

Resilience with Endorphins



If the current global news and life in general is leaving you with a horrible case of mental indigestion, then it's time to balance it out with endorphin-releasing activities to lighten you up, says TAMMY HAMAWI

As a proudly unreasonable workaholic I've understood the power of endorphins in managing my stress levels. But let's deal with some important facts first!

- *Did you know that statistics show about 80 per cent of the 12,000 to 60,000 thoughts an average person has in a day are now negative.*

- *The Ministry of Health found 47 per cent of New Zealanders will experience a mental illness and/or an addiction at some time in their lives, with one in five people affected within one year.*

While solutions to our weakening mental health are complex, we can adopt simple practices that help our body release endorphins. These

chemicals function as neurotransmitters that help regulate mood, sleep patterns and the way we respond to pain and stress. Endorphins present in our body, act like natural painkillers providing a sense of wellness and happiness.

Physical activities that cause pain or joy, such as exercise, risky activities, eating spicy food as well as laughter, love, dancing and even listening to music can trigger the release of these amino acids into our blood.

Just like the time I visited four amazing wineries in The Barossa, one of Australia's most influential wine regions; and learned how resilience, vision and courage shaped this region to what it is today.

It is easy to see magnificent estates on breathtaking land, filled with immaculate vines with inspiring stories behind every drop and as, ... "How lucky are they to have this?". Then you learn about the history that was forged on the backs of true pioneering WOMEN and MEN who worked together seamlessly and beat the odds to give us all a place we can visit, lose our worries, fall in love again and, as we say in French, enjoy "le joie de vivre".

Resilience taught through Sofie Schroeder, wife of Oscar (Benno) Pedro Seppelt from Seppeltsfield winery (EST 1851). She had 21 pregnancies, 16 children with 13 who survived to adulthood. Sofie and Benno's desire to build a community beyond their



It's time for us to be our own heroes and grow inner freedom. Accept who you are. Understand what drives you!

business meant that their responsibilities to their workers went beyond the normal call of duty. Sofie herself would cook breakfast, lunch and dinner for 150 people everyday while still in charge of maintaining the business accounts; a full time job on its own. A true example of dedication and commitment to doing her very best no matter what.

Vision taught through Oscare (Benno) Seppelt, who at 21 took over after the death of his father. Benno went on to expand Seppeltsfield until, by the turn of the 20th Century, it was Australia's largest winery producing two million litres annually. Visionary thinking Benno, back in 1878, selected a 500 litre barrel of his finest port wine, which would lay in one spot for 100 years to be released as Seppeltsfield 100 year-old Para Tawny Port. He would go on to instruct his people to do this every year laying another 500 litre barrel ready to be bottled and sold 100 years on. How could we ever underestimate the power of vision in bringing to us something so perfect a century later.

Courage taught through Peter Lehmann from Peter Lehmann of the Barossa winery, who's personal bravery in 1979 saw him leave the security of paid work as a grape buyer and to

protect the livelihood of his mates; the independent Barossa grape growers and their treasured vineyards. Back then a slump in the wine industry saw our government offer growers money to rip out their vines. The fruit buyers (of which Peter work for) said they would no longer be buying any grapes due to the glut of existing stock. Peter felt responsible and took action by borrowing money to purchase the rundown winery, which today bears his name. Peter offered the growers to buy their grapes and would pay them when he sold the wine. Today around 150 growers continue to sell their grapes to Peter Lehmann. Imagine you taking such risks for something greater than just you. What would you feel 30 years on? "Priceless Payoff".

These stories and the beauty that nature provides really helped me revive and grow forward. This would be an excellent time to start enjoying at least three endorphin-releasing activities per day for two weeks and notice what has changed and how you can harness this change. I would love to hear your views or if you have any questions please email me at tammyh@tribunity.com

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