

THE BULLETPROOF COUNSELLOR

GRAEME BINT

PTSD

**SURVIVING
THE
SHITSTORM**

IMMEDIATE ACTION DRILLS
FROM
'THE PTSD SURVIVAL GUIDE'

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'PTSD Survival Guide by Graeme Bint'

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DEDICATION

"IN LOVING MEMORY OF MR GEOFF SALE.
YOU SIR, WERE A GREAT PARAMEDIC AND
A GENTLEMAN. SADLY MISSED"



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FOREWORD BY DION JENSEN

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FOREWORD

It is an absolute honour to support a brother-in-arms by writing this foreword.

Throughout Military history, New Zealand Soldiers and British Soldiers have stood shoulder to shoulder in total faith in each other's skills leveraging off 'the one true bond' that has stood the test of time: Love.

It is the love that we have for our fellow brother that stands the test of time, it is the love for our fellow brother that we willingly lay our life down for and any battle a brother-in-arms faces, we will call on each other and fight for each other.

This book is no different. It is written by someone who has walked into, through and out the other side of the darkness, who then willingly walked back in there to carry his brothers out.

This is where I met the author. I was also in the darkness carrying people out and we 'bumped' into each other. This short, skinny, funny talking Brit was carrying people out with a smile. No mean feat given the personal shitstorm he had just survived!

The author of this book, affectionately known as 'Binty' to those of us that know him, is someone we love, whose skills we trust implicitly. As a British Paratrooper he passed the same selection process that many British Special Forces Soldiers pass.

As a Paramedic, he was trusted with people's lives. As a Lifeline operator he was trusted with people's lives. And when I need to call on someone that I need help carrying out, I call on Binty.

This manual, a short succinct survival guide cut from his full book of the same name, is Binty's process for 'Surviving The Shitstorm.' It's factual. It's written from experience.

He is also a bloody funny twat! I can say that in full love. Black humour has kept many of us alive in our careers and I give you fair warning, that you will find a lot of that in this book.

That's the beauty of this man. In the darkest parts of himself, he always finds a way to have a laugh. And believe me, that is a superpower.

If you are lost in the darkness at the moment, I fully recommend that you read this book in ALL its components. This man has lived it. And he's saved lives other people couldn't save. Just watch out for your 'Inner Twat...'

Dion Jensen - Clinically endorsed author of '*The Good News About PTSD*'.



Chapter 01 The Shitstorm

*'And those who were seen dancing
were thought to be insane by those
who could not hear the music'.*

Friedrich Nietzsche

N.B. - There is no D in P.T.S.D. I refer to it merely as Post Traumatic Stress.

Immediate action drills - Military term for the best automatic, trained response to a threat - Usually a 'contact' situation (coming under effective enemy fire). A drill (response) so well practised it happens automatically by the whole team to effectively keep them alive. Let us replace 'Threat' with 'Shitstorm'.

What is The Shitstorm? - 'Multiple pieces of shit, moving around you at speed. Some hard and nutty, some sloppy and sticky, all of which stop you from seeing clearly and moving in the direction you want to move'. 'Dion Jensen'.

In the desert a 'Sand Storm', on the mountains a 'White Out' - But one thing is for sure it's shit, AND it's scary.

With P.T.S. when you are 'In the Shitstorm' you are in a 'bad place', reached rock bottom, going mad, suicidal, losing it, getting angry, can't go on, fighting, smashing things, screaming at your partner, screaming at yourself, self-medicating, can't think straight, crying uncontrollably, isolating, numbing out with drugs, you get the drift right?

THE SHITSTORM!

This short, easy to read manual is your I.A. drills out of The Shitstorm!

Why listen to me?

Please read the following story then I will explain. If you are not ex-military, please replace the subject with a suitable trade -

A soldier with P.T.S.D. fell in a hole and couldn't get out.

A Senior Non Commissioned Officer (N.C.O.) went by and the Soldier with P.T.S.D. called out for help.

The Senior N.C.O. yelled at the Soldier, telling him to suck it up, dig deep & drive on, and then threw him a shovel. But the Soldier with P.T.S.D. could not suck it up and drive on, so he dug the hole deeper.

A senior officer went by, and the Soldier with P.T.S.D. called out for help.

The senior officer told him to use the tools your senior N.C.O. has given you then threw him a bucket.

But the Soldier with P.T.S.D. was using the tools his senior N.C.O. gave him, so he dug the hole deeper and filled the bucket.

A psychiatrist walked by. The Soldier with P.T.S.D. said, "Help! I can't get out!"

The psychiatrist gave him some drugs and said, "Take this. It will relieve the pain."

The Soldier said thanks, but when the pills ran out, he was still in the hole.

A psychologist rode by and heard the Soldier with P.T.S.D. cries for help. He stopped and asked, "How did you get there? Were you born there? Did your parents put you there? Tell me about yourself, it will alleviate your sense of loneliness."

So the Soldier with P.T.S.D. talked with him for an hour, then the psychologist had to leave, but he said he'd be back next week.

The Soldier thanked him, but he was still in the hole. A priest came by. The Soldier with P.T.S.D. called for help.

The priest gave him a bible and said; "I'll say a prayer for you." He got down on his knees and prayed for the Soldier with P.T.S.D., and then he left.

The Soldier with P.T.S.D. was very grateful, he read the bible, but he was still stuck in the hole.

A soldier recovering from P.T.S.D. happened to be passing by. The Soldier with P.T.S.D. cried out, "Hey, help me. I'm stuck in this hole!"

