



QueenMode

EMBODIED HEALTH EMPOWERED COMMUNITY

A QUEENMODE COLLECTIVE GUIDE FOR
METRO NORTH HOSPITAL & HEALTH SERVICES

CELEBRATING OUR ABORIGINAL & TORRES STRAIT ISLANDER HEALTH CARE PRACTITIONERS

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QUEENMODE COLLECTIVE

Here at The QueenMode Collective we are committed to providing evidence based & progressive health and well-being practices that empower, inspire and engage our community.

The QueenMode Collective acknowledges the Traditional custodians of the lands and waters of Australia and the Torres Strait; honouring all our Aboriginal and Torres Strait Islander people—our customs and sacred beliefs. Paying our respects to Elders past and present, with particular acknowledgement to the Jagera people of the Turrubal nation, the traditional custodians of the lands where our QueenMode Collective headquarters are located.

We sincerely recognise that as Aboriginal and Torres Strait Islander practitioners, you are an invaluable and integral part of our community, ensuring the most vulnerable members receive sufficient and appropriate care in alignment with our cultural beliefs and identity. We celebrate you, and the work you do to elevate our people, Thank you!



ARE YOU OK?

We each have our own vibrational signature;

This signature changes with our physical environment, emotional state and the thoughts we think.

Our signature can become distorted, when we hold on to negative emotions for too long. This can lead to feelings of low energy, tiredness, anxiety and physical ailments such as headaches, clumsiness, stomach conditions and back pain & shoulder pain.

Ask yourself, how are you feeling? And how are your feelings contributing to your physical and mental health....

Can you name how you're feeling?



Can you touch where there is tension in your body?



Are you confident making decisions at the moment?



EMPOWERED COMMUNICATION



1 Identify the dynamics of your situation. In what context is the conversation taking place.

2 Identify your emotional state, are you feeling safe, has mutual trust and respect been fostered.

3 Mind your language. Be positive, direct and compassionate. Use short statements, direct questions, and opportunities that instigate self reflection.

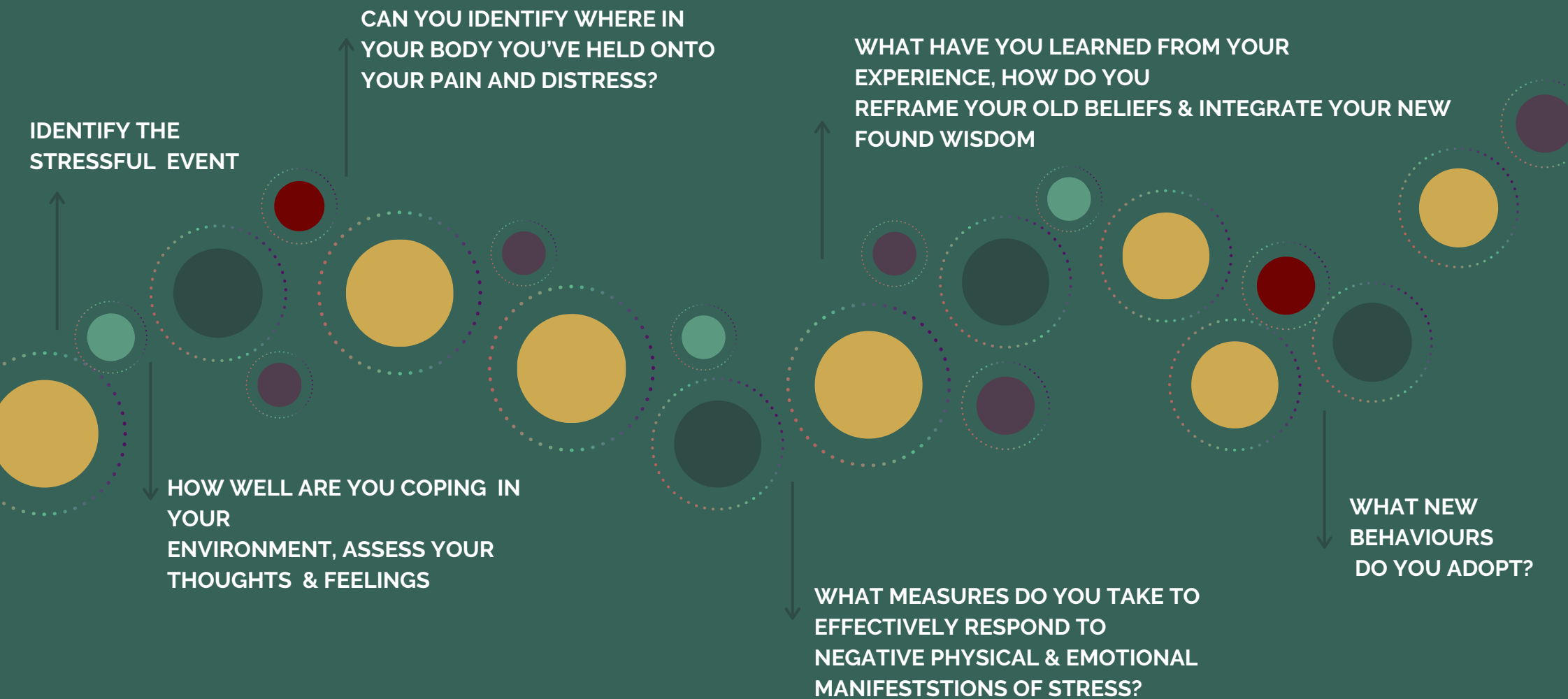
4 Remove any opportunity for confusion, by being clear and present in what you say and what you mean.

