

PUBLISHED IN JULY 2021.
PUBLISHED BY BOND UNIVERSITY STUDENT ASSOCIATION.

DESIGN, EDITING & TYPESETTING BY SONIA CLEMENTS.
CLEMENTS.SONIA@GMAIL.COM

PRINT PRODUCTION BY BOND UNIVERSITY PRINT SHOP.

© BOND UNIVERSITY STUDENT ASSOCIATION 2021. ALL RIGHTS RESERVED.
ALL CONTENT REMAINS THE INTELLECTUAL PROPERTY OF THE AUTHORS, ARTISTS AND PHOTOGRAPHERS NAMED IN
THE RESPECTIVE ARTICLES. STOCK MEDIA IS USED UNDER A FREE MEDIA LICENCE AGREEMENT.
ARTWORK BY ZARA YAXLEY HAS BEEN REPRODUCED WITH PERMISSION.
ARTWORK BY NARELLE URQUHART HAS BEEN REPRODUCED WITH PERMISSION.

COVER ART BY EM FENNEL



@EMFENDSIGNNS
WWW.EMFENDSIGNNS.COM

DISCLAIMER:

This is a magazine written for students, by students.
The articles are NOT professional advice.

If you or anyone you know needs help please see a
professional psychologist and/or reach out to:

- [Lifeline](#) on 13 11 14
- [Beyond Blue](#) on 1300 224 636
- [MensLine Australia](#) on 1300 789 978
- [Suicide Call Back Service](#) on 1300 659 467
- [Kids Helpline](#) on 1800 551 800
- [Headspace](#) on 1800 650 890
- [QLife](#) on 1800 184 527
- [Relationships Australia](#) on 1300 364 277

If you or someone you are with is in immediate danger,
call 000.

5	BOND SUPPORT SERVICES
7	FROM THE EDITOR
9	IMPOSTER SYNDROME
11	BE A DISAPPOINTMENT
13	HOMESICKNESS
15	NYOMBIL
16	THE BOND TRAP
17	MIND OVER MATTER
19	ADVICE FROM THE OLD TO THE NEW
21	REACH OUT, SPEAK UP
23	LET'S TALK ABOUT SEX, BABY
25	HEAD ABOVE THE WATER
27	FAMILY: COMPLEX RELATIONSHIPS

TABLE OF CONTENTS

HOW TO SUPPORT A FRIEND	28
WOMEN'S HEALTH	29
GIVE YOURSELF A BRAIN BREAK	31
ADVICE FROM A PEOPLE PLEASER	33
PTSD	35
HOW TO DEAL WITH SET BACKS	37
MENTAL HEALTH IN HEALTH	38
MENTAL HEALTH IN LGBTQI+	39
COVID TRAVEL	41
MOVING OUT & STAYING HEALTHY	43
GROWTH AWAY FROM HOME	45
GET INVOLVED AT BOND	46
ABOUT BUSA	47

INTRODUCING BOND SUPPORT SERVICES

worried about your health?

Psychologists at Bond University provide free, confidential counselling service to help you with anything from academic study pressures through to personal problems.

If you are struggling with a lack of motivation, harassment, depression or are dealing with a severe trauma, you may find that one-on-one sessions with Bond's counsellors (shown below) will give you the skills to cope.

From the Counselling team:

We offer solution focused therapy interventions for acute conditions (e.g. 1 to 10 sessions) as well as long-term therapy for chronic conditions that may support you during the entirety of your degree. In addition to our services, we have excellent contacts with the wider healthcare community and can arrange specialist, professional assistance off campus (e.g., referrals), if required.

Additionally, Bond University has a Medical Clinic for physical health-related issues. This facility is for currently enrolled students and staff members of Bond University. The clinic is bulk-billed for domestic students to Medicare, and directly billed for international students with OSHC through Allianz, BUPA or NIB.



MARK STRINGER



DR JUSTINE EBENREUTER



DR CAROLINE AAZAMI

+61 7 5595 4002

studentcounselling@bond.edu.au



worried about uni work?

Bond University also offers academic support in a variety of different forms.

Before an assessment is due:

The Academic Skills Centre team offers personalised help, with one-on-one sessions, small group workshops, and online resources to improve your skills in academic writing, organising and structuring your assignments, time-management and study methods, preparing for exams, oral presentations, referencing and citing. They also provide general support for English and maths skills. The service is available for all students, and bookings can be made on the Academic Skills Centre iLearn Community site. You can book appointments with library staff for research-specific questions. Communicating with your lecturer and tutor if you're struggling with the subject is also highly encouraged. The academics at Bond have office availability for appointments.

If you're unhappy with a grade:

Your first port of call is to talk to the academic who marked your work and request additional feedback or explanation for your grade. This may help you understand why they deducted marks where they did. If you are still unsatisfied, you can apply for a review of the assessment on eStudent, for both interim and final examinations. This must be lodged with 14 semester days of receiving the grade and may result in no change, a lower grade or a higher grade.

Disciplinary Board Support:

If you are required to attend in front of the Disciplinary Board due to potential academic misconduct or otherwise, Bond University Student Association has their own Advocacy Director who can provide you with support in the preparation of your hearing and give you advice on appeals and other information. Contact advocacy.busa@bond.edu.au for assistance.

from the editor

Hi, my name is Sonia Clements and I am the Special Interests Director for BUSA 2020/21, and the editor of this magazine. Welcome.

This edition of The Conversation magazine covers a whole range of issues through various perspectives and tones, both serious and light-hearted. The driving concept for the magazine is that it's written by students, for students, about student life- with a particular focus on wellbeing and mental health. I have truly appreciated the honesty and vulnerability that the authors have shown. Mental health is a sensitive subject and the maturity and courage demonstrated is something that I am certain the readers will appreciate. The purpose of this magazine is to encourage starting conversations about topics that many of us may feel uncomfortable talking about. If any of the messages or experiences written about resonate with you, please know that you are not alone, and help/support is a phone call away. I hope that the fact that Bond students are writing about it helps demonstrate this!

My contributory message is to remember to practise gratitude. I think the past year has taught me how fortunate I am. Not only to live in Australia but more specifically in QLD and to attend this university; to have been able to go outside with minimal restrictions and live a relatively 'normal' student life. My family and friends back in Melbourne (and especially those overseas) have not had the same privilege. Having said that, it has been a tough period of time for many, for various different reasons. This has only been exacerbated by the uncertainty constantly pervading our 'new normal' lives. I have found that practising gratitude has helped day-to-day. The idea of being grateful for small things each day can be really powerful. My housemate introduced me to the idea of 'little wins'; transforming what might have felt like a shitty day into a positive one because of minor things that you otherwise overlook.

For example great weather, a friendly and unexpected smile, discovering a new artist you love, finding time to exercise, or a run of green lights. These wins might be different for everyone, but this positive mindset can really help boost your mood and change your perspective on an otherwise average day.

In the spirit of practising gratitude, there are a few people I need to thank for helping make this publication happen. Thank you to Zara Yaxley for her amazing lil drawings and to Em Fennell for the incredible cover art. Also, a BIG thank you to Tilly Young for sourcing (and writing) a number of articles in this magazine during her term on BUSA last year. Finally, but most importantly, the authors. I honestly thought it would be a big struggle to get any articles, but there has been a lot of support which has made me SO happy. I couldn't have put this together without you all:

ABBY SCHOORL
AIMEE WILLIAMSON
ANDIE-LEE CILLIERS
AVA PEARSON
CHARLOTTE WATSON
CHLOE YOO
DECLAN ROE
FRANCESCO TOLFA
GEORGE WELSBY
JASMINE TAIT
JEREMY BONISCH
JESSICA TRACE
KATIE LANDER
MAEVE MORONEY
NOAH CAMPBELL
RAZEEN PARVEZ
SAMIRAH AZIZ
TILLY YOUNG

With that being said, please enjoy the 2021 edition of The Conversation magazine.

let's talk...

I acknowledge and pay respects to the Yugambeh language speaking people of the Gold Coast region, and their elders past, present and emerging.



HI, I'M A PHONEY
& STUDENT
& EVERYONE IS
LOOKING
AT ME BECAUSE I
AM NOT SMART
ENOUGH TO BE HERE



BY JASMINE TAIT

So, you're here! You've made it to Bond University and you're officially a student. Congratulations and welcome. You've experienced O-week in all its glory; the Don's parties, BUSA interactions and Lakeside dinner dates. Exciting times and amazing people! Your next thrilling adventure is most likely going to be attending class. You heard me – actual university!

You wander around the campus a few times or ask a few strangers for directions before you find the classroom. But hey, at least it's a gorgeous campus! You might wait awkwardly outside the classroom with your peers, wondering 'is it too early to go in?' or 'am I at the right place?'. Eventually, you'll be sitting down inside with these strangers and going through your week one tutorial work. You're perhaps thinking: 'did I get the right week?', 'did I even do the correct subject?' or 'will everyone think I'm dumb?'. Then, your teacher might instruct you to go around the room and state why you decided to study this course.

The first student to answer probably makes some profound statement about how they have always wanted to study the degree so that they can help others... Quick! It's going to be your turn shortly – what are you going to say that will show that you're just as deserving of your seat in this class as everyone else?!

If you're feeling this way, you may be experiencing a phenomenon known as Imposter Syndrome. It's not a disease or an abnormality; in fact, it's incredibly common. Studies have shown that up to 70% of people feel like they are 'imposters' at least once in their life! This imposterism describes feelings of fraudulence and self-doubt in people when they believe they are not intelligent or capable enough to deserve a position in their environment. The effects can, however, be very real: negative self-talk, burnout, feelings of inadequacy and dissatisfaction with one's studies. Imposter syndrome can happen at any age, to any gender and at any stage in one's career.

SO, FROM ONE STUDENT TO ANOTHER, HOW CAN WE GET THROUGH IMPOSTER SYNDROME?

Here's some simple tips and tricks that might help you ease into your studies if you're feeling this way.

1. Fake it till you make it (but not too much)

'Fake it till you make it' can be a great motto to live by. Essentially, it can be a tool that helps enlighten just how capable you are. Fake your confidence and real confidence will follow. A teacher once told me to just go for it – you've most likely done the work, so you might as well share it (and if you haven't, there will be others who are in the same boat). But please, do make sure that you're aware of your boundaries and looking after yourself.

2. Look at the facts

The facts are: you made it to university on your own merit. You deserve to be here! So essentially, there's no need for you to *prove* or *question* your ability.



"THERE'S NO NEED TO PROVE OR QUESTION YOUR ABILITY"

3. Know you're not alone

As stated previously, many individuals feel this way – regardless of their age, gender or level of skill. Knowing that others share the same feelings and that you are in fact *not alone*, may help!

4. Talk to others

Okay, so now you know that others also feel this way – have a chat to them! When I spoke to my peers about how I was feeling, I often found that they either felt the same or could offer assistance. Otherwise, reach out to your teacher or supervisors for help.

5. Ask for help

If you're not comfortable talking to your peers or teachers, do not stress. We're super lucky at Bond in that we are offered *free* and *confidential* counselling services to help you with anything from academic pressures through to personal problems. University can sometimes be a breeze and other times be an uphill battle... But just remember that everything is relative and if you're ever struggling – you do not need to go through it alone.

RECOGNISE
YOUR WORTH

Be A DISAPPOINTMENT

Hi, I'm George. I'm five-foot-nine (a Tinder 5'11), I am from the city of meth, murders, and churches (Adelaide), and I am a proud-to-be disappointment (a.k.a. film student).

As someone who hasn't stepped foot on campus since the end of 2020, I come to you as someone who has – briefly – seen the other side of life after Bond. And I'll be honest, it's terrifying. I remember standing on that podium, being handed the most expensive piece of paper in my life by a woman I had never met, thinking, "Shit. Now what?"