Right away, the recovering Soldier jumped down in the hole with him.

The Soldier with P.T.S.D. said, "What are you doing? Now we're both stuck here!"

But the recovering Soldier with P.T.S.D. said, "Calm down. It's OK. I've been here before. I know how to get out."

Author Unknown

WHAT DID THE SHITSTORM LOOK LIKE FOR ME?

Damned ugly to be honest and It nearly destroyed me!

I would get angry at the smallest things, also sad and emotional and reach for relief from the bottle, which just made things worse. I was angry at the world, the corruption I'd seen, and the pure evil I'd witnessed. I'd lost my sense of humour, my drive and all tolerance.

I really couldn't deal with people's 'first world problems' anymore and wanted to throat punch everyone!

I had a subterranean bedroom at the time, and depression would have me curled up in the fetal position, for hours, days, sometimes weeks.

I became scared to go to sleep, knowing that the night terrors were waiting. They always picked up where they left off. They were terrifying and I'd often wake screaming, with the bed drenched in sweat.

I would lie in bed frozen with fear, as it became increasingly difficult to distinguish what was reality and what wasn't! A phenomena involving disruption in the brain centre involved in storing memory, more about this in a future publication.

The lack of sleep prevented my brain and body from healing and a slippery slope began.

Progressively I didn't know what was real, which was very scary. I actually thought I was going mad.

I had to kill people in my nightmares and I thought the police and army were after me. Obviously I withdrew and had no one to talk to.

I turned to self-medication to avoid the night terrors but of course this only made things worse.

Then, just when I thought things were really shitty, I started experiencing night paralysis. So now I was possessed by demons! Great, just what I needed!

Years later as a paramedic, I learned about night paralysis. I wish I'd known back then, as it was terrifying. Had I sought professional help; I wouldn't have had to endure this fear.

The alcohol hindered me eating and caused gut and digestion problems. Not to mention anxiety. I became somewhat agoraphobic, only leaving the house when forced to go and buy more junk food, something that also wasn't helping, as I was getting no nutrients. My health was declining along with my gut biome, which is where serotonin is produced and thus depression flourished.

In dark times I felt totally useless, literally no use to the world or anyone. Triggers caused rumination and flashbacks. I was permanently hyper-aroused and my nervous system was struggling to function. I was never in the present moment.

My family didn't understand and were sadly no help, condemning me rather than empathizing. I pulled away from them as I felt a burden on them.

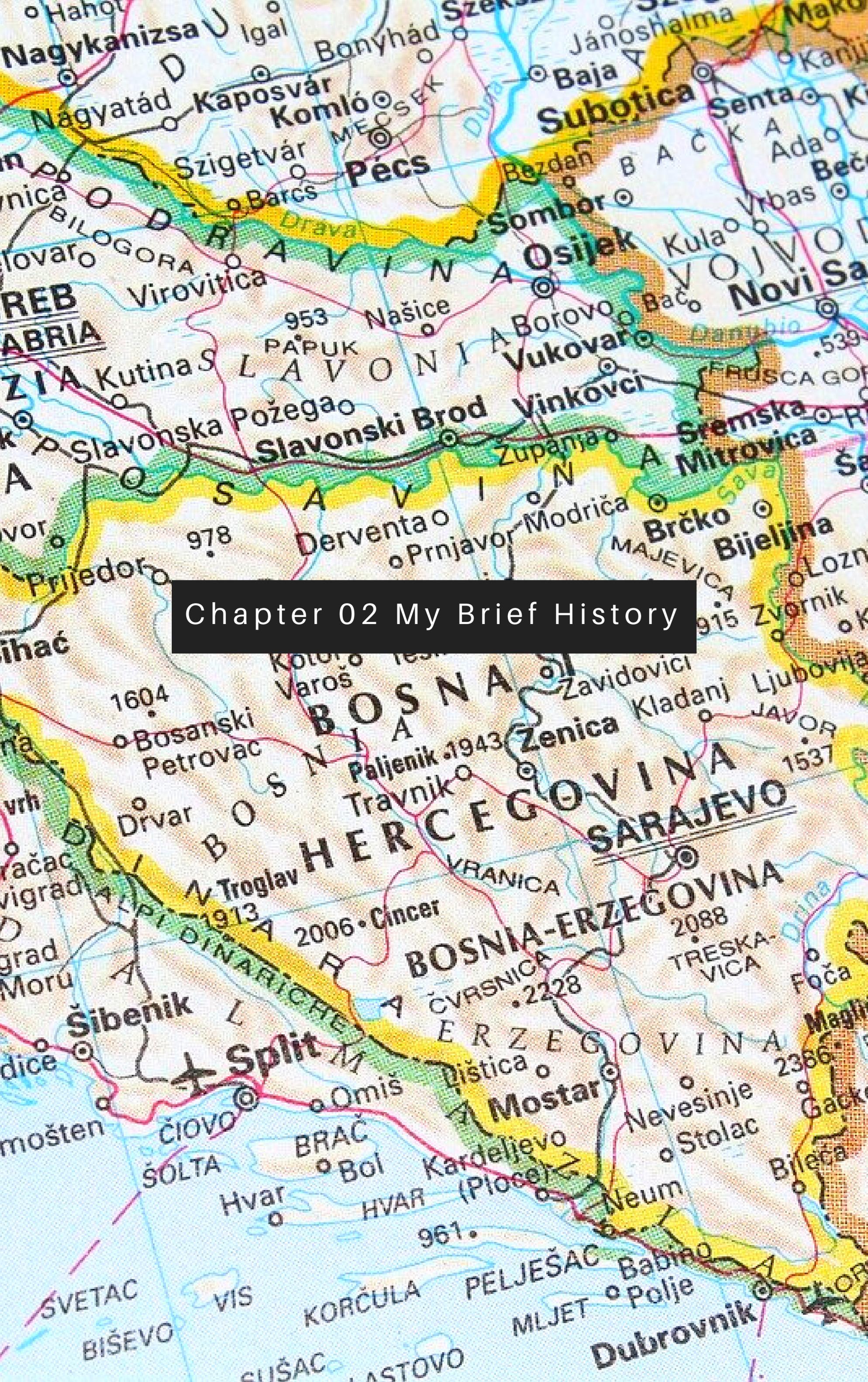
Suicidal ideation became a common thing, as I thought everyone would be better off without me around. And let's face it, I just didn't want to continue like this. I certainly couldn't see an end to it.

