

# **Speak Out Loud:**

## **Stories of Strength from the Southern Downs**

**EPISODE:** MOVEMENT AND MINDSET

**GUEST:** Jessica Carey, ARISE with Jessica Carey

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### **SUMMARY OF EPISODE**

Jessica Carey's deep connection with the Southern Downs Region goes back six generations. In our conversation, we chat about the cycles and the seasons in nature, and that by choosing your mindset and your actions, you also choose to build your personal strength and resilience and this positions you in a much better place to manage the changes, the cycles and the seasons in life. Jessica also shares her love of physical activity and sport, and the many opportunities across the region for joining in structured activities like sport, as well as unstructured leisure activities such as bushwalking that gets you connected with nature. Our conversation reflects many of the themes that we've explored in Season Two and I'm sure it will inspire you to get out there and get active.

Listen to the podcast conversation to hear Jessica share:

- her family connection to the Southern Downs
- her perspective of natural events that focuses on cycles and seasons
- health is a value which guides her choices in relation to nutrition, movement, stillness, sleep, relationships, goals and nature
- opportunities for people to get active in the region including structured sport and unstructured leisure activities
- how to find information about physical activities including asking other people, using social media, accessing council's website and asking local businesses
- her favourite ways to get active and what motivates her
- local spaces for hiking including Girraween National Park
- 'in town' options for people to get active
- why she loves teaching children swimming skills
- opportunities for adults to get involved with a new sport or activity
- increase your physical activity by starting small, setting a goal and working towards it slowly whilst being kind and compassionate with yourself
- mindset, movement and connection creates change that can increase your resilience and improve your emotional and physical well-being
- it's important to choose activities and ways of connecting that work for you
- her belief that the region has incredible opportunities to get active and explore the natural landscapes

## CONTACT JESSICA CAREY

ARISE with Jessica Carey <https://www.jessicacarey.com.au/>

## RESOURCES MENTIONED IN THE PODCAST

Southern Downs Regional Council <https://www.sdrc.qld.gov.au/>

Southern Downs Community Directory <https://www.sdrc.qld.gov.au/living-here/community-directory>

Southern Downs Disaster Management Dashboard  
<http://disasterdashboard.sdrc.qld.gov.au/>

Girraween National Park <https://parks.des.qld.gov.au/parks/girraween>

Sundown National Park <https://parks.des.qld.gov.au/parks/sundown>

Broadwater State Forest <https://www.trailforks.com/region/broadwater-state-forest-15031/>

Hope + Growth 2019 Exhibition (Online) <https://www.srag.org.au/hope-growth>



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The Speak Out Loud: Stories of Strength podcast has been produced by Kathryn Walton Consulting [www.kathrynwalton.com.au](http://www.kathrynwalton.com.au)



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*The information shared in the podcast conversations and associated handouts is intended for general information only and is not necessarily the opinion of the producers, host and funding bodies. To the best of our knowledge, this information was correct at the time of publishing. Please consult with your doctor, health provider and relevant trained personnel for professional advice and support based on your individual needs.*

*Speak Out Loud: Stories of Strength From the Southern Downs Podcast*  
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