I had so many people that were anxiously awaiting my next move. From my parents who had sacrificed everything for me to go to Bond, to my girlfriend who had to deal with me being fat for a not-so-brief time in 2020, I felt nothing but pressure to be a success. Will I be the next Quentin Tarantino? Will I write a TV show that runs longer than Friends and buy my dad a yacht? Even though I had no clue what I wanted to be, it was made painfully clear to me what I should not be – a disappointment.

And upon entering the world as an "adult", I actually avoided being a disappointment for a whole six months! How? Well, I lied. I lied to my friends and family about what I wanted, where I was, and where I was going. I lied that I had jobs lined up, that my income would be stable, that I had a plan; and that I'll finally learn how to use semi-colons. And I did it to please everyone I possibly could – everyone but myself.

And I'm sure you'll feel this too as you come to the end of your degrees and join me out in the real world. I'm sure many of you will also feel the impulse to lie to whomever it may be that you're trying to impress. And honestly, why wouldn't we? For most of us, we've had our entire lives structured for us since we were born. We start at kindy, then go to primary school, suffer through high school, finally feel some independence at uni, and then... And then what?

Suddenly for the first time in our lives, we need to make our own structure and measure our own success. And it fucking sucks. It sucks because everyone has a different answer to what success is. It sucks because we're supposed to know who we are, what we want, and how to succeed without failure as to justify the years we have sacrificed to study. It's a lot of pressure and it can be extremely hard to cope with.

So you'll lie. You'll lie to your parents that you're making enough, you'll lie to your friends that you have an amazing opportunity lined up, and you'll lie to yourself that everyone, but you, knows best. And you'll do all this because it is easier to be a successful liar than a truthful disappointment.

But I'll be honest, trying to live this lie crushed me. Trying to please everyone around me and desperately trying to prove my worth was exhausting. And after a while, I completely forgot to even ask myself what I wanted. And it wasn't until I finally committed to being a disappointment that I truly felt independent. But not just any disappointment – a successful disappointment.

A successful disappointment is someone who has the courage to be disliked. It is someone who has decided to dedicate themselves to carving their own path and living their truth, regardless of what others may have envisioned for them. But how do you start being a successful disappointment? Well, you have to do the hardest thing that any graduate will face, you must do the complete opposite to what you have been taught since kindy, school, and uni – you have to tell the truth. And it's going to disappoint a lot of people.

I remember the disappointment in my mum's voice when I told her I was leaving my secure job for a shot at what I really wanted to do. I remember the disappointment in my dad's face when I showed him the film I made. I remember the disappointment my family felt when I said I wasn't ever going back to Adelaide.

And I hate to disappoint you, but – ironically – I don't have all the answers to being a perfect disappointment; like you, I've just begun my journey as a successful disappointment (a.k.a. a graduate). However, I can offer a collection of tips I have picked up along the way that have helped me be a successful disappointment thus far:

Pick three people to judge your success by (the first one is you, by default) and value those opinions well above the others. Stop talking about your degree like it is the most useless course in the world (yeah, you try getting through quarantine without Netflix, dad...). Set goals and never complete them. Talk mad game over text and finish in thirty seconds. Accept a job at a start-up that doesn't even have an ABN. Read ten pages of a self-help book and never pick it up again. Be the member of the family that is judged at Christmas. Try a new hobby and absolutely suck at it. Laugh louder than anyone at a joke that isn't funny.

Just whatever you do, don't disappoint yourself. Not for me, but for you. You can't be happy without feeling lost, you can't be liked without being disliked, and you can't be a success without being a disappointment.

I promise, your best years are not behind you; my time after uni has been the best moments of my life and I cannot wait to keep disappointing my parents (Hell, I even learnt how to use semi-colons). It isn't all downhill from here. Life won't disappoint you, if you don't disappoint it. I look forward to seeing you on the other side, I wish you all the best.

Yours sincerely,
George Welsby

P.S. If anyone needs a videographer for events, stop asking me. I'll save you the disappointment.

DEALING WITH THE INEVITABLE...

homesickness

By Tilly Young

Moving away for university is a big transition; whether you come from the other side of the world or an hour down the road, if you suffer homesickness, you are definitely not the only one.

There is an expectation that your years at University will be the 'best years of your life', so it can be really difficult if you are not feeling this way. Homesickness can strike at any time, but it is often worse during O-Week and at times when you are missing something at home (eg. your brother's birthday or a family dinner or a longing to give your dog a big cuddle). The uncertainty surrounding when you might be able to go home next in light of ever-changing COVID travel restrictions has made this even more prevalent, especially for interstate and international students. Homesickness can often strike not long after you return from a visit home. First-year can be the hardest, but some students breeze through the first year, only to be hit with homesickness in their second or third year away.

I hope these tips and tricks will help if you are finding things tough as the academic year begins, or anytime you find yourself missing home.

01

Don't give yourself a hard time about it!

Feeling homesick is NOT a weakness nor something you should be beating yourself up about. You will only make things worse if you think you should be feeling guilty about it.

Don't isolate yourself by staying in your room.

Even though the thought of staying in your room night after night and eating that share pack of m&m's sounds appealing, this will only exaggerate the feelings you are having.

04

Try to get involved in the activities that are offered on campus.

Even if you 'make' yourself go for an hour or two, and then come back for a few m&m's...at least you have made an effort to engage, and there is no doubt there will be others feeling just like you. (It might be easier to ask a friend if you could go together, or if asked, make the effort to go with a new friend or group.) Going out and having a meal and a drink is fun and will take your mind off home. You are sure to meet some new people as well. Bond offers lots of fun things to do not only at night but during the day as well.

03

You are not alone.

Be comforted knowing that there will be many others on campus feeling the same way. Don't be afraid, to be honest with new friends or housemates. Chances are they will be missing home too, and if not they will be able to help. Flip it around... If your new friend confided in you about homesickness, wouldn't you want to help them? We are all in this 'University Life' together, which means supporting those around us. We all need a little extra love and support at times.

02



05

Stay in touch with family and friends

A quick phone call or message with loved ones can often be a wonderful 'pick me up'. Don't think you need an hour to call home, because there is so much to talk about (and you think you will need to allow time for tears!). Just a quick 5-minute call can make such a difference to a day.

Do be careful and mindful of Instagram and Snapchat stories from friends back home, or even others you have met at Uni, who appear to be having an incredible week/month/year. Social media does not always tell the whole story... no one is going to post about having to sit alone for lunch or not being able to find the right classroom.

07

Book a trip home, but not on impulse

It can be tempting to run back home at the first sign of trouble, but this is not always the best idea. Try to embrace the first few weeks at Uni. Make a big effort to 'have a go' at things. You can still plan a trip home and by waiting a little longer, and making it through a tough couple of weeks, you will really appreciate the visit home and be in a better mindset to come back to Uni again.

08

Get to know your surroundings

Part of the reason you can feel so homesick is because you are surrounded by all things new and unfamiliar. Set aside some time (maybe an hour a day) to go exploring. You will get to know your campus, the familiar faces and what happens where and when. It will really help to make you feel like you are a part of this new 'home' too.

09

Keep healthy

When you feel flat, it can be easy to just sit on your bed, eat crap and do very little, but this will most definitely make you feel worse! Keep healthy. Eat healthy. Be healthy. Even if you have to force yourself for a while... Get out, go for a walk, a run, a swim or anything for an hour a day. It will make a big difference. REALLY!

10

Ask for help

If your emotions are becoming so overwhelming and not allowing you to settle into your studies and Uni life, then it might be time to ask for some help. Talk to your housemates, friends or teachers about your concerns. As we have said already, chances are, they have been through the same thing at some stage and will be there to support you or help you to find the support you need.

**Never be afraid to ask for help.
Taking care of yourself is
paramount.**

NYOMBIL

By Chantelle Martin

My name is Chantelle and I am in the final weeks of my Law/International Relations double degree here at Bond. I am a proud Gadigal woman from the Eora Nation in Sydney. I live on Kombumerri country.

My journey to Bond was a little different to my peers. Growing up in Airlie Beach, very few of us went on to move a thousand odd kilometres away to pursue tertiary study after high school. I came to Bond in 2019, after beginning my law degree at another institution.

I originally found Bond very intimidating; fellow law students appeared on posters, in articles, had paralegal roles at prestigious firms and were fierce competitors in mooted competitions. However, it didn't take long to find my feet and this is thanks to the Nyombil Centre.

At Nyombil, students have access to a mini-library equipped with a kitchen as well as private tutoring rooms and an awesome lunch table which replicates a yarnning circle. This space gives Indigenous students from across Australia a 'home away from home' and fosters a sense of pride and community which is key to Indigenous success at university. The Nyombil Centre is very proud to hold the highest retention rate of Indigenous students across any university in Australia which is testament to the dedication of Narelle Urquhart and Paul Martin who manage the centre.

My experience as an Indigenous student at Bond has been overwhelmingly positive. Since commencing my studies, I have been supported academically by the Nyombil Centre through mentorship and bursaries to cover the costs of textbooks and materials, and in competing at various law competitions; one of which I won. The Nyombil Centre also receives career guidance support from the CDC every week which has helped me achieve my goal of completing a clerkship at a top tier firm in Brisbane.

In all the madness that is Bond University, there is always someone to speak to if you need support. Whether that is having a friendly yarn with Paul from Nyombil, or catching up with your favourite Professor after class, you will never be short of a friendly face in the hardest of times. I feel very proud to be a Bondy, and even prouder to be a Bond Indigenous Alumni in a few weeks.



Artwork by Zara Yaxley

THE BOND TRAP

[ðə bɒnd træp]

A TERM USED TO DESCRIBE WHEN ONE SIGNS UP FOR TOO MANY OF THE EXTRA-CURRICULAR ACTIVITIES ON OFFER AT BOND UNIVERSITY, USUALLY TO THEIR DETRIMENT.

BY DECLAN ROE

Imagine – You've finished high school and have just arrived at Bond. You're in an unfamiliar place, with unfamiliar people. Wanting to prove yourself, you sign up for as many clubs, societies and extra-curriculars as you can.

If you can relate to this, you are not alone. One of the best parts about coming to Bond University is that you can do so many amazing things outside of just your studies. However, you must be careful not to fall into The Bond Trap. As the saying goes, too much of a good thing can do you harm.

During my time at Bond, I have been the Corporate Relations Director for BUSA, President of the SDSA, Head of Sponsorship for Bondstock, Treasurer for the Freshman Council, attended the Japan English Model United Nations Conference and volunteered as a Student Ambassador. I reference these not to brag but to show those reading this that I know what I'm talking about when cautioning against finding yourself in The Bond Trap.

The time and energy needed for these extra-curricular positions was large; most of the time, my roles overlapped and consumed all of my time. In isolation, this was not too much of an issue. However, I forgot to factor in my full-time study load and a part-time job. My time on these committees went about as well as you would expect. The contributions I made to the teams I was a part of were average. I was constantly stressed and anxious, and my social life and grades suffered because of my over-commitment.

When talking to new students, I still unequivocally recommend getting as involved as is responsible during their time at Bond. While I struggled after falling into The Bond Trap, I loved the time I spent in these positions as I met brilliant people and got to give back to the Bond community. Everyone should have the chance to have those experiences, just in moderation.

If you are thinking about joining a society, club, or sporting team, all I can say is go for it – but you must be smart. The University, your family and friends, and your fellow students want your time at Bond to be nothing but brilliant. Before applying, consider your jobs, other time-intensive commitments, the amount of free time you have, your time management abilities, and your studies. Most importantly, and in keeping with this publication, think about yourself and your mental health.