I described it as observing life through a fogged up shower screen. Of course, I was getting no physical exercise and very little fresh air or sunshine.

There was much more to deal with of course, however, I've written these phenomena in a specific order, which I hope you will recognize when you are through with this book.

Thank you, as that was a little hard to write my friends. However, I will wager you recognize some, if not all of them, maybe with your own nuances?

Later on when I thought I was better, it also sadly destroyed a good relationship with a beautiful woman. I'm glad she got away from me. She deserved better and gladly she went and found it. Consumed in trauma and anger, I was no good to her at the time. I wasn't fixed yet, far from it.



Chapter 02 My Brief History

Nagykanizsa U Igal Bonyhád Szekes
Nagyatád Kaposvár Komló MECSEK
Szigetvár Barcs Pecs
Baja Subotica Senta Kani
Adao Beč
Virovitica Našice A Borovo Bačo Novi Sa
Kutina S L A V O N I A Vukovaro
Slavonska Požegao Slavonski Brod Vinkovci Sremska
Derventa o Prnjavor Modriča MAJEVICA Brčko Bijeljina
Prijedor 978 915 Zvornik o K
1604 Bosanski Petrovac
BOSNIA
Paljenik 1943 Zenica Kladanj Ljubovija
Travnik
HERCEGOVINA SARAJEVO
Troglav 1913 2006 Cincer
VRANICA
BOSNIA-ERZEGOVINA
2088 TRESKA-VICA
Šibenik
Split
Omiš Dištica
ERZEGOVINA
Mostar
Nevesinje
Stolac
2366
Gacko
ČIOVO
ŠOLTA Hvar Bol Kardeljevo Neum
961
PELJEŠAC Babino
MLJET Polje
Dubrovnik
SVETAC VIS KORČULA
BIŠEVO
MASTOVO

MY BRIEF HISTORY

At 17, I engaged in a somewhat routine military career, with a couple of uneventful tours of Northern Ireland and the Gulf War, I refer to myself these days as a 'Cold War Warrior'.

I did, however, become a Paratrooper, passing the elite selection course, which I'm very proud of. This training played a significant role in my case, to get me out of The Shitstorm, when I was deep in the hole.

Following my military service, I became an Aid Worker in Bosnia during the war, delivering food, medicine and clothes to the areas most affected by the fighting. We had no U.N. protection, and I stayed for 3 and a half years with few breaks.

For 8 months I ran our distribution office in Sarajevo while the city was besieged and bombarded daily. Unlike U.N. protected charities, we lived like the locals, except, unlike the locals; we had access to food from our stores.

With my good friend Bill Carter, I co-filmed the award-winning film 'Miss Sarajevo'.

During this time, I experienced far too often, many 'close calls', which meant I nearly didn't get to write this book. Including a rather twitchy night held captive in a Chetnick army camp in Ilidža.

Our story features in Bill's excellent book, 'Fools Rush In'.

Needless to say, I saw and witnessed things no one should ever have to see and witness. But it was my choice; the locals, who I would learn to love, didn't have that privilege.

On return to the U.K. P.T.S. & depression set in, so I did what any sane person would do with P.T.S. and became a Paramedic! Right? Right??

After 5 years front line service I was lucky enough to immigrate to Australia, which is where my healing began.

I think the reason I didn't initially reach out to a professional is that I perceived psychology as a really complex subject and psychologists as complicated esoteric people. I have since realised through studying the matter professionally, that it isn't, and they aren't. It's really quite simple.

I often hear things like, 'How could they know what I've been through'. Well, they can't, but they have talked to many people who can.

But more importantly, they know how the brain works and how it can fool us. Trust the psychs as it's what they do.

Don't see them as psychologists, remove the stigma and see them as specialists. Like in the military when we went to a specialist for training in Close Protection for example, or as Paramedics when we went for specialist training in operating theatres to learn to insert airways with anaesthetists, (Specialists).

I had the luck to come across an excellent psychologist in Australia who was ex-US military (Ahead of the game). We started to unravel things; so much so, I decided that once I had fixed myself, I had found my vocation.

And here I am... (At last)

We also uncovered that I have Complex-P.T.S.D. from my childhood.

Many uniformed service personnel have experienced traumatic childhoods. We often join uniformed services to find a family or tribe. Thus we have a pre-disposition to P.T.S. It is actually considered our first human need to belong to a tribe, more of this in a later publication.

Now, I want you to pay particular attention to my next sentence, and I will put some of it in bold -

If you live with someone and you have P.T.S. without getting help, **they may contract P.T.S. from you!**

So please, I implore you, if you don't want to get help for yourself, **get help for your partner!** Be the hero in this situation.

