view of themselves as responsible for providing for the family.

Men's health is a serious issue, in need of serious attention. What we know about men's health is really just the tip of the iceberg, with men often only speaking up when they're overwhelmed by whatever is going on.

What we know for sure though, is that prevention, is better than cure. These tips can go a long way to protecting men's health, keeping them from being one of the 1700 men each year who feel that suicide is the only way out.

Men have enough pressures without feeling they have to do it all on their own. If you're a man who's finding things tough, or if your mate, partner, son, father, brother, etc. looks like they're struggling, get in touch with Converge International incorporating ResolutionsRTK on **1300 687 327**.

Our experienced counsellors help thousands of men each year to cope with life challenges, the big ones and the little ones.



**Converge**  
international

Converge International is your Employee Assistance Program (EAP) provider. To make an appointment or speak to a consultant:

**1300 our eap**  
**1300 687 327**

# Men's Health

Tips	Getting Started
<p><b>1. Don't do it alone</b> Men are often reluctant to share about their problems, fearing embarrassment or looking weak. If you don't feel that you can talk to a friend or family member, at the very least speak with a GP or counsellor.</p>	<p>13 HEALTH – 13 43 25 84 Call Your GP Call Your EAP – 1300 687 327</p>
<p><b>2. Give yourself a pat on the back</b> When you've achieved something, be proud of it.</p>	<p>A little prompt can sometimes help. Set a reminder in your phone for the next 7 days.</p>
<p><b>3. Prioritise</b> There will always be demands on your time and resources, be sure to make time for the things that really matter to you.</p>	<p>Try writing down the list of things taking up head space at the moment. For the next few days try to follow only the things that you rate as important.</p>
<p><b>4. Lose the beer gut</b> Heart disease is a leading cause of death among men. Cutting back on alcohol can make a huge difference to your waistline... and your life!</p>	<p>Eat less/Exercise More. You don't need to be hard-core. Just reduce your portion size and control the fat and sugar. Aim to exercise every day even if it's just walking the dog, playing cricket with the kids, etc.</p>
<p><b>5. Do something for you</b> Take time out to do something you enjoy, even better if it gets you out with a mate or two.</p>	<p>Visit <a href="http://www.mensshed.org">www.mensshed.org</a> to meet up with some new friends, or catch up with some old ones.</p>
<p><b>6. Be food smart</b> If you need to get breakfast or lunch on the run, do your heart a favour and get something at least a little bit healthy, or maybe just downsize a little.</p>	<p>Visit the Government website on healthy eating <a href="http://www.healthinsite.gov.au/healthy-eating">www.healthinsite.gov.au/healthy-eating</a>.</p>
<p><b>7. Get to bed</b> Make sure that you're regularly getting enough sleep, even if you have to cut back on the late night sports broadcast.</p>	<p><a href="http://www.sleepfoundation.org">www.sleepfoundation.org</a></p>
<p><b>8. Take some personal responsibility</b> It's not your mum's (or partner's) job to tell you when you need to see the doctor. You know yourself better than anyone else, so take action when something's wrong.</p>	<p>Put your GP and EAP's details into your phone, so that it's easy to call them when you next feel the need.</p>
<p><b>9. Budget, budget, budget</b> Money is a big stressor for a lot of men. Work out a budget and stick to it.</p>	<p>Call Converge to talk with our financial counsellor or go to <a href="http://www.moneysmart.gov.au">www.moneysmart.gov.au</a> and look up Tools &amp; Resources.</p>

## About Converge International

Operating since 1960, Converge International is the pioneer and a major Australian owned international provider of employee assisted services programs across all sectors of industry. To find out more about us, visit our website at [www.convergeinternational.com.au](http://www.convergeinternational.com.au) or call 1300 687 327