Mind

A key factor of the 21st century's health movement is our anthropomorphic relationship with food. As the number of individuals posting about their struggles multiplies by the day, I noticed a poor representation of a particular group of people. This group finds it difficult to follow the social practice of writing long captions and shy away from general conversations. This group is a minority, but not because of its population.

Over

Rather, it is because of its member's reluctance to speak about their struggles in public. The members are no other than ex-elite athletes, but more specifically, those who have just recently left their sport and are readjusting to their new life. When we think of athletes, we think clean eating, salads, sticking to fixated portions, protein shakes, no-junk food etc. However, in all honesty, I can tell you that this is not always the case (but I can only speak on behalf of swimmers). The general rule of thumb is that swimmers eat A LOT. And frequently.

MATTER

This includes, but is not limited to, pre-training snack, post-training snack, breakfast, morning tea, lunch, another pre- and post-training snack, dinner, dessert. Racing days involved all of this, as well as warm-up snacks. Now, imagine taking the training or racing part out of an athlete's eating schedule and replacing it with sitting on a chair in the library or watching Netflix. Maybe we can throw in some chocolate bars, large snack bags and some ice cream in there too. Just three weeks after leaving the sport, discomfort became my best friend. I didn't want to sit down because my stomach folded over my tight jeans, and because they were so tight, I would often get indigestion.

The tumultuous relationship between ex-athletes and food.

By Chloe Yoo

Hence, I adopted a calorie-deficit approach and the easiest way to do that was to be vegetarian. Yet, little did I know that this decision would be the inception of the most toxic relationships I could have with food. As shocking as this might sound, I never really liked chocolate or ice-cream but:

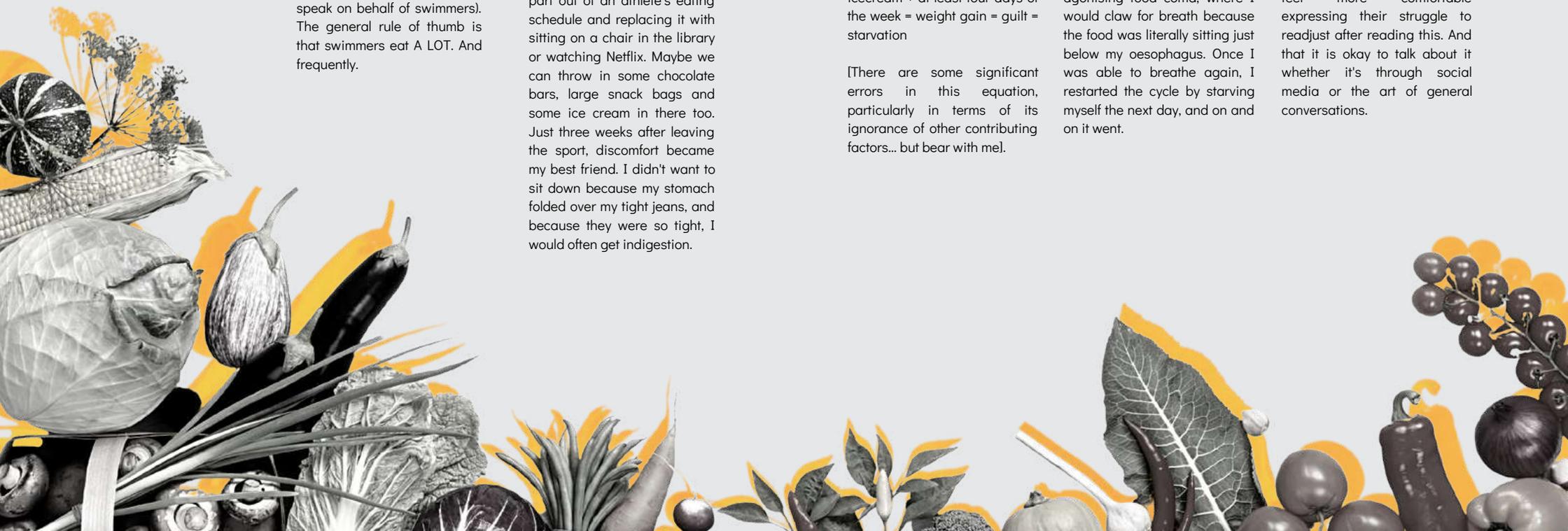
Vegetarian = chocolate + icecream + at least four days of the week = weight gain = guilt = starvation

[There are some significant errors in this equation, particularly in terms of its ignorance of other contributing factors... but bear with me].

Yet as any living creature would know, starvation's best friend is uncontrollable hunger. In most instances, my fingertips would order one extra-large sweet potato fries and a kilo of vegan chicken wings through UberEats or one whole packet of Jatz biscuits with two Mars chocolate pod bags.

What followed from that was an agonising food coma, where I would claw for breath because the food was literally sitting just below my oesophagus. Once I was able to breathe again, I restarted the cycle by starving myself the next day, and on and on it went.

Fast forward since eating my first piece of meat on Christmas Day 2018. I think it was roast pork or lamb, but that's not the point. The point is, I no longer binge-eat. However, fixing a habit so ingrained is no exception to the phrase 'no quick-fix is sustainable.' Even though my membership to this ex-athlete 'group' has expired, I hope that the group's newbies feel more comfortable expressing their struggle to readjust after reading this. And that it is okay to talk about it whether it's through social media or the art of general conversations.



advice from the old to the new

BY MAEVE MORONEY AND ANDIE-LEE CILLIERS

The first few weeks of the semester are always the best! For freshers, it is most likely your first time living out of home, making new friends and soaking up the sun in your new home on the Gold Coast! For us 'oldies,' it is catching up with friends after such a LONG break (insert sarcasm). Semester one never stops; Dons' every Thursday – the Session, the Social, Palaver and the Physical – the Cas every Tuesday and pres in the Blocks every Saturday. Personally, I sometimes forget that I live on the Gold Coast for university – I thought it was a 24/7 holiday with my friends – apparently not.

As our Vice-Chancellor Tim Brailsford likes to remind us, there are three types of time:

1. Greenwich Mean Time,
2. The time it takes for the Stargate Odyssey to travel interstellar distances, and;
3. Fastest of all; Bond Time.

Before you know it, it's week ten; assessments, tute prep and readings have piled up, and final assessments are just around the corner. It feels like you have blinked, and suddenly you're ten weeks behind. In my case, I blinked and I'm now more than halfway through my eighth semester. Suddenly those days at the beach have been replaced with days in the library.

I know you have all heard your lecturers remind you over and over and over NOT to leave this assignment until the night before. I tell myself every semester that I will start my assignments more than two days before they are due. I wish.

On a more serious note, it can be very stressful to suddenly realise how much work you have to do in such little time. I know just how you feel. Over time though, I have learnt to balance my study with fun. A few semesters ago, my friends and I went to Perth for 7 days in week 11, and I had a 30-minute presentation on the Tuesday of week 12. Yes. I did start working on it the day before. I have one tip for you, never do this to yourself! I know that telling you not to do this is not helpful at all because odds are that if you haven't already left something until the day before it was due, you will during your time at Bond. So, if you find yourself in this position, here are a few tips to help you deal with your stress a little bit.

To achieve a healthy sense of balance in university life, it's essential to conceptualise what balance actually means. Realistically, people of our age can only truly commit to three to four different things. For most people, this includes study, social life, work and family. Obviously, life easily gets in the way and we are quickly faced with more than just three or four priorities.

Our first piece of advice is this: Think about what your true priorities are. These look entirely different to everyone and play an important role in shaping who we are. Once you nut out what these are, figure out just how many you have. If it exceeds four, you might need to rethink how much you can realistically commit to and perhaps reshuffle some things. The next thing to think about is how much each of these priorities mean to you. If you're in your first semester and are living away from home, it's likely that your social life is one of your higher priorities, taking up maybe 50% of your energy, and a part-time job probably falls later in the list, consuming maybe 15% of your remaining energy. On the flip side, if you're further through your degree, one of your main priorities might be securing work experience or performing well academically, investing at least 70% of your energy there at the expense of your social life, which could receive just 20% of your energy amongst other commitments.

From here, I believe that a truly healthy balance in life allows the amount of effort you put into these areas to affect your mood accordingly. That is, if you are investing only 25% of your energy into your part-time job and have a terrible day at work, you should only let this drag down your mood by 25%. While this quarter of your life may not be going well, it's important to remember that your other 75% is probably going great.

When I feel stressed, I also like to take my mind off things by exercising, whether it be a workout at the gym or just something fun and relaxing. At Bond, we have such an enormous variety of ways to exercise; my personal favourites are social netball, or any social sport really, a walk around the lake with a friend or yoga at the gym. Just a little tip, if you're looking to relax, try yoga at 6:30 pm on a Monday. Although it is fun to do these things by yourself, it is just as fun to spend time with your friends. If you didn't know, a café in Miami called The Yard does half-priced coffees on weekdays from 7-8 am. That's \$2 coffees! Another good tip is to talk to your friends about how you're feeling, or just talk to them about something fun or spend a day at the beach!

I always feel much better after I've had a good laugh with my friends. Something really helpful is to make friends with some of the people in your classes – they make great study buddies, understand how you are feeling and make your classes more enjoyable.

Sometimes, you'll find that even if the majority of your effort is being put into academics, this isn't always reflected in the grades you receive. Uni is entirely different to high school, and adjusting to this new academic setting takes time. Although the staff at Bond are incredibly supportive, the relationships are very different to what you might have had in school. Not only are the expectations higher, but the responsibility falls on you. While you'll learn very quickly that you need to be accountable for your actions, you also need to learn to respond well to setbacks, seeing them as an opportunity to grow. Don't beat yourself up if you aren't getting straight HDs, making the Dean's lists or topping subjects after giving something your all. Likewise, if you are, don't take this for granted or expect it to last for your entire degree. A tip from us to you: don't treat Core as a bludge subject; treat it as a GPA booster! It is also imperative to look after yourself and your mental health around exam time or when you're feeling stressed.

From experience and research, one of the most important things to do for yourself when feeling overwhelmed is to ensure you're getting enough sleep. According to the National Sleep Foundation, young adults aged 18-24 should get around 7-9 hours of sleep a night. Living in the blocks, I know it's hard to get to sleep before midnight; trust me, I've been there. If it's not your friends keeping you awake all night, TikTok will do it. Or, if you're a night owl and like staying up late, let yourself sleep in a bit later. To function properly, you need sleep, so even if it's hard, do a face mask, play your favourite music or tv show, and relax. Sometimes you just need a night in for yourself. Don't feel guilty about that.

Most of all, just remember don't too much pressure on yourself and enjoy your time on the Gold Coast!

REACH OUT. SPEAK UP

By Jess Trace

Trigger warning: This article mentions self-harm and suicide. If this will be distressing for you, please do not read ahead. Remember the hotlines: [Lifeline](#) on 13 11 14
[Beyond Blue](#) on 1300 224 636

In all honesty, in my first year at Bond, I would never have entertained the idea of putting my name to this article; I had not spoken of my mental health to a single person in my life. Not that it is overly traumatic, I just had a destructive perception of mental health and the connotations involved with its admittance. I have since learned through (so much) therapy, there is power in having the strength to share your story and break the associated stigma. Although this is far easier for me to write about now (seeing as I have recently graduated and I will not have to face many of my friends who have not seen this side of me) I still hope that for anyone struggling similarly, this will help you know you're not alone and to not give up.