If you don't have a partner fix yourself for the one that is sure to come along, OR for your family. Or just for me. Or for the dog, you are going to rescue.

Personal experience; and from what I have been told, tells me that when people are at the point of suicide, they don't really want to die. They just want the pain to go away. Suicide does not take away the pain; it just passes it to someone else.

Don't be that person.

See that 'pain' as a storm. It will pass, and blue skies will come again. I promise.

Believe me, friends, I have been in the hole so many times, and many times I just wanted the pain to go away. I still get a lump in my belly thinking about it! Being medically trained I certainly know how to do it, but I can tell you categorically right here, I'm so glad I didn't.

I am happy and at peace now, in a loving relationship and love my two fantastic dogs and giving back to society, which I find rewarding.

*'It doesn't matter who you love,
only that you love'*

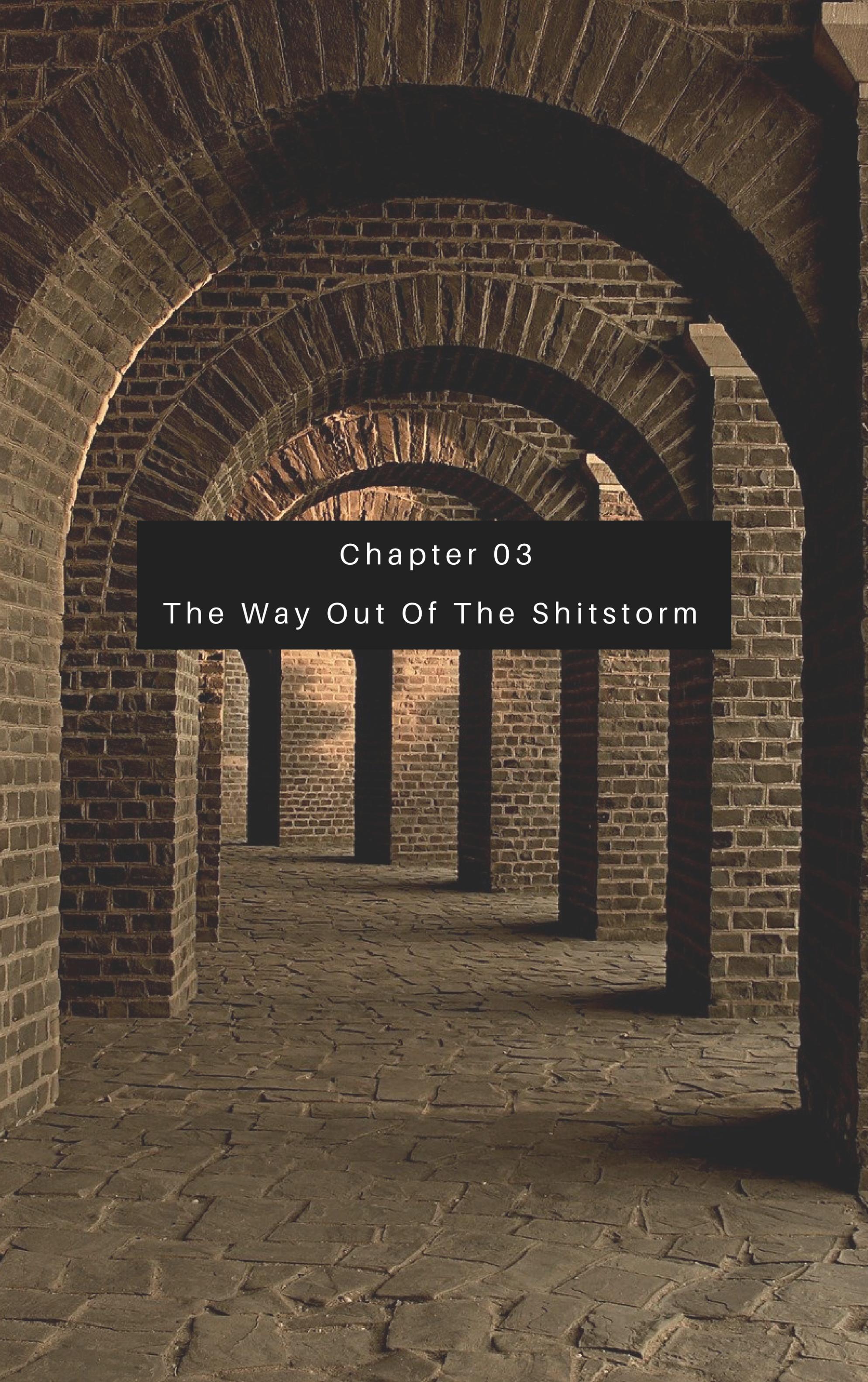
Albert Einstein

Go rescue that dog, it needs you.

Was it all plain sailing? Hell no! Did I make mistakes? Hell yes! Did I hurt other people along my journey? Sadly yes. Do I still experience mental health problems? P.T.S. no, but the black dog still sits at my door occasionally, but these days I just let him in till he gets fed up and leaves.

It's no longer a problem for me. I taught myself the skills I needed to deal with it.

These skills I am editing into an extended version of this book, and I will endeavour to publish it as soon as possible. In the meantime, this is how you get out of the 'Shitstorm'.

A long, dimly lit stone corridor with a series of arches and pillars. The floor is paved with irregular stone tiles, and the walls are made of dark, textured stone blocks. The perspective is from the end of the corridor, looking down its length. A black rectangular box is overlaid in the center of the image, containing white text.