Your Voice matters. Tell Your story.

TELL YOUR STORY, SEE WHAT YOU BELIEVE ABOUT YOURSELF

Take some time out to write down the stories you think about the most. Maybe it's a story about a relationship, or success, family or a fond memory.

What are these stories teaching you about who you are, how you think and what you feel? What can you keep in your story, what can you let go of?



Your Pathway to Better Wellbeing when Stressed

DAILY PRACTICES TO KEEP YOU HEALTHY, ENERGISED & FOCUSED



Set a timer to check in with yourself 3 times throughout your day when you're feeling stressed .

Use this check in to bring awareness to your emotional, physical and mental state. Take this opportunity to readjust how you feel and get back into balance.



Make time to be with the people that fill your cup, if you're feeling particularly low, physically or mentally.

Being around our loved ones positively reinforces our sense of belonging and significance, to very important requirements for our mental health and well being.



To ensure your body is functioning at it's optimal level, feeding yourself healthy nutritious meals and snacks is very important. Starting the day off with high fibre, with healthy fat's in your meals, stimulates your metabolism, incorporating nuts, berries and seeds in your snacks ensure a steady outflow of energy through the day, and leaving 4 hours between large meals regulates your insulin levels.

Awareness is the secret to good health

SHOPPING LIST

FOR HEALTHIER OPTIONS

SEEDS & GRAINS

Sunflower Seeds
Chia Seeds
Brown Rice
Hemp seeds
Coconut Flour
Almond Flour
Potato Starch
(consume Raw only)
Quinoa flour
Buckwheat Kernels
Flaxmeal
Pysilium Husk
Nuts – Macadamia /
Almonds / Cashews /
Walnuts

HEALTHY DAIRY

Halloumi
Cultured/Grassfed/or
ganic Butter
Eggs
Goats /Sheeps
Cheese
Full Fat Cream
Greek Yogurt

HERBS / SPICES

Turmeric
Parsley
Coriander
Fennel Seeds
Garlic
Cinnamon
Paprika
Chili
Nigella Seeds
Thyme
Oregano
Sage

MEAT / FISH

Salmon
Tuna
Mackerel
Chicken
Beef – Steak
Beef Mince
Lamb
Pork
Prosciutto

HEALTHY FATS

Macadamia Oil
Avocado Oil
Flax Oil
Hemp Oil
Coconut Oil
Hemp oil
Coconut Cream
Raw Cacao Butter