During high school, I undoubtedly struggled with depression, though through denial, it manifested in self-harm. In my warped perception I believed that there was weakness in admitting there is something wrong, so I buried it. Unfortunately mental health is not something that can be buried. It started plainly, and as it was a coping method, I convinced myself there was no "harm" in self-harm. It was like meditation or deep breathing. Just a way to get through things and keep moving. I did this for two years and never said a word to anyone. One of the biggest struggles I have faced is the representation of self-harm in the media. It is often thought of as attention seeking, and I by no means sought attention. So naturally, with this idea in my head, I could not tell anyone but to appear attention-seeking. I also want to point out another misconception. People who self-harm do not necessarily want to commit suicide. There are a multitude of reasons why someone might do this, and often stops people from admitting they are struggling as it is perceived to be the step before suicide. This is another reason why I didn't tell anyone immediately because I did not want to be associated with a suicidal title. But I mean high school was tough for everyone. So I believed, once high school was over, things would have to be better.

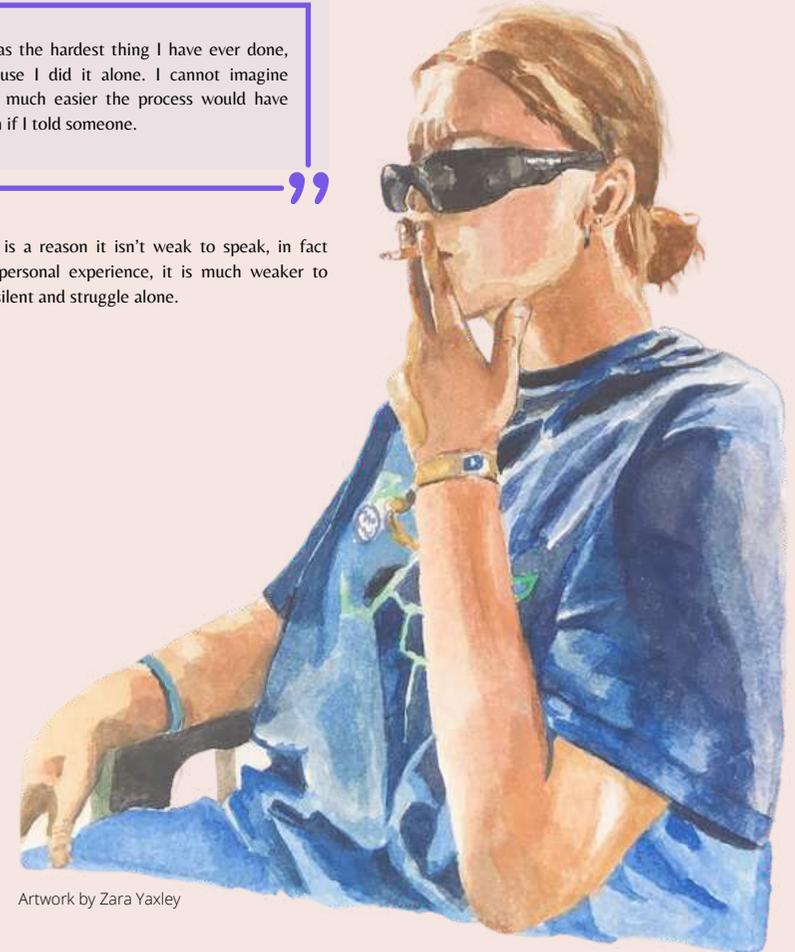
I came to Bond as the first student from my school and knew no one, though I did quickly make friends as an on-campus student, thanks to o-week. However, I lived in a different accommodation building to my new friends and I did not know these people really at all. Far away from my home friends, family and isolated from my friends at University, my mental health quickly deteriorated in my first semester. I withdrew from my new friends and no one could recognise any change in me; they had not known me long enough. This is a dangerous period for freshers especially, as I landed in the same situation undoubtedly many other students have faced. No one can notice your changes, and you feel you cannot turn to your new friends. It's a rock and a hard place.

Now I can't advocate for the immense benefits of seeking help from new or old friends because I did not do this, and I can only speak from experience. However, I know how hard the alternative is. When you don't tell anyone how you're feeling, you spiral. I started experiencing suicidal ideation, and things only got worse. Now seeing as I am writing this, you can see things improved. In a moment of clarity, I recognised that there was a disparity between my actual life, friends and family and what my mental illness was telling me. So I booked a doctors appointment. I was diagnosed with severe depression and started medication and psychology immediately.

“It was the hardest thing I have ever done, because I did it alone. I cannot imagine how much easier the process would have been if I told someone.”

There is a reason it isn't weak to speak, in fact from personal experience, it is much weaker to keep silent and struggle alone.

Over the past year, my mental health has increased dramatically, and more importantly, my perception of mental health has increased dramatically. I believed I was alone in my depression, and no one could understand how I was feeling. No one had spoken to me of their struggles, or how they went about fixing them. I hope by not leaving this anonymous you can see there are other people you know who have experienced this. You are not alone. If something is wrong, it is so much easier to get better when you have support. It's hard, I know. I have shared a lot of personal experiences in this article, honestly that I haven't told most of my friends, but I know it is necessary to get a conversation started. Reach out and speak up.



Artwork by Zara Yaxley



LET'S TALK ABOUT SEX, BABY

By Maia Rection

It's o-week, first semester. Life is good. You're having pres on campus for Dons with some new friends. The drinking game of choice is King's Cup, a classic. Yet you can't help but notice the gnawing anxiety at the back of your mind, the fear of the Jack card. A Jack of hearts is flipped over. *Shit.* Time to play 'never have I ever'. Anxiety grips you. The lights begin to flicker. You hear sirens in the background. No one can find out that you're... a virgin (duh, duh, duhhh).

Ok, I may have gotten a bit dramatic there, but hopefully you've picked up by now that I am describing my fresher experience. Coming from a pretty conservative school, 'sleeping around' outside of a relationship was never really a thing. Starting university, I felt so totally out of my depth when hearing the sex-related-confessions thrown around by the other drinking game participants. Frankly, I felt a little embarrassed about my limited experience. I would pray that no one noticed that I had all fingers still up by the end of the round, as not to give away my façade of an absolute sex goddess;) Looking back now I can't help but laugh, because I've since discovered that a good third of the people I was drinking with shared exactly same fears as me. And we all had no idea at the time, all feeling equally alone and embarrassed. I'm here to tell you that no one cares anywhere near as much as you think. Your real friends will not judge you, even where you judge yourself. And if they do, then you might be better off making new ones.

There are so many more facets of sex that deserve discussion, like the orgasm gap (do your research) or how you should go out and get yourself a sex toy (it'll change your life). But the main message here is that you should do whatever makes you happy, because people will have an opinion regardless of what your decisions are. In the end, the only person whose opinion matters is your own. That's why it's all the more important to work hard in preventing any self-shaming of your own sex life, or lack thereof. Ultimately, if no one holds judgements towards themselves, it will mean that they also won't be held towards others...and we can all be one happy non-judgemental family! If you choose to abstain, all power to you! And if you prefer to be sexually active, hell yeah! Just remember to practice safe sex, and remember the wise words of Annie from the tv series *Community*: catch knowledge, not STDs!

If you are worried about sexual health, see your GP or attend one of many free, anonymous STD clinics in the area.

Sex is simultaneously considered the most and least important aspect of our lives; our generation has become obsessed with insisting that sex doesn't mean anything- and maybe sometimes it doesn't- but we ironically continue to talk about it SO much... so obviously we still think it's important, right? It's an interesting time in the dating world, with casual relationships almost being more prevalent than serious ones. This laissez-faire attitude is not all good, but the shift does have some positive aspects- it has allowed people to more freely explore their sexuality without the same magnitude of shame that used to be attached to sleeping with someone who you weren't dating. Nevertheless, sex stigmas are unfortunately still alive and well, for virgins and non-virgins alike.

Coming to the end of my time at university, I've since had my share of sex-capades but unfortunately that embarrassment I felt as a virgin still exists. This time, it's shame of having had multiple sexual partners. I am actively trying to remove this feeling and I recommend you do the same, because it's not fair on yourself. When you've had few or no sexual partners you might feel silly and naive. When you've had more partners you might feel judged and fear people gossiping (nothing escapes the Bond bubble), wishing you had fewer. This is a lose-lose scenario and a self-defeating prophecy, so PLEASE let's not allow it to affect us so much.

Feelings of stigma are reflected by everyone, but studies again and again have shown that sex-shaming rhetoric is disproportionately aimed towards women. Words like 'slut' and 'whore' are almost exclusively directed at women, and are thrown around in media and casual conversation. Even if 'slut' isn't explicitly stated, there is often a not-so-subtle judgement in the words that fill its absence e.g. "she should really watch her count". Slut-shaming isn't only a problem in itself, but also because it has long-term damaging effects on those being shamed. It becomes even more problematic when you see the inherent link between these sentiments and more serious issues such as rape culture and domestic violence.

I have loved to see people's reclamation of this derogatory language. Instead of giving both the words and the perpetrator power in allowing oneself to feel ashamed, people are putting the label down, flipping and reversing it (that one's for the Missy Elliot fans) and rather, being empowered in sexual liberation. However, for a long-term solution there needs to be a fundamental change in our perspective:

— “
having many sexual partners or none at all, does not make someone less worthy of respect
” —





Photograph of Abby Schooli by Wade Brennan, reproduced with permission.

HEAD ABOVE THE WATER

A glimpse into the life of
student and elite athlete,
Abby Schooli

HOW DO YOU BALANCE YOUR STUDIES WITH YOUR TRAINING?

As an elite swimmer, I'm in the pool for nine sessions per week, in the gym three times per week and on the bike twice. Sometimes I can be training between 2-3 hours at a time, so outside of that, you'll normally find me eating, napping or studying. Because so much of my time is taken up at the pool, I've been forced to use my remaining time more efficiently to get my study done. I'm pretty lucky to be a part of the Bond Elite Sport Program here at uni, so I'm able to take a reduced load. For me, this means taking 2 subjects in the first semester, and then 3 subjects in the second and third semesters. This is much more manageable in terms of assessment and classwork in general.

ARE YOU STILL ABLE TO MAINTAIN A SOCIAL LIFE?

For the most part, yes. I really enjoy catching up with friends on weekends when I get training off. But so far this year particularly, with Nationals and Olympic trials, I've had to curtail my social calendar and haven't been able to get to many Don's nights (much to my disappointment) because I have to be at the pool early the next morning. Late nights (and alcohol) throw my sleep and training out of whack for the next week afterwards, so I try to avoid staying out too late as much as possible. I'm pretty lucky to swim with a great group of team mates though, so my training time doubles as my social time as well.

HOW DO YOU HANDLE THE PRESSURE ON RACE DAY?

For me personally, a lot of the pressure on race day is the pressure I put on myself. In the past I've always compared myself to my competitors and how fast they were, which has led to me losing focus on my own race. So now my mindset going into competition is, 'What is the best race I can put together today?' Once I started focusing on things I could control (i.e. my race plan) instead of things I couldn't control (i.e. what my competitors were doing) I found that the results came naturally and that I enjoyed racing more.

HOW DO YOU STAY MOTIVATED?

I set myself goals that I want to achieve, which helps me make the most of each training session. It can be difficult at times though (particularly when it's pitch black at 5 o'clock in the morning!). Even just executing the little things well (such as my technique, my underwater work, or my starts) help me feel accomplished and on track to achieving my goals. Winning or losing a swimming race can sometimes come down to as little as 0.01 of a second, so every little bit counts!



Family is a very touchy subject for a lot of people at Bond, and all universities. For many it is their first time moving away from home. For others that still live at home their family may be 'abnormal', not fitting into a well-recognised family template. For all students, it is vital for your wellbeing to maintain connection to family and friends.

In my case family has been a concept far from the nuclear standard with my parents separating when I was young and my mum coming out as a lesbian shortly after. Initially this caused a lot of turmoil and led to me isolating myself within my family, not feeling comfortable to talk or even spend time with either parent purely because I believed that they both would have been happier having never met. As I grew up with this thought in the back of my mind, family and the concept of togetherness became more and more foreign to me. In time, I learned how crucial having a family is to happiness.

Within families, however, it would be ignorant to dismiss the things that make it hard for us to connect. Many families have deep rooted toxicity, and some people have family members with mental illnesses or disabilities. With these complications, communication is harder within families, which is often detrimental for our mental health.

As stated in a Healthline article on toxic relationships, feelings about family may go beyond emotional distress, frustration, and annoyance if you are in a toxic family environment.

The recommendation that they make is to constantly be reassessing the family dynamic and recognise if a relationship is toxic. Key signs might be feeling controlled, a lack of compassion or respect and any type of abuse. Important recommendations given regarding responses involve deciding what you want. If you feel it is necessary to distance yourself, share less, or even say no, you must be able to do this to avoid these toxic relationships. As adults at university, this may feel childish, however toxicity is not exclusive to childhood family relationships.

In the scenario where you have a toxic family relationship it is still important to maintain a level of connection to find happiness. In these circumstances, I believe that we can include families that are not blood-related. A family is simply a group of trusted and loved individuals and as such, if you do need to separate yourself from your blood family you can feel included and a part of a family of friends or other guardian figures who you share a close bond with. The point still stands that a form of family is necessary yet whether this family be blood, not blood or a tightknit friend group every one of us deserves to have people we trust and can talk to.

With this I would implore you all to connect with your loved ones and family, schedule a time to call if away from home. Make sure that if you are struggling, you seek external help and do what is best for you.

By Noah Campbell

how to support a friend with mental health challenges

(while still taking care of yourself)

We rely on our friends for a lot of things at Bond. Everything from help with an assignment to a squeeze of toothpaste when ours runs out. They are friends, but they are also our family. Some of us only make it home once or twice a year (or not at all during COVID), so our Bond friends really do become our support network.

We get to know each other well, especially those of us who live together. We know when someone is needing a hug, a chat or some space. But how do we help a friend who seems to need more than this? Here are some ways you can really make a difference for a friend in need.

1 Make the first move

Talking to someone is often the first step to take when you know they are going through a tough time. If your friend does not initiate the conversation, you may be able to start one by saying something like ... "I can see you are not yourself ... I am worried ... I am here to listen if you need to talk".

2 Be supportive

Listen. Validate their thoughts (eg. That sounds hard or I can see why you don't feel like going out tonight.) Give them hope that things will get better. Talk about ways of de-stressing and ways to improve wellbeing (eg. Exercise and good food.)

3 Be understanding of their limitations

Don't expect them to say yes to every offer of a party, day at the beach or a shopping trip, but do keep asking.

4 Let them know their company is valued

Let them know you would love them to be a part of things (eg. I'd love you to come.)

5 Don't gossip

It is often very difficult for someone to open up about mental health challenges. If a friend does confide in you, respect their trust in you, and don't share more than they would want you to with others.

6 Offer a welcome distraction

Talking about things is very helpful, but not all your conversations need to be about your friend's mental health. Share your life with them also. (eg. I went to my first yoga class today. I couldn't hold a single pose, but think I will go back as it was actually good fun. I'd love you to come too.)

7 Suggest they get some professional help

Ask your friend if they think they need some help managing how they are feeling. Encourage them to see a GP. This is a great place to start.

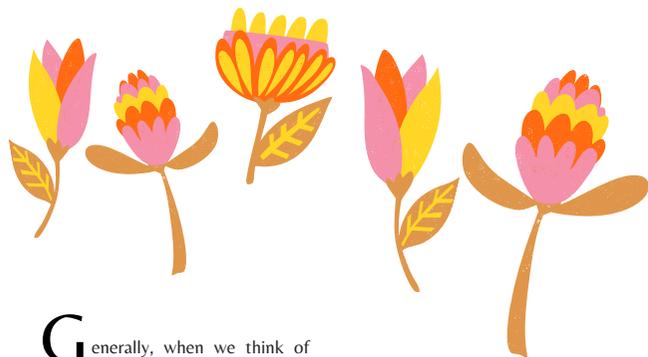
8 Accept they may not want to ask for help

It may be hard to ask for help from a professional. You may like to offer to help make an appointment, or go with them to see someone.

9 Seek Guidance

If you feel that your friend's mental health is deteriorating, or you feel they are at risk of hurting themselves, speak to someone yourself about what to do to support them, while ensuring that you look after yourself. Make sure you remember that you're their friend, not their counsellor.

By Tilly Young



ENDO + PAIN

Generally, when we think of periods, we think of cuddling up on the couch binging chocolate and watching shitty rom coms for a couple days a month. For those of us who have endometriosis (endo), this is far from reality. Endo can be challenging to say the least, but I'm here to share my experience navigating endo in hopes to spread awareness.

Put simply, endo is a condition where tissue similar to what lines one's uterus grows in other parts of the body, generally the pelvic region (for example, my endo was found on my uterus, ovaries, and near my bladder and bowel). With each period, this tissue also bleeds, causing inflammation, scar tissue, cysts and adhesions. It affects roughly 1 in 10 people assigned female at birth, and to different degrees (stages 1 to 4). The most common symptoms are pain and menstrual irregularities like longer, heavier, and (again) painful periods.

Studying at uni with endo has had its challenges, and after seven semesters and various extra-curriculars, I know them all well. So let's talk about them, because if my (high-school level) math is correct, around 2,000 students at bond are female, meaning 200 likely have endo.

Let me say one thing – serious period or pelvic pain is not normal. Read that again.

Despite constantly downplaying it, endo is painful. From the 'hold up guys I physically can't walk or talk right now' pain to the 'I feel like there's a snake constricting my uterus' pain and the 'it feels like someone has a bread knife and is sawing through me from the inside' pain, endo is not the typical 'period pain' you see on TV.

Having to deal with pain on a regular basis can significantly impact your life. Everyone close to me is used to seeing me with a heat pack or hot water bottle, and it's normal for me to have several different types of medication in my bag. Pain is always shitty, having to cancel plans with friends, assignments building up from all the days 'wasted' being in pain, to the regular Thursday night google of "can I take x pain med with alcohol" before Dons.

Even after being diagnosed and having all visible endo removed in surgery, I still experience pain, which has led me to naturopathic pain management and pelvic physiotherapy (I am yet to start physio – here's where it gets expensive).

ENDO + GETTING DIAGNOSED

The hurdles that need to be jumped in order to be diagnosed can be exhausting. Generally, it takes over 6 years to be diagnosed due to lack of awareness, research, and the fact that it can only be done conclusively through surgery. For me, it took five years – from ages fourteen to nineteen.

This period was filled with trial and (lots of) error. For years I was put on many different contraceptive pills to stop menstruating (no periods = no pain, right?). This didn't work. After a temporary pause in symptoms, I eventually went back to taking days off uni just to lie in bed with a heat pack strapped to me, or casually popping an assortment of painkillers to make it through class. In my fourth sem, I was finally referred to my first gynaecologist. I was so excited to be able to get to the bottom of my symptoms but ended up spending almost \$200 just for him to tell me to try hormone therapy that didn't work (more pills). After years on different pills this was shitty to say the least.

Another semester passed and I was struggling to keep up with uni work. I went back to my GP and got referred to another specialist, who finally booked me in for surgery – I was ecstatic (no sarcasm here either, after five years of trial and error, I could not wait to be diagnosed).

women's health let's talk about it

In January this year, before heading into my seventh sem, I underwent a laparoscopy to be diagnosed with endo, and have it cut out. I will likely have to undergo many more surgeries to have more removed as it grows, but at least I have a diagnosis.

ENDO + MENTAL HEALTH

Having a chronic illness as a uni student, and constantly being at battle with your own body can be overwhelming and exhausting. At times I didn't feel deserving to be at uni; to work on group assignments, to ask for extensions for something that has no cure. Guilt is a real thing, and it took me a long time to come to terms with my endo.

Another challenge is grappling with the fact that the illness isn't going away. I can't count the times I have cried merely over the fact that this illness, and its costs, aren't going away (unless perhaps a clever med student reading this finds a cure ;)). However, uni is a great place to learn about yourself, nurture your mental health and find amazing friends who will stick by you (trust me, I wouldn't replace my uni friends for the world – not even for a cure for endo). Practicing self-love, accepting every little bit of your body & soul, goes a long way in nurturing your mental health, and if that includes your faulty uterus, then you must learn to love that too.

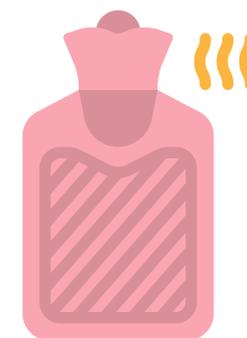
ENDO + SEX

Let's talk about sex. Any form of penetrative sex can be horribly painful with endo. And if you're not into being in excruciating pain (no kink shaming here), you're going to have to learn to talk about pain with sex, whether it be your partner or a casual hook-up. Luckily though, there are some great resources out there, and you can have fun with different positions that aren't as likely to result in pain.

ENDO + SILVER LININGS

Endo is a pretty shitty lemon. But hey, let's try make lemonade & end with my top 5 silver linings:

1. Battling with endo has showed me that my body is capable of so much – two months after surgery (to the day) I ran 5km for the first time. I have even signed up to run 10km in the GC marathon for Endometriosis Australia (less than 6 months post-op).
2. I know my body so well, and on a holistic level too
3. I have incredible friends who will always stick around (and come to me whenever they need period pain help)
4. My pain tolerance is amazing (sorry boys you have nothing on girls with endo)
5. I have learnt how to balance work and life (& illness).



If you suspect you have endo, check out QENDO, it's a great resource/starting point. I'm always up for an endo chat too :)

-Aimee Williamson

GIVE YOURSELF A BRAIN BREAK!

Good mental health is integral for getting through the semester. It's easy to forget to take a much-needed break. Below are some ideas of activities to give your brain a break!

Going on a nature walk and hiking is a great way to release endorphins in the brain and is a perfect way to re-centre your focus, whilst getting you active and appreciating nature. Springbrook and Mount Tambourine are some beautiful locations to go on a walk and to immerse yourself in nature. See some recommended walks on the next page.

Exercise in general is a great way to take your mind off studying. Getting down to the Bond gym, playing a game of beach volleyball with some friends or even just going for a walk around the lake are great ways to release those endorphins so that when it comes time to study again, your brain is refreshed. Bond offers free exercise classes such as boxing, yoga, pilates and more.

If you are too busy to drive to Springbrook or Mount Tambourine, simply watching the sunset at the beach or at Bond is a perfect (and quick) study break. I've personally loved having fish and chips at Burleigh Heads with a friend, or a group of friends, when studying gets too much. Switching out social media to read a nice book or paint (anything creative) might be interesting if you don't necessarily enjoy hiking.

University can bring a lot of stressful periods. You and your uni friends are most likely going through similar, if not the same stress- it is important to be there for each other. The friends you make during university can sometimes be like family, which is why organising 'family dinner' with your friends is a great study break, way to relax, and stay connected.

Finally, it's okay to take a break. It's okay to take a nap. It's okay to not do anything for a day. Mental health is important and not allowing yourself to take a break can negatively impact your mental health, and subsequently, your studies further in the semester. If time (and your timetable) permits, try to put aside a day, or half day, where you just do some self-care. It's easy to forget to step back and prioritise yourself.

At the end of each day, reach out to your friends and check in with how they're going. Ask if they want to do one of these activities with you, because with the stress of university, it's easy to forget that your friends may also need a brain break too.

By Ava Pearson



Burleigh Heads Oceanview track

Distance: 1.2 km one way
Time: 30 minutes
Grade: Easy

Purling Brook Falls Circuit, Springbrook National Park

Distance: 4 km
Time: 2 hour circuit
Grade: Easy

Binna Burra walking tracks, Lamington National Park

Distance: Varies from 1 to 21 km
Time: 0.5 to 8 hours
Grade: Easy to Moderate

Curtis Falls & Joalab Lower Creek Circuit, Tamborine National Park

Distance: 5 km
Time: 2 to 3 hours
Grade: Moderate

Witches Falls Circuit, Tamborine National Park

Distance: 3.6 km
Time: 1 to 2 hours
Grade: Easy to Moderate

By Katie Lander

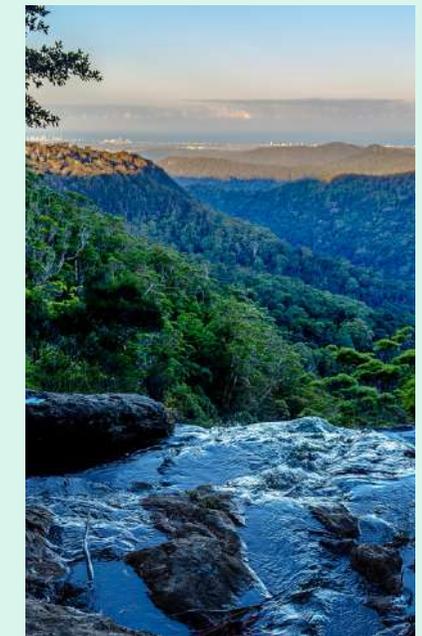
Exercise is so important to keeping mentally and physically healthy- the two go hand in hand, after all!

Are you looking for new ways to get out and get your daily exercise?

We are blessed with beautiful walks and hikes near university including ocean views and waterfalls. It would be a shame not to take advantage of them! Take some friends and try out these different hikes across the Gold Coast.

Tips for hiking:

- Start with small trails and build up your fitness level to endure longer trails
- Always check the weather
- Let someone know where you are going
- Wear good shoes with socks
- Pace yourself
- Pack for the trip! Bring water and snacks



Photographs reproduced under Canva Free Media Licence Agreement.

ADVICE FROM A SLOWLY RECOVERING CHRONIC

PEOPLE PLEASER

By *Andie-Lee Cilliers*

I have a real problem with saying no. In fact, I am so bad that once I had a grand total of 3 coffee dates between 10am and 1pm in a single day. You don't want to know how many bracelets, bags and breath mints I have purchased from Cotton On, feeling too bad to say no (I am hopeless with charities). Saying no can be very hard when it's directed at your family and friends, but even harder when you have to say no to potential employers, or even to internships that just do not work for you.

I am a habitual yes-woman, especially when it comes to the slightest FOMO. How many of you have had two parties or pres on the same night but end up juggling both because of FOMO?

Not being able to say no can mean that you are never fully present, always rushing to get to the next event, constantly checking your watch (but trying to be discreet about it so you don't offend anyone, *god forbid*). Although it feels like you have kept people from being disappointed by making time for them, often it has the opposite effect and makes them feel as though they are not important enough for you to fully commit. I've discovered that people prefer that you are honest with them about your schedule.

Not only am I scared of saying no to people, but also of being told no. I sold my car for \$250 less than it was worth, because I was scared that the

first buyer would reject my offer, even though I had about 5 other people interested. I am always cautious of disappointing people, but in doing so, I have realised that I often say yes at the expense of myself. I end up prioritising others' needs before my own.

Struggling to say no, so as not to disappoint people leads to overcommitment, and often people will start to take advantage of you. I end up taking on everything that comes my way, slowly I see myself staying up later and later to get it all done. Then, instead of waking up to go for a walk, or go to the gym, I press snooze and sleep later.

Before I know it, I am too tired to exercise, something that is essential for my wellbeing. Too tired even to go to Dons! Everything else falls to the wayside and it gets hard to be the best you that you can be, at uni, at work, and even in your social life.

Tip One-

Learn how to be okay with disappointing people: When you are saying no to someone, remember that you are also saying yes to yourself. Instead of worrying about other people, take care of yourself and remember: one minute of awkwardness or discomfort that you would experience when telling someone no, is much better than spending time doing something that you will hate, or resenting people after just because you felt obligated. As our dearest Oprah taught me, "to live a brave life, you have to be okay with disappointing some people". Remember, saying no does not make you a bad person, it means that you know your own value.

Tip Two-

Give yourself time before responding: When someone asks you to do something for them, or asks you to go for lunch, give yourself some time before saying yes.

The most important thing is to check in with yourself, and decide whether you actually want to do it. All you have to say is "can I get back to you? I will let you know by..." or "let me check my calendar and I will get back to you". Then, think about what YOU want to do, independent of any outside factors, because remember, YOU should be the most important person. Then make a choice: yes or no. As much as we'd like to think we're Hermione Granger, remember that you (sadly) cannot be in two places at once.

Tip Three-

Practise saying no thank you: I am a person who is guilty of saying "I'll try?" when I cannot make a decision, or I don't want to commit to anything yet. Refer to tip two, and take time to think about it before resorting to saying "I'll try". By using "I'll try" as an excuse, you are taking the easy way out, and it will always end in disappointment. Practise saying "no thank you" so that when the time comes, you can give someone a straight answer.

Tip Four-

There is no wrong choice: As I said earlier, I am constantly torn between choices, do I go to coffee with one person, or lunch with the other? Should I go to Dons or should I go to sleep early so that I can be productive? A good way to navigate this, and prevent juggling both, choose one and stick to that. If you really don't like that decision that you have made you can always leave, quit, or try something else - remember, you are not stuck! The closer I get to the end of my degree the harder it gets to make choices, but it is a lot easier to go with your gut feeling. Although some choices may be positive, others will be not so good, but it will teach you valuable lessons.

If you are someone like me, who often has so many things going on at once all because you could not say no, I hope that these tips are useful. From one people-pleaser to another - Good luck!

Real freedom is saying 'no' without giving a reason

-Amit Kalantri

PTSD

Preparing Those who have Suffered major Distress

I'm in a dark room.

I feel an immense weight commandeer the capacity of my chest.

A cry for help leaves my throat in a raspy exhale.

I hear my name being called and I return into my body in a sudden gasp.

I'm just in a classroom.

I had been experiencing similar episodes almost every day, at the worst stage. It occurred in the middle of class, surrounded by many people. It also happened alone, driving home from work, at the gym. There was no safe place for me in the world, not even my own home - nor my own head.

As many as 800,000 Australians suffer from Post-Traumatic Stress Disorder (PTSD) at any given time. Particularly in children and teenagers, the conditions often will go undiagnosed.

PTSD is a type of anxiety disorder that is generally caused by personally experiencing or witnessing a traumatic event or repeated experiences of distress. It is important to note that everyone experiences trauma differently.

I was misled by the many misconceptions about PTSD. I believed only military personnel could develop the disorder. I never knew that while war veterans are at a higher risk of PTSD than the general population, PTSD can affect anybody who has been through a traumatic event. About 25% of people who are exposed to traumatic events develop PTSD. I never knew that PTSD can take years to develop. Childhood trauma may still affect adults, many years after the traumatic event happened.

I never knew that my nightmares weren't supposed to feel like I was constantly paralysed every night, reliving my fear repeatedly. Or that sometimes when I'm sitting in class, I can still faintly hear the screams and cries muffled through the sound of the aircon buzzing.

I never realised that some things stay with us, for a long time even.

I was only diagnosed with Post Traumatic Stress Disorder when I was seventeen years old.

As a full time student, sometimes your ability to work and communicate can be hindered by the effects of PTSD. I have had to often cope with significant distress and isolation. I'll feel like I'm progressing away from the event, then suddenly, I get intrusive memories, I feel hyper-vigilant and anxious.

All this can happen in the middle of class, during study time and even in exams. Learning healthy strategies for coping is one of the best ways to give you a sense of control. Though I struggled for a while with a loss of hope, there were several things that I did that were beneficial in my healing process:

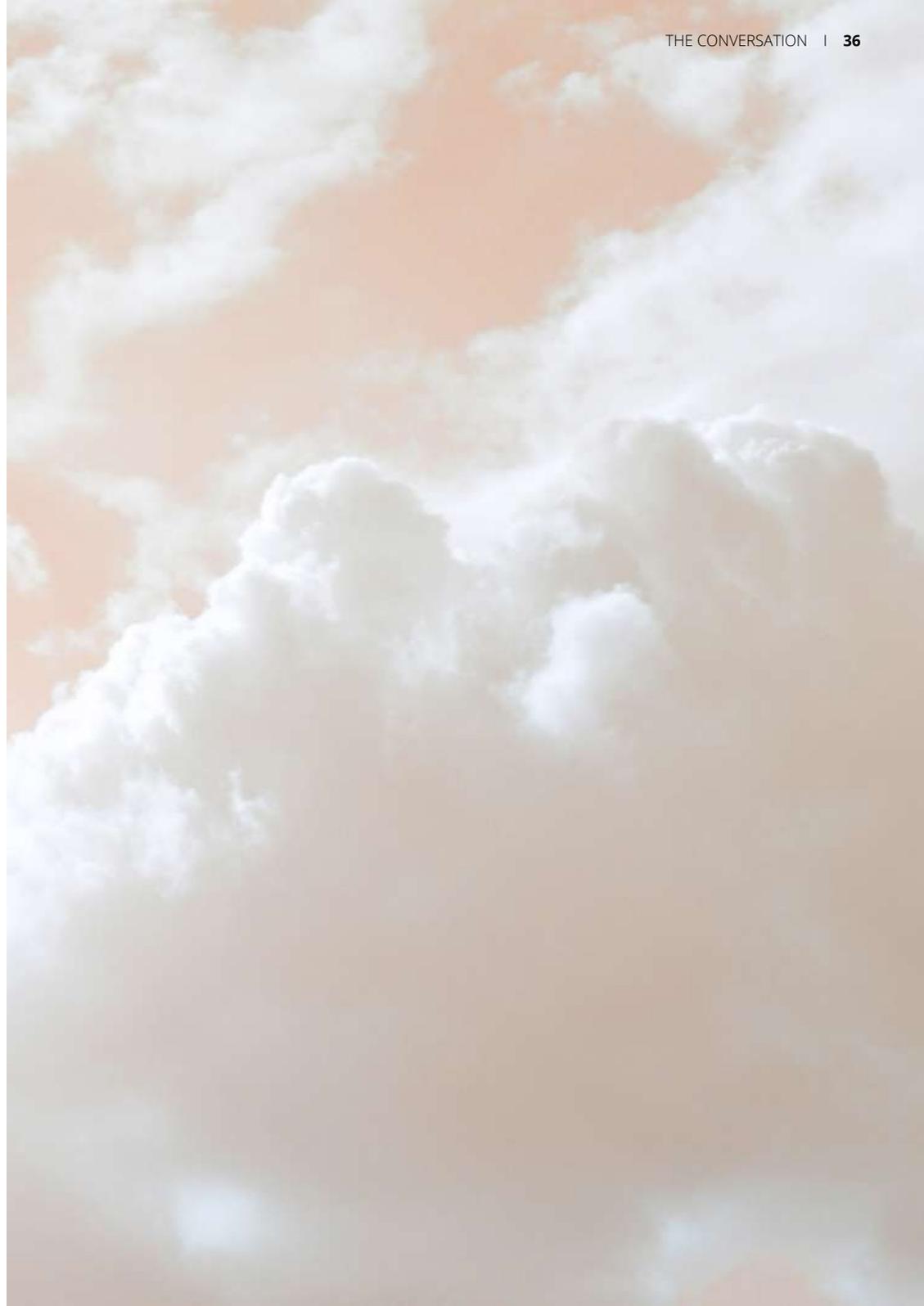
1. Rest
2. Reaching out when you need it and finding supportive connections
3. Being consistent and patient
4. Exercising and eating a nutritious diet
5. Seeking professional help that you're comfortable with
6. Being mindful of yourself and meditating

Post-traumatic stress disorder can have a big impact on relationships. For those supportive friends and family members, it is important to educate yourselves and others on the ways to help, support and to spread awareness.

People who struggle with PTSD often do so in isolation, finding it hard to reach out. Like myself, they might not even realize that they are struggling with PTSD until the symptoms become nearly unbearable. By learning about the condition, you can provide the support needed, even if it's just being a good listener.

With treatment, PTSD can be overcome with the proper help and support. The most important thing to know is that it is never too late to seek help.

Article written anonymously



dealing with

set backs

and failed plans

By Samirah Aziz

Ever since I set my eyes on the university's sandstone arch, I knew that I wanted to make the most of my time here by arranging an exchange. For me, I dreamed of not only travelling abroad, but also learning too. I wanted to immerse myself in a different culture, see a different part of the world and soak up the experiences and lessons that going on exchange had to offer.

And after months of planning, it all came together.

I had secured an internship working at one of the oldest and largest law firms in Beijing and was accepted into the Fudan Law School Exchange program in Shanghai. For the two other students and myself who had planned, applied, and worked towards this exciting journey, the next 6 months were going to be unforgettable.

On the 1st of January 2020, as fireworks lit up the sky – we were all on a plane to Beijing. For those who paid attention to the year of our trip, you can guess what happened next.

After only one month, news that a virus was sweeping across the nation left us no choice but to pack our bags and head home. During this time, there was approximately 44,000 cases worldwide of the novel corona virus. Presently, there have now been over 100 million.

Through conversations I have had with my fellow peers about their planned exchanges and their hopes of studying abroad, I realised that they were touched with the same guilt that I had. Where the disappointment over our lost experiences felt incomparable against the pandemic's impact on millions of lives.

For those who are disappointed in no longer being able to embark on this journey – I offer you this.

At the end of the day, my experiences taught me the sheer importance of making the most of the present time you have. While the idea of completing that exchange felt like the best way to make the most of my time here –

it would have been hopeless and damaging to continue with that mindset. While you can't change the world around you, you can change what you make out of your present situation.

So go out and seek those opportunities, whether it be replicating the experience virtually, undertaking a language class or even trying something out that's out of your comfort zone. You have a whole life ahead of you to embark on those adventures, all you need to do now – is make the most of the present.

Stay safe and healthy
...and flexible.

I have realized that the past and future are real illusions, that they exist in the present, which is what there is and all there is.

–Alan Wilson Watts



It is not far-fetched to assume that most health students have suffered or will suffer some sort of anxiety or stress throughout their studies. We can argue that moderate amounts of stress are enough to help drive people to achieve their goals. However, it's also important to note that excessive levels of stress can be harmful to not only our mental health but those around us and whom we aim to treat as healthcare professionals in the future. The truth is, we need to talk to others, especially our peers, about our mental issues.

However, everyone finds it easier to criticize each other or themselves instead of building each other up. Trying to go it alone when you're feeling down increases the risk of depression or anxiety going unrecognized and untreated. Depression is a high factor for suicide and plays a contributing role in suicide rates. With all the negativity going around, let's do something positive.

Don't believe us, let us drop some STATS. Healthcare professionals are equally as likely to be depressed than their civilian counterparts. It is also known that more than 80% of healthcare professionals will suffer from some form of distress. The most severe stressors will often be strenuous work hours, difficult patients, paperwork, and most importantly, the intrusion of work-life into family time.

The reality is that we, as future leaders of healthcare, will face some sort of mental health issue throughout studies and our career. If we choose to push these issues to the side while students, they will manifest themselves into our studies and eventually into our practice. Hence, how will we be able to treat others, when we can't even care for ourselves. This not only demonstrates the severity of mental health but illustrates the magnitude of its reach within our society.

However, even though mental health is to be an inevitable cross to bear, its OUR cross to bear. So as we learn to cope with these issues and help others around us, ask these questions:

How do you know when to seek help?

Sometimes even the best of us, when faced with hardship, will push our problems to the side instead of seeking help. Knowing when to talk to your peers or seek a counsellor may prove to be therapeutic in the long run.

What supports do you have as individuals?

Having a strong network full of supportive people who will care and listen to your woes is beneficial to help rationalize the struggles you are facing. Think of the times when you faced adversity in your life, and you turned to your best friend. In the workforce, people will have the knowledge and skills to help you overcome your hardships regardless whether it's social or work-related.

As such, if we band together and take a communal approach to communicate and check up on friends, we will foster an environment in which both students and healthcare professionals alike can overcome and deal with rough patches in their mental health.

By Razeen Parvez

MENTAL HEALTH IN THE LGBTQI+ COMMUNITY

By Charlotte Watson

If you identify with the LGBTQI+ community and are struggling with your mental health, you are not alone.

You may feel totally comfortable defining your sexuality or gender, or you may take more time to fully understand yourself. This may be something you feel comfortable sharing with others or something you prefer to keep private. However, as you approach being LGBTQI+, going through this process can be very difficult and it is very common to feel isolated.

It is, unfortunately, a reality that identifying as LGBTQI+ can bring additional issues on top of work, relationships, finances and everything else. Research and real-life experiences have found that LGBTQI+ people have an increased risk of depression and anxiety, substance abuse, self-harm and suicidal thoughts.

There's a variety of reasons for this, but the likely key contributors are:

- Homophobic or transphobic attitudes and discrimination
- Internalised hatred and issues with self-image
- Trauma from bullying, verbal and physical abuse
- Social exclusion and alienation
- Long-term stress from "feeling different" and questioning yourself

The outcomes of these contributing factors can be extremely detrimental to your mental health and self-understanding.

Taking action

You are not alone in this. It is well-accepted that around 10 per cent of young Australians experience same-sex attraction, and a significant number have varying experiences of gender. There are now many great organisations out there to support and represent members of the community, and particularly in the area of mental health. It is very important to seek out friends, mentors and spaces that make you feel visible, respected and 100% yourself. Here are some practical things that you could put into place to improve your mental health:

Short term:

- Identify some self-affirmations that make you feel good. Examples that may help are:
 - *I am enough*
 - *I give myself permission to be myself.*
 - *I deserve to love myself*
- Re-assess your daily routines and habits.
 - *What is my exercise routine?*
 - *Am I including activities that I enjoy in my routine?*
 - *Is there anything I should be aware of or working to reduce, such as alcohol, or toxic relationships?*
- Research and identify an LGBTQI+ figure who inspires you. What can you learn from them and why do they inspire you?

Long term:

- Seek support from professionals. Nothing is too minor to not start a conversation.
- Ask an LGBTQI+ person within your profession to be a mentor
- Join an LGBTQI+ social group or professional network and make some friends and connections.

Services in Queensland

- Bond University is a Pride in Diversity member and has services, including an Ally Network and Pride Alliance Club.
- Diverse Voices: A non-profit organisation with a focus on LGBTQI communities through the operation of teleweb counselling services. 3pm-midnight, 7 days a week. Phone: 1800 184 527
- Queensland AIDS Council: Provides support services, information and counselling for sex and gender-diverse people in Queensland. Phone: (07) 3017 1777. Outside Brisbane: 1800 177 434
- Open Doors Youth Service: A drop-in centre and support service for young people who identify as sex, gender or sexuality diverse. As well as support services, they offer a range of peer support programs and social events – providing a safe space for young people in Queensland. Phone: (07) 3257 7660. Email: opendoors@opendoors.net.au
- QLife: A national service that aims to keep LGBTQI communities supported and connected. Phone: 1800 184 527 (3pm-midnight). Online chat (3pm-midnight).

COVID TRAVEL

The ultimate QLD roadtrip

BY JESS TRACE

Five gals, originating from A Block's 'Whorehouse', 'the Nunnery' and 'the Drought' embarked on a road trip across Queensland, which for some, signified the beginning of the end of their degrees. From disappointingly cancelled international travel, came an unexpected, erratic journey of self-discovery and friendship. And that's what the blurb would be if this road trip were made into a coming-of-age movie. (For some background before diving in, we brought Andie-Lee from Emerald in Central Queensland, which explains why some stops were made).

Queensland is no Japan (rip pre-COVID plans), but even though I've lived in the state for 19 years, I hadn't seen very much of it. With great destinations, good vibes and even better friends, the two weeks were some of the best memories I have made. Give Queensland a go on your next road trip, you (probably) won't regret it.

Destination 1: Roma

★☆☆☆☆

Before you go off, we had no choice. Roma is one of the places you drive through, maybe fill up but move on to bigger and better things. We were trying to take four girls from the Gold Coast to Carnarvon Gorge, a nine-hour car ride, and just had to stop. We can review the Woolworths, Subway, the bottle-o and maybe the petrol station but Roma did not have much to offer. An overpriced motel room and Euphoria is honestly all I can remember.

Destination 2: Carnarvon Gorge

★★★★★

The first major stop on the trip was definitely a good one. With five girls, one tent, no electricity or internet and camp showers, you would have thought that things could get a bit bitchy. You would be wrong. Over the four-night stay, a typical day would look like:

1. Waking up around 8am, complaining about the cold.
2. Making some breakfast and planning our hike for the day.
3. Going on said hike for around six hours.
4. Going for a hypothermic swim in the creek for the mens.
5. Dinner and some goon.

It was a hectic amount of fun. There are various hikes ranging from 6km to 18km which we walked with few complaints. Lots of roos and even more grey nomads. Be warned of the chatty grey nomads, they won't leave you or your card games alone.

Destination 3: Emerald

★☆☆☆☆

This is where that background info comes in handy. You'd wonder, why Emerald? It's a valid question. Somehow, a significant portion of our friends come from Emerald so it was only fair, as our first and maybe last time in Central Queensland, that we gave it a visit to see where the gals grew up. Honestly, I can't really complain about Emerald; it's bigger than you think, familiar and offered another prospect for purchasing goon (fruity lexia FYI). I don't know how much I would recommend it if you weren't visiting friends, but if given the opportunity, you should take it.

Destination four: Airlie Beach

★★★★☆

Our first night in Airlie we went out to a pub, had a meal and cheeky wines, ended up at a bar with some weak long-island-iced-teas and called it a night. It was quite overcast so a trip out to the Whitsundays was still on the cards, but we sucked it up and booked a tour anyway. Unless you have a sailboat, a tour is the only way you can get out there. Included was a national park walk at Whitehaven beach, snorkelling off the islands and a break to hang out at Whitehaven. It was absolutely beautiful and, fun fact, illegal to take any of the white sand. It would make for a pretty good body scrub too (black market business idea).

Destination five: Yeppoon

★★★☆☆

Along the way home, we stopped in at a friend's place in Yeppoon, a coastal town home to Keppel Island. Keppel Island is the go-to activity in Yeppoon but we were nearing the end of the trip, and as broke Uni students, we gave up on the exxy ferry ride and beautiful snorkelling day. Instead, we decided to go explore the outer regions of Yeppoon, and found a place that was in the middle of nowhere, but offered free use of their facilities if you ate lunch there. Lunch was good and as one of their only patrons, they brought over a kangaroo joey for us to pet before lunch (hand sanny was used). We canoed in a sketchy creek, played some tennis, and chucked a ball around. Overall good value for money. Going out in Yeppoon was an experience, but we had a local show us about and even though we had to pay \$10 entry to sit down at a club, it was still worth it.

Destination six: Agnes Water

★★★★☆

The final destination of the trip, we had some more friends drive up from the Goldie to meet us and spend the final leg together. Surfing, beaching, and cute coffee shops comprised Agnes and it was a worthy and very relaxing final hoorah. The trip back was sad, but made better by random country signs, with some of our favourite landmarks being 'jackass creek' and 'butthole creek'.



MOVING OUT & STAYING HEALTHY

THEY DON'T HAVE TO BE MUTUALLY EXCLUSIVE

By Sonia Clements

Maybe you used to eat healthy at home. Maybe you didn't. Either way, moving out leaves you with a huge amount of freedom regarding your diet. Chips with every meal? Obviously. At least for me, first semester's dinner plan looked something like this:

- Parma & chips (it's parma NOT parmi #melbournianandproud)
- Chicken burger and chips
- Another parma and chips
- Lasagne and chips
- Chicken tacos... and (you guessed it) chips

You get the idea. I have to give credit where it's due; Lakeside has definitely upped their health game since 191. But the constant temptation of chips and lack of realisation that your Bond card has a limited amount of money (who knew?!) means that you're eating massive, chip-filled meals for both lunch and dinner for the first few weeks of every semester. This, along with a more-than-sufficient alcohol

intake and very limited exercise, gives rise to the universally-experienced 'Fresher 5' (more realistically the 'Fresher 10'... but that doesn't have quite have the same ring to it). Suddenly, walking up that hill from the Blocks to Lakeside makes your heart race a whole lot faster than it used to.

When you finally make the move off-campus, the access to chips decreases but the freedom of choice to eat what you want, and when you want it, doesn't. Now, you're doing your own grocery shopping and (even though you are an educated, well-aware student) you can't help but fall for the Woolies marketing ploys and buy every snack that's on special. And then eat them all on the same afternoon.

After 2.5 years living away from home, both on- and off-campus, I think that I (somewhat) have mastered a balanced diet and exercise schedule and I am *very graciously* sharing it with you.

If you're new to living on-campus, it can be easy to fall into a cycle of unhealthy eating. "Bond dollars" don't feel like real money, which makes it far too easy to buy 4 tubs of Ben & Jerry's every week.

Start by making small improvements to what you eat. Not obsessively, just mindfully e.g. choosing mash or veggies instead of chips as a side at Lakeside. Eating crackers and dip or a fruit salad as a snack instead of doritos or chocolate. Moving away from cereal for breakfast (or in my experience, ice cream), and rather making scrambled eggs or yoghurt & granola. You'd be surprised by how much you can concoct with a microwave, a toastie machine, and a kettle.

PSA: 2-MINUTE MI GORENG IS NOT AN ACTUAL MEAL!
(I ALSO FEEL PERSONALLY ATTACKED AND I'M THE ONE WRITING THIS)

If you live off-campus, gather a bunch of healthy and delicious recipes, have a big cooking day on a free weekend and freeze them. Use these for days that you haven't got dinner planned and are thinking of getting fast-food (save the maccas run for a big night out). And only occasionally let yourself fall for junk-food specials at Woolies... or check out the health food aisle and let yourself instead be swindled by specials on carmens muesli bars and macro popcorn to sort your snacks for the week (sponsor me pls).

Secondly, exercise! Make use of the Bond gym and group classes- they are FREE! Bond also has a huge range of sports clubs. Until a few weeks ago where I signed up for a half marathon (subtle flex...but not really because I had to drop out after developing bad shin splints), the furthest I had ever run was 3km at annual high school cross-country and to be perfectly honest, I walked most of those. Running has now become an important part of my exercise routine as well as being an amazing stress release.

You can reach out to other students for support; Bond sports clubs are such a great motivator! This type of access to sports communities and an amazing gym is never going to happen again, so make the most of it.

Something that I do need to raise though, is the impact that exercising might have on your eating habits. For many who start regularly exercising, eating habits do not change, or might become slightly healthier (which is great)! But for others, they could also go one of two ways:

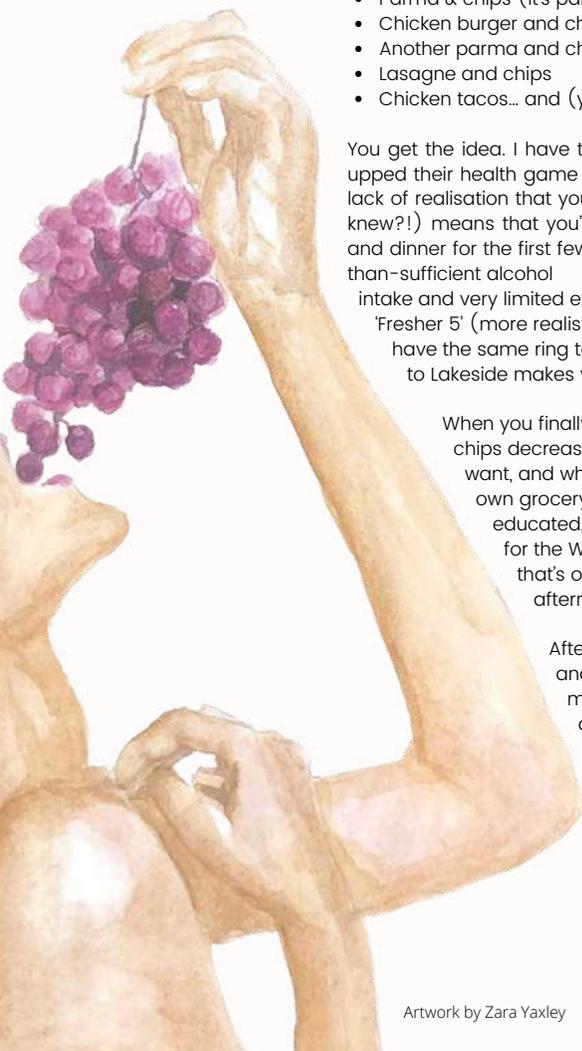
1. You binge eat after a gym session- "I just burned a bunch of calories, time to treat myself and eat a heap of junk & then feel disappointed".
2. You obsess about healthy eating- "I can't waste all of that hard work in the gym now. Better eat super-duper healthy (or not anything at all)".

Clearly these are concerning mindsets, which could catalyse more dangerous attitudes to food. Even though I have been lucky to have always had a good relationship with food, I have felt both of these mentalities at moments in my life. They are pretty difficult to avoid.

My advice is simply to cut yourself some slack. Taking up exercise is an amazing improvement to your routine. Don't feel guilty for failing to make a drastic healthy change your diet, subsequent to starting exercise; you're already a better version of yourself! Too much change to your routine is unsustainable. Oh and also...

**STOP LOOKING AT PHOTOS FROM HIGH SCHOOL AND FEELING SHIT ABOUT YOURSELF!
BODIES CHANGE! IT'S NORMAL!**

Your body might be different than it used to be, but so are you! Embrace this change. And if you do start upping your exercise routine, that's awesome- but do not risk your mental health worsening by over-obsessing with being healthy. As always, if you ever feel you're struggling, do not be afraid to reach out for help.



Growth Away from home

By Francesco Tolfa

Studying abroad creates personal growth and experiences that last a lifetime. My experience with studying abroad began when I was only 16. I moved away from Canada and studied for two years in a small rural town in the state of Maine to complete my high school career. Moving away from home to the United States at 16 made me responsible for things I once took for granted. Nonetheless, my time in Maine holds some of the most cherished moments of my teen years.

My second experience studying abroad led me to Bond University on the Gold Coast. After learning of my acceptance to Bond, I was ecstatic for the opportunity to complete my Juris Doctorate at such a fantastic institution. I could not wait to see the campus and experience all Australia had to offer. I was extremely fortunate to communicate with a few colleagues who had attended Bond before me to get their take on the whole experience and I could not wait to get started.

The first few weeks of classes flew by. I was fascinated with the course content and enjoying law school despite the significant

workload I had become accustomed to. With my first semester nearly complete, the news around COVID-19 began to intensify. I was a little nervous to say the least. I was in a new country with few friends, no family, and despite Australia being one of the safest countries in the world, I was scared. When Bond transitioned to online learning in my second semester, I focused heavily on my studies to shift the focus away from how vulnerable I felt. When that did not work, I was lucky to be at an institution that provided its own support network to get me back on my feet. Instead of leaving Australia, I decided to stay with the hopes that in-person classes would resume.

Being away from home can be challenging no matter who you are or how tough you believe you may be. I would like to personally thank Apple and FaceTime for helping me stay connected to the people I love the most. Despite missing home, I have life experiences that other individuals have not had the chance to endure. All while adapting to a country much different than home.

I have found a way to thrive in uncomfortable situations, leading me to join one of Bond's competitive moot teams in my third semester.

I have also learned to take a step back and appreciate how fortunate I am to study abroad and experience all that my institution and Australia has to offer. Certain lessons cannot be taught in a classroom or lecture hall. Studying abroad provides the theatre for lessons on life.

Despite the various challenges I have faced since coming to Australia, I have grown because of them. Your education will expand your mind, and your life experiences will develop your soul. Studying abroad has helped me overcome some of my shortcomings while solidifying my strengths. It has taken me out of my comfort zone and taught me to become comfortable with the uncomfortable. I would not trade my experiences studying abroad for anything, and they will live with me forever.

If you get the chance to study abroad someday in the distant future when COVID-19 restrictions ease, you should take full advantage of it. The lessons I have learned in Australia reach far beyond the classroom. Studying abroad is one of the best decisions I have ever made.

GET INVOLVED AT BOND

I've always found that one of the best ways to look after my mental health is to get out of room and do something. Whether that be hang out with friends, exercise a little bit, or even get some study done.

The great thing about Bond is that if you are new, or you haven't met many people yet, you can still get involved in student clubs. Here are three reasons why you should.

1. There is a club for you

University is a great way to work on your interests and find things you enjoy doing. But the only way to work out what you enjoy doing is to start doing it. Here at Bond, we have a wide variety of clubs from social sporting clubs like touch or netball, a music club, an environmental club, and everything in between. By getting involved, you can start to develop your interests, and have fun along the way.

2. Getting involved is easy

Getting involved with clubs is as simple as coming to Club Sign on Day in Week 2 of the semester. If you miss that, however, try find your club on social media.

Social media is where most of the information about any of the events that they are running will be. Once you know when the clubs' events are, it is as simple as showing up and having a good time!

3. You'll make new friends

One of the most important reasons you should get involved in clubs is you will meet new people with similar interests to you. If you are new to the university, or just looking to make new friends, getting involved is the easiest ways to do this. Meeting new people and making new friends is important for your wellbeing and getting involved with clubs provides an opportunity to do this.

By Jeremy Bonisch



about busa



BUSA Committee 2020/21:

Executive Members:
Jeremy Bonisch
Callum Lowe-Griffiths
Bella Danieli

Education Team:
Maeve Moroney
Andie-Lee Cilliers
Sonia Clements
Chamudi Samaratunga
Cooper Nicholls

Administration Team:
Katie Lander
Jodie Mitchell
Rebecca Hall

Recreation Team:
Marquise Moore
Hollie Kate
Dylan McDonald
Marcus Ware
Conor Martin

Sport Team:
Jasmine Tait

Here at Bond, the Bond University Student Association (BUSA) is the overarching student association responsible for making sure you, the student, have an awesome experience at university. With 18 committee members, and three separate pods in Education, Sport, and Recreation, we cover a wide variety of different areas. This allows us to represent your interests in every aspect of the university experience. If you wish to get involved in BUSA, elections are held at the beginning of the third semester of each year. It is a great way to work with likeminded Bondies who want to give back and make sure that other students can have as good a time as possible.

We hope you enjoyed this edition of The Conversation magazine. It is also available online on the BUSA Facebook page and website. If you have any enquiries, please feel free to reach out.

Thanks for reading!