Chapter 03
The Way Out Of The Shitstorm

THE WAY OUT OF THE SHITSTORM

Now I'm not going to bullshit you and say it's easy, I'm not going to say it's quick. It's systematic, holistic and a bit of an effort if I'm honest. The more you stick to my method, the faster and easier it gets, and you will gain momentum - BUT YOU HAVE TO WANT TO DO IT! No victim mentality in my world, I'm afraid.

Twat warning - I just used a wanky word: 'Holistic', stick with me here, I will explain later. Don't let your 'inner twat'; we all have one, put you off. Especially you hairy arsed, tattooed, muscle bound, ex-military dudes. You're reading this for a reason right?

If you like, just replace it with 'Reset'. Let's reset destructive behaviors for healthy ones, till we balance - 'Homeostasis'.

Self Esteem Catch 22 - One by-product of trauma can be very low self-esteem. This lack of self-confidence can lead to people believing they are not good enough to function even if they were mentally healthy. Thus they stay addicted to the trauma and don't want help. This is incredibly sad and in no way correct.

If you believe this of yourself, I challenge you to go through my process and feel the change, what do you have to lose?

How am I so sure this method works? It helped me, and trust me, I was a frigging train wreck!

I've also successfully coached many others out of the storm using it, people from all walks of life and from a variety of trauma, no trauma being worse than any other.

OK, here we go team - We all love a good acronym, right? - ABC - SAD ME (Good innit?)

A - Accept - This is a physiological condition, which can be treated, and you will beat it.

B - Battle buddy - Employ a battle buddy.

C - Contract - Make a contract to carry out the next principles religiously.

*

S - Sleep - Do it right

A - Alcohol - Control it

D - Diet - Change it

M - Meditate - Do it

E - Exercise - Get some

Chapter 04 Accept



ACCEPT

There are two things I don't accept. One is that Post Traumatic Stress is a disorder; I believe it's a response. The second is that P.T.S. is a psychological condition. I know that may sound a little crazy (Excuse the pun).

I believe it's a physiological condition. Let me explain.

If you go to the doctor with the flu, he doesn't ask you how you contracted it. There are a series of common symptoms that fit the ailment, and he prescribes the necessary treatment.

Well, it's the same with P.T.S.

In all my experience in counselling, I've found that however, a person contracts P.T.S., it manifests much in the same way. This suggests it must be a physiological condition.

P.T.S. is the body's normal response to abnormal circumstances.

Accept this, and you can remove the stigma and start to talk about P.T.S. matter-of-factly the same as if you had; say, diabetes.

Also, I'd like you to start to wear your P.T.S. as a badge on honour, be proud of it, you have earned it my friend. Consider it a well-earned scar. It shows that you have been in the arena. Or that life's ugly side has not beaten you, and that you can stand tall with honour.

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again because there is no effort without error and shortcoming”.

'Theodore Roosevelt'



Chapter 05 Battle Buddy

BATTLE BUDDY

I first came across the term 'Battle Buddy' in Dion Jensen's excellent book - 'The Good News about P.T.S.D.'.

I highly recommend this book, especially if you are in the Shitstorm. It's an easy read. Although predominantly military-based, you can change the characters and message to any occupation or trauma.

You can find Dion's book available for free, along with some similar counsellors to myself on our 'P.T.S.D. Solutions Website'.

www.thegoodnewsaboutptsd.com

So what is a Battle Buddy?

Before 'Battle Buddy' I would use the term 'Confidant'.

Find a close friend or family member who you can contract to be your 'sounding board'.

However, you need to make a 'Contract' (pact) with this person that you will both be brutally honest.

This person needs to be non-judgmental, while also having the strength to call you out on your bullshit should it be necessary.

You need to check in with this person regularly and report how you are. The old adage 'a problem shared is a problem halved', really is accurate, and you know this person has your best interests at heart, while remaining confidential.

You will have ups and downs; times you are not firing on all cylinders, this is OK.

There may also be times you just don't want to reach out to anyone. Try developing a code system with your Battle Buddy, so you can let them know you are OK.

DO NOT be afraid to phone Lifeline, or similar organisation, if you feel the need to, or your Battle Buddy is not available. Especially, if you are experiencing suicidal ideation (thinking about suicide).

Another great resource is 'Redsix'. This fantastic app developed by my friend Michael Handley, puts veterans in touch with Battle Buddies. You can download it here - www.redsix.com.au - There is no need to do this alone team.

I spent years volunteering for Lifeline and had many a long, effectual and humorous, yes 'humorous' chats. Always leaving the caller in a far better place than before they called, along with some tools and support networks to help them move forward.

There's no reason we can't treat a serious subject with some levity. Things can be dark enough; humour is often a key to connection and communication, especially for uniformed services.

I remember talking to many people who had no hope, who felt lost and alone, who had received life changing or even life-threatening news and had nowhere else to turn. Sometimes I just had to say, "I have no idea what that must be like". However, in the end with empathetic responses and genuine connection, these conversations ended with them feeling a little lighter having shared their concerns with someone who was right there with them, albeit a stranger.

Many nights I would return home and hug my partner extra tight, open a beer and say to those anonymous voices whom had become friends earlier - "Cheers and good luck".

If you don't connect with the person who answers, hang up and call back again later, until you get someone you resonate with.

I knew some excellent people at Lifeline, many having lived experience.

Personal story

Twat warning! If you have never been front line staff, your inner twat may come out again here. Please keep it under control, this is my truth, this is how I worked, and helped many, many people by operating from an authentic and honest place.

Believe me, it works, and it energized me to continue to operate from this truth.