SUPPLEMENTS

Apple Cider Vinegar
Himalayan Rock Salt
Chromium Supplement (Herbs
of Gold Chromium Max)
Rhodiola Supplement
Pre-Biotic Supplement
Sauerkraut
Kefir yogurt

FRUIT/VEG

Berries	Cabbage
Avocado	Zucchini
Olives	Celery
Grapefruit	Spinach
Pinapples	Capsicum
Orange	Spring Onions
Lemons	Carrots
Limes	Sweet potato
Broccoli /	Tomatoes (organic if tinned)
Broccolini	Goji Berries
Asparagus	Silverbeet
Cauliflower	Red & Green
Kale	

NUTRITION IS THE FOUNDATION TO LONGEVITY IN MIND, BODY & SPIRIT

CREATE YOUR NUTRITIOUS MEAL PLAN

From your shopping list, think about some of the meals you want to eat

Tip: google 'healthy eating' for some new recipe ideas



BREAKFAST

LUNCH

DINNER

Let food be thy medicine, and medicine be thy food

RITUALS FOR EMOTIONAL RESILIENCE



MEDITATE

Meditation has been proven to lower blood pressure, lower our cortisol levels, and enable us to think with clarity.



ACCEPTANCE

When we accept people and experiences for what they are, and understand that only thing that is in our control is how we respond in any given moment, we are able to better regulate our emotions,



BREATHING

Conscious breathing regulates the nervous system, in turn regulating the chemicals in our body related to our moods. Conscious breathing also increase oxygen in the blood, leaving us feeling alert and energised, whilst also calm.



CREATIVITY

Indulging our childlike nature is important for creativity, productivity and a sense of wonder and fulfilment in our lives, with all the responsibilities of being an adult, Singing, dancing, painting, & writing are all amazing outlets to come back to baseline.

know better, do better, feel better

CREATE YOUR WEEKLY SELF CARE PRACTICE:

From what you now about yourself, and how you manage the stressors in your life, create a calendar that includes all the ways in which you can take care of yourself each day.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

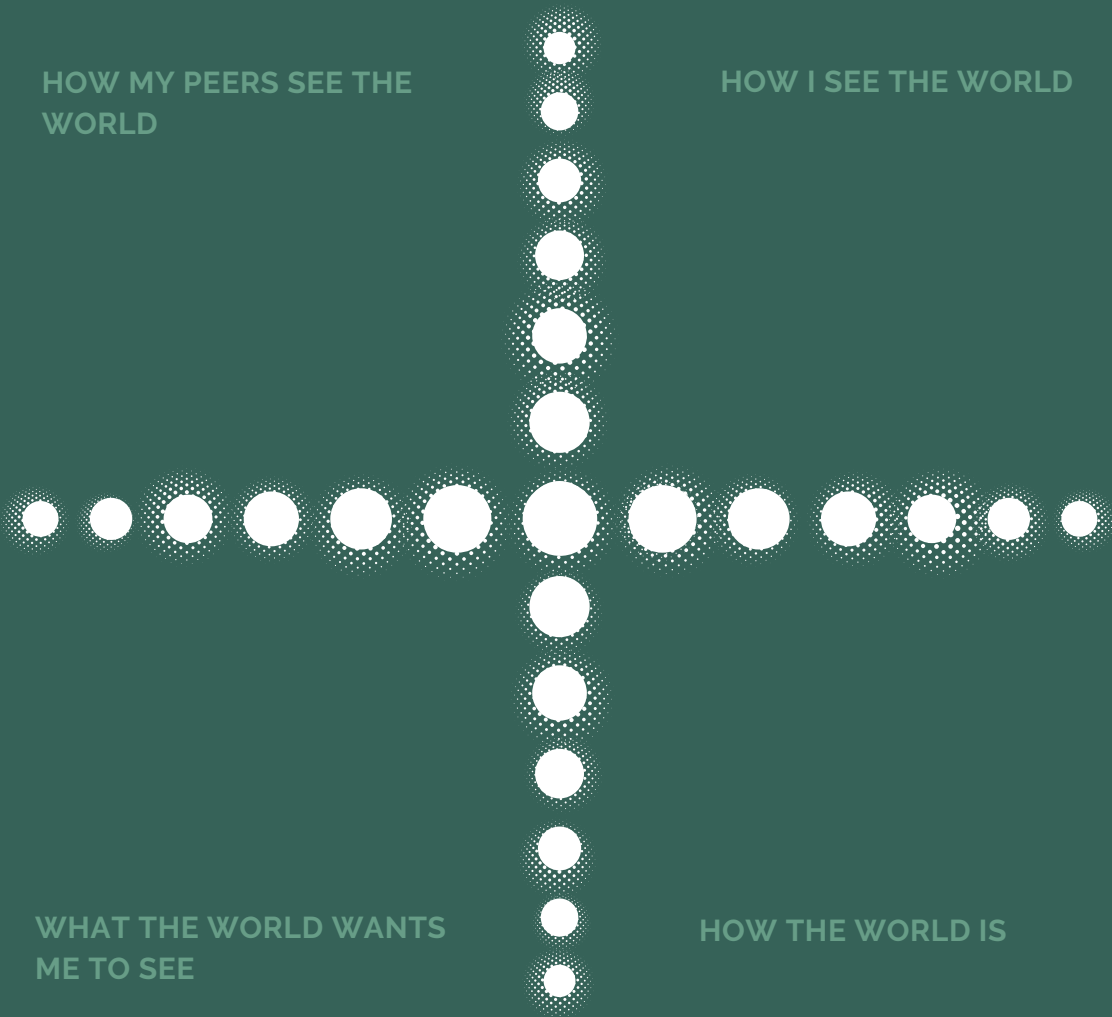
SATURDAY

SUNDAY

HOW MY PEERS SEE THE
WORLD

HOW I SEE THE WORLD

Working together requires collective understanding, write down what you understand about yourself and others that will increase your sense of wellbeing.



WHAT THE WORLD WANTS
ME TO SEE

HOW THE WORLD IS

WELLBEING GLOSSARY

EMOTIONS, PSYCHOLOGY AND BELIEF

OUR EMOTIONAL STATE IS THE FIRST TRIGGER FOR A PHYSICAL RESPONSE TO THE BODY - IT IS THE FIRST DOMINO THAT FALLS IN THE CASE OF BOTH WELLBEING AND DISEASE. DEPENDING ON OUR STATE OF MIND, HOW THE BODY UPTAKES THIS RESPONSE WILL HAVE A FURTHER IMPACT OF THE LEVEL OF STRESS THE BODY PRODUCES,

THIS LEVEL OF STRESS IS THEN COMPOUNDED BY OUR OWN PERSONAL BELIEF AND PERSPECTIVE OF THE SITUATION AT HAND. THIS ENTIRE PROCESS CAN HAPPEN WITHIN SECONDS OF AN EMOTIONALLY OR PHYSICALLY TRAUMATIC EXPERIENCE.

YOU CAN NOW SEE THAT MINDSET IS OF HIGH IMPORTANCE TO YOUR WELLBEING. UNDERSTANDING HOW THE MIND WORKS IS THE FIRST WAY IN WHICH TO CONTROL YOUR EMOTIONAL, INTELLECTUAL AND PSYCHOLOGICAL RESPONSES TO YOUR ENVIRONMENT.

SIMPLY PUT IT'S A 'THINK, FEEL, BELIEVE' - AND WHAT YOU BELIEVE TO BE TRUE, IN ACCORDANCE TO WHAT YOU THINK AND FEEL, ULTIMATELY IS. BOTH NEGATIVE AND POSITIVE. LEARNING MINDFULNESS AND RESILIENCE ARE TWO STRATEGIES THAT CAN KEEP THE THINKING PART OF OUR BRAIN PREDOMINANTLY POSITIVE.



SPIRITUAL AWARENESS

WE ARE ALL ENERGY BEINGS BEFORE WE ARE PHYSICAL ONES. LIKE ALL IN THE UNIVERSE WE ARE IN CONSTANT VIBRATING MOTION, ALIGNED WITH ALL VIBRATING AT THE SAME FREQUENCY AS OURSELVES AS SUCH, ACKNOWLEDGE THAT YOU ARE PART OF A WHOLE AND UNIVERSAL SYSTEM THAT IS INFINITE IN ITS INTELLIGENCE AND ABUNDANT IN RESOURCES.

WHEN YOU CHOOSE TO CONSCIOUSLY AND PURPOSELY TAP INTO THIS ENERGETIC FIELD AND BELIEVE YOURSELF TO BE PART OF IT, YOU WILL, BY VIRTUE OF YOUR BELIEF FIND A HIGHER PURPOSE AND MEANING TO YOUR LIFE EXPERIENCES. THIS SENSE OF UNITY AND BELONGING IS INTEGRAL TO YOUR WELLBEING.

ABILITY TO SELF HEAL

OUR ABILITY TO SELF HEAL RELIES UPON HOW ADEQUATELY WE TAKE RESPONSIBILITY FOR OURSELF, WHERE AND HOW WE SEEK VALIDATION AND BEING OBJECTIVE IN OUR EMOTIONAL AND PHYSICAL EXPERIENCES

SIMPLY, HOW MUCH SELF ESTEEM AND PERSONAL POWER WE BELIEVE IS AVAILABLE TO US INTIMATELY CORRELATES WITH OUR HEALTH AND WELLBEING.

ORGAN AWARENESS

BEING ABLE TO CONNECT A SYMPTOM TO THE AFFECTED ORGAN IS IMPORTANT FOR UNDERSTANDING YOUR BODY AND IT'S HEALING MECHANISM - RECOGNISING THAT EACH ORGAN HAS A CORRELATING EMOTIONAL OUT PUT FURTHER EMPOWERS YOU TO TAKE CONTROL OF YOUR HEALTH.



TAKING CARE OF YOURSELF

THERE ARE MANY WAYS IN WHICH WE CAN HEAL OURSELVES SUSTAINABLY ONCE WE HAVE IDENTIFIED OUR TRIGGERS AND RESPONSES. MINDFULNESS BEHAVIOURAL THERAPY, ENERGY HEALING, AND ART THERAPY ARE JUST A FEW OPTIONS THAT CAN BENEFIT THE HEALING PROCESS.

IMPORTANTLY, SEEKING MODALITIES THAT FOCUSES ON THE ROOT CAUSE OF DISEASE IS BY FAR THE MOST SUSTAINABLE AND LIFE AFFIRMING JOURNEY TO EMOTIONAL & MENTAL HEALTH AND WELLBEING.

PERSONAL EMPOWERMENT

PERSONAL EMPOWERMENT IS THE SINCERE BELIEF THAT YOU KNOW YOURSELF BETTER THAN ANYONE ELSE CAN, AND HAVE THE INNATE KNOWLEDGE AND CONFIDENCE TO HEAL YOURSELF IN WHICH EVER WAY YOU FEEL APPROPRIATE.

PERSONAL EMPOWERMENT IS THE EMBODIMENT OF 'KNOWING YOURSELF' FOR WHOLENESS, BALANCE AND HARMONY IN ALL AREAS OF YOUR LIFE. SEEKING PEACE AND SOLACE IN YOUR OWN UNTETHERED TRUTHS, AND GIVING OTHERS PERMISSION TO ACKNOWLEDGE AND EXPERIENCE THE SAME FOR THEMSELVES.



Empowered Health

Image: Rose Chalks



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