



Upstream update May 2018

Our vision is to work from both a proactive and reactive perspective, assisting people to attain and maintain wellness.

New Practitioner

DR ZOE STEELE

A big warm welcome to Osteopath Dr Zoe Steele. She has joined the Upstream team, consulting on Mondays, Thursday mornings and Fridays. Zoe graduated with a degree in Osteopathic Medicine at Southern Cross University, and also holds a degree in Psychology.

She has a particular interest in breathing control and postural issues, and treats any age, babies through to geriatrics! She is qualified in dry needling and holds a diploma and Cert IV in Clinical Pilates. Zoe is also available for dance assessments and manual breathing assessments and therapy. You can book online to see Zoe at: upstreamhealth.com.au or ring (08)8125 4830



Breakfast Bites

We are launching an exciting new initiative in June. Working in collaboration with Endeavour College of Natural Health, Upstream will host Breakfast Bites, a healthy proactive breakfast for people from the local community. Students and staff from Endeavour will source local healthy foods and provide nutritional information in a fun and engaging way.

The Physical Effects of Anxiety and Depression

Anxiety and depression doesn't just affect mood. Posture and other physical factors may play a part in our mental and emotional well-being. Click on the link below to explore this further.

<http://www.vibenaturalhealth.com.au/blog/massage-brisbane/back-neck-stretches/the-physical-effects-of-anxiety-and-how-osteopathy-can-help/>

An additional study <https://www.ncbi.nlm.nih.gov/pubmed/27494342> aimed to investigate whether changing posture could reduce negative affect and fatigue in people with mild to moderate depression undergoing a stressful task.

Engagement in Activity

One of the most important facets to mental health is the engagement in enjoyable activity. In an attempt to model this at our practice we encourage clients to contribute to jigsaws, knitting and diamond painting.



School Program

We are excited to extend our school program to Playford Primary School this term. Clinical psychologist Leah Tan will be working with parents, teachers and students in the school context to assist them in navigating difficulties they are experiencing. Providing in school support gives the added bonus of being able to work closely with the school's well-being staff and teachers as well as parents and students.

Our Practitioners

Clinical Psychologists – Karen Davies and Tim Fischer

Health Psychologist – Melissa Opozda

School Psychologists – Leah Tan and Rebecca Rossi

Clinical Social Worker – Jason Sargent

Osteopath – Dr Zoe Steele

Complementary Practitioner – Natasha Heading

Nutritionist/Naturopath – Faith Best

Booking online available at www.upstreamhealthsa.com.au

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