- Called to a suicide job one night as a paramedic, with my long-term crewmate, we arrived at the address and knocked on the door.

A somewhat distressed and overweight man answered in his mid-thirties with what looked like rope burns around his neck. After ascertaining his name (Let's say John) he led us to the kitchen.

On route, we observed a snapped rope hanging from the attic with a frayed end.

On the kitchen table laid a noose with matching frayed end.

My partner and I looked at each other, seemingly asking. 'Who's gonna say it'? I took the lead, "John, I'm afraid next time you're gonna have to buy a thicker rope mate"!

We all burst out laughing. We spent the next hour drinking tea, laughing and talking with John, even being rude enough to suggest he may want to eat a few salads before he tries again.

The point is, we treated John totally regularly and he really appreciated it. We left him in a happy mood, having been listened to and respected. He promised us he would visit his doctor and seek the right help.

I am convinced to this day; John never made that second attempt and has probably recited this story to someone else, possibly someone in a dark place.

Remember what we said in 'Accept' - Remove the stigma, and you don't have to travel this journey alone.

Can't find a Battle Buddy? Reach out to me, seriously you won't be the first, I've got your back if you need.

Once you get out of the Shitstorm with your Battle Buddy, this is the time to seek professional help and really do the substantial work to build your resilience.

Good luck I wish you well - You got this.

A close-up photograph of a person's hands signing a document. The person is holding a black and gold pen in their right hand, writing on a white sheet of paper. Their left hand is resting on the paper to the right. The background is blurred, showing other people in a meeting or office setting. A black rectangular box is overlaid on the center of the image, containing the text "Chapter 06 Contract" in white.

Chapter 06 Contract

CONTRACT

A contract in counselling is a mutual agreement between a therapist and a client to accomplish clearly stated goals.

It can also be an adult commitment to one's self and/or someone else to make a change.

It is a simple but effective tool.

You can make a contract with yourself or your battle buddy. You can discuss it, or as I recommend, actually write it down.

Or just keep it in your head, and make it your mantra.

It really does help.

I'm giving you the tools in this short book, and I know they work; I have employed them myself a few times.

Print them out or write them down if it helps, and write a timeline.

Ask your Battle Buddy to assess you at intervals, as it's easier for them to gauge. Just like watching a friend's puppy grow, as they don't really notice it right?

Think about this, you have already survived all your worst days so far, and you are still here. You now have the tools to make things better and leave all those dark times in the past.

Grab the Bull by the horns, my friend.

You got this, smash it out the park.

By the way, when you are firing on all cylinders again, I would genuinely love to hear from you.

A woman with long dark hair is lying on her back on a bed, looking up at the sky. She is wearing a light blue tank top and is partially covered by a light-colored, textured blanket. Her arms are resting on her stomach. The bed is positioned outdoors, with a calm blue ocean in the background. In the distance, there are several mountain peaks under a bright blue sky with scattered white clouds. The overall atmosphere is peaceful and serene.

Chapter 07 Sleep

SLEEP

In my conversations with clients, sleeping problems is one of the most common complaints I come across.

Sleep is when the body and brain repair themselves. Let that sink in because it's one of the most important things I can tell you.

When I was experiencing the height of my P.T.S. and depression, I thought the only way to find sleep was through self-medication! I developed a very unhealthy relationship with alcohol. But that's the next section...

One of the reasons I took this path was my absolute fear of sleep, knowing that the night terrors were waiting. Although being in a state of comatose often kept them at bay, I would wake far too early with a debilitating hangover to deal with. In the long run, it made things far worse.

The first thing to understand is that alcohol negatively affects sleep! I know it's a hard one! Let's take a look at how sleep works.

Sleep Cycles

During the night we pass back and forth through specific sleep cycles, they are;

Stage 1 - Light sleep. Muscle and eye activity slow down, muscle twitching may occur.

Stage 2 - Breathing and heart rate slows down, and our body temperature drops.

Stage 3 - Deep sleep, the brain generates delta waves.

Stage 4 - Very deep sleep, rhythmic breathing, limited muscle activity, delta waves.

Stage 4 - R.E.M. (rapid eye movement). Brainwaves speed up, and we dream, and many of our muscles used for movement are paralysed.

So how can you improve sleep?

First off, after consulting your doctor (I have to say that), I recommend you start taking the following supplements -

GABA

Gamma-aminobutyric acid or GABA is a neurotransmitter produced by our bodies to promote relaxation. It actually does this by inhibiting over-excitation of the brain, especially during times of high stress.

When we experience P.T.S. and hypervigilance, etc. it would make sense that the body struggles to keep up with its GABA production.

Reduced levels of GABA have been linked with neurological disorders such as anxiety, depression, and insomnia. Interestingly, these are all co-morbid conditions of P.T.S.

Research is presently linked with GABA for assisting 'Attention Deficit Hyperactivity Disorder' (A.D.H.D.) and we know that jobs that have high P.T.S. risk attract A.D.H.D. types. The military is full of A.D.H.D. types, and they make excellent soldiers.

I suggest taking GABA along with P5P - The active ingredient of B6. (if you take it in P5P form it doesn't need synthesising in the liver), magnesium and Zinc, which will also enhance GABA.

Foods that help - Green Tea (Camellia Sinensis), bananas, whole grains, green leafy vegetables, fava beans, tomatoes, sunflower seeds and miso soup.

N.B. - Avoid if pregnant or breastfeeding. If you are taking other medications, especially anti-depressants, consult your G.P. first. Start with a low dose and build up till you find it useful, a too high dose may have a negative effect.

Take on an empty stomach.

Magnesium

It's a given that we all need more magnesium, it can also help with sleep. It does this by stimulating the parasympathetic (calming) nervous system.

Magnesium can help to regulate neurotransmitters and hormones like melatonin, which governs our sleep cycles.

Magnesium actually aids deep (restful) sleep.

Magnesium comes in many types, I recommend using Magnesium taurate as together they have a calming effect.

Taurine may also help prevent anxiety and depression.

Or, magnesium-threonate.

And good old Epsom salts in a bath is another great way to get magnesium.

Interestingly, being magnesium deficient can cause sleep difficulties and insomnia. So it makes complete sense to take this easy course of action.

It's also interesting to note that people who often have a magnesium deficiency, also have digestive disorders. This can be caused by depression and drinking heavily (self-medicating).

Now you see how everything interacts and the importance of a holistic approach!

Right foods for Magnesium - Fatty fish like mackerel, tomatoes, watermelon, sunflower seeds, sesame seeds, almonds, cashews, avocados and spinach.

Again, if you are on any medications, please consult your doctor before taking magnesium.

Onto your sleep regime -

The key to good sleep is to keep as close to the 'Circadian Rhythm', or your natural body clock as possible.

This basically regulates between light and dark times of the day and has excellent health benefits.

The body releases the sleep hormone melatonin around 9.00pm, which triggers the body to rest. It stops the release of melatonin around 7.30am.

Ideally, you want to set your sleep and waking times around this time scale.

Although challenging for some, it will pay dividends eventually, and your mental health is what we are concerned with at the moment.

It's beneficial to allow as much light back into the room in the morning or better still take a morning stroll (dog walk).

Make sure your bedroom has absolutely no artificial light inside it or leaking in from the outside.

This includes small electrical L.E.D. lights on appliances. Tape them over.

Leave your mobile phone and devices outside your bedroom at night. Buy an alarm clock, preferably a light therapy alarm clock such as the 'Philips Wake-Up Light Alarm' (HF3520).

Use your bedroom for sleep only, so if you want to read, do so outside of your bedroom.

Do not look at any screens, especially blue screens after 9pm. They will disrupt your melatonin release and affect the repair of our cells, including D.N.A. repair, which happens when we sleep.

Go to bed and get up at regular times, your body will get used to it, quicker than you think.

Try to eat your last meal around 6-7pm and if possible, make it less calorific than your lunch. An obvious one, but cut out caffeine! That's not just coffee but also tea and many soft drinks. If you can't cut it out altogether, at least don't have any after midday.

Get some fresh air and exercise during the day. If you are like me, with paratroopers back and knees, swimming or cycling are excellent forms of low impact exercise. I also have a rowing machine for the wet season.

If you don't have a dog to walk, I sincerely recommend getting one; the benefits go far beyond just exercise.

If you find you have trouble getting to sleep, try to enjoy going to bed. Enjoy the comfort and learn to relax your body correctly. Scan your body from head to toe, relaxing fully all your muscles as you go. This simple process gets your body ready to rest. Do not worry whether you will sleep or not, focus on relaxing your body.

As silly as it may sound, I sometimes make the slightest of smiles on my face, which seems to fool my brain. I also sometimes simulate R.E.M. (Rapid Eye Movement) and slight twitching to trick my mind too. It actually works.

I also listen to theta and delta wavelength music, either through headphones or Bluetooth speaker, often half an hour before going to bed.

At the time of writing, I've found [this meditation](#) is particularly useful to listen to when I go to bed.

Another useful tool is listening to audiobooks as they help to prevent rumination. I recommend 'A.B.C. of better sleep' by Max Kirsten. You can find it on SoundCloud, audible.com, Amazon and iTunes at the time of writing.

There are also many great sleep apps these days, at variable cost and come down to trial and error.

I suggest putting them on a tablet rather than your phone and disabling the phone ability on the tablet, so as not to be interrupted.

Brainwaves

Our brains run on 5 electrical patterns or brainwaves, each having their own function.

They are - Delta, Theta, Alpha, Beta and Gamma.

Our brains utilise the necessary wavelength for what we are doing; however, we can influence our minds with specific 'wavelength music'. For instance, I am presently listening to Alpha wavelength music as I write this. It helps me to relax while boosting my creativity. It's also believed to reduce depression.

At other times I will listen to gamma wave music, and at night I listen to delta and theta wavelength music.

A fundamental rundown of wavelengths -

Gamma - Processing information, learning and memory.

Beta - Attention, cognitive thinking, learning.

Alpha - Calm, relaxing and creative.

Theta - Occurs during sleep and deep meditation and relaxation.

Delta - Occurs during deep sleep. Can help us get to sleep and have a more restful sleep.

There are many apps with brainwave music; it's worth downloading a few and seeing how they affect you.

There are also albums and many YouTube videos.

At the time of writing, I listen [to this](#) nearly every night.

Sleep medication

On a final note, I don't recommend sleep medications. But there are many natural products on the market. A good naturopath can steer you in the right direction.

That said I have taken diazepam in the past and it did help for a short period. But then, it started to have adverse side effects, perhaps, if had I implemented these measures at that time, I may not have needed them.

I fully understand these measures are not easy to follow religiously. But I encourage you to do your best, at least till we can get you out of the Shitstorm.

I recommend giving it a try for 2 months and assessing any change. I'm confident you will start to notice a change and will be keen to keep the momentum.

With all these sections, please remember you have to want to change.

www.iherb.com

A close-up photograph of a hand holding a faceted crystal glass filled with a golden-brown liquid, likely whiskey. The hand is positioned in the lower half of the frame, with the fingers gripping the glass. The background is blurred, showing what appears to be a bar or restaurant setting with warm lighting. A black horizontal bar is overlaid on the image, containing the text "Chapter 08 Alcohol" in white.

Chapter 08 Alcohol

ALCOHOL

OK, the big hairy, scary one, let's do it.

First off some basic psychology, (I know some of that shit).

Cognitive dissonance is the mental discomfort (psychological stress) experienced by a person who holds two or more contradictory beliefs, ideas, or values.

This discomfort is triggered by a situation in which a person's view clashes with new evidence perceived by the person.

When confronted with facts that contradict beliefs, ideals, and values, people will find a way to resolve the contradiction to reduce their discomfort.

I'm not gonna bullshit anyone in this section, but I am gonna tell it straight.

It's up to you how you use this information, it's a bloody hard subject, especially if like me you learned to drink heavily at the age of 17 in the military, where it was not just encouraged, but expected.

Three things got one an excellent reputation in the military, the amount you could run, drink or fight!

Every occupation I have worked in that has high P.T.S. levels, goes hand in hand with heavy drinking! Maybe it is a chicken and egg thing.

In his excellent and amusing book, 'Kick the Drink Easily' author Jason Vale states that there is no such thing as an 'alcoholic', only a society addicted to the drug alcohol.

I'm no expert in addiction, and it's not the focus of this section, but I highly recommend Jason's book if you are experiencing problems with the grog.

The author Johann Hari's stance on addiction in my opinion is very accurate. He can be viewed on YouTube and TED.com. What I do know is like most; I drank to escape the reality of past pain. Not to mention, it was often to slow my brain down too.

So the first thing to look at is what alcohol actually does to our brains so we can understand it from a systemic viewpoint.

Alcohol affects the GABA/Glutamate (neurotransmitters) balance. 'Our old friend GABA'. In very basic terms, alcohol initially increases GABA, thus produces a calming effect. But this causes an imbalance with glutamate, which is an excitatory neurotransmitter.

Insulin is released to try and manage this imbalance and control our blood sugar levels.

After drinking, GABA is depleted and glutamate spikes, which leads to a state of anxiety.

Alcohol also increases noradrenalin, another neurotransmitter that influences our 'fight-flight' response.

Here's a fun little twist: alcohol also *increases* the release of dopamine in your brain's 'reward centre.' (Ventral striatum).

By jacking up dopamine levels in your brain, alcohol tricks you into thinking that it's actually making you feel great (or maybe just better if you are drinking to get over something emotionally tricky).

The effect is that you keep drinking to get more dopamine release. Still, at the same time, you're altering other brain chemicals that are enhancing feelings of depression.

Research suggests that alcohol's effect on dopamine is more significant for men than women, which may account for men drinking more than women on average.

In my opinion, all addiction is to do with hormones like dopamine and not the subject of the habit. Thus, learning how the brain works helps by not letting it trick us.

A quote I once read - *'If you have an addiction for long enough, it's the addiction that becomes addictive, not the subject of the addiction'*.

You got this, but only you know how to, so do a little research and find what suits you.

Cannabis

Just a quick add on - For those who replace alcohol with marijuana, please know this.

Stay the hell away from the new hydroponically grown marijuana out there. You know the stuff with silly names.

Marijuana contains T.H.C. or Tetrahydrocannabinol - T.H.C. is the active psychoactive ingredient that gives you the 'high'. (The word 'psychotic' derives from psychoactive).

It also contains an equal amount of CBD or Cannabidiol. CBD is the active anti-psychoactive ingredient. Good old Mother Nature's 'yin and yang'.

Interestingly the cannabis plant can only contain these two components to a maximum of 100%.

So when it is hydroponically grown, and injected with steroids and fed on battery acid, or whatever is done to it to boost the T.H.C. levels to 90% (the psychotic part). The plant can only contain 10% of CBD - the anti-psychotic component.

I don't need to explain any further, do I? If you have to go there at all, go 'bush' (Natural).



Chapter 09 Diet



'The problem is, we are not eating food anymore. We are eating food-like products'

Alejandro Junger
- Hungry for Change

DIET

Probably a subject not often considered when contemplating P.T.S. or mental health. Although hugely important, sadly, it's only too often overlooked!

I cannot stress the importance of a healthy diet enough, especially for mental health.

The body and brain run on the fuel you provide for it. You wouldn't put muddy, watered-down petrol into your car would you?

I ask you to consider this section carefully and while it most certainly advocates cutting out the crap, remember we are fighting P.T.S. holistically and organically.

When you are again firing on all cylinders, by all means, hit the take-aways once again.

However, I have a sneaking suspicion you will only do so with discretion.

The first thing I would like you to do is watch a documentary named - 'Food Matters'. At the time of writing, it is available on YouTube.

Next, listen to [this podcast](#) of David Gillespie talking about sugar and then join his web site.

Then give up sugar

In a nutshell, sugar is an addictive slow-acting toxin. It tricks the brain into staying hungry and also causes inflammation - inflammation causes disease.

Don't get me wrong here, giving up sugar is not easy, there's an unpleasant period of approximately two weeks when you may go cold turkey. What does that tell you?

Once you have cracked it; however, it's like night and day, and you will no longer crave sweet things or be gratuitously hungry. Weight will drop off you, your taste buds come back to life, and you'll feel great.

Since I gave up sugar some 9 years ago, I have not been ill once. Not a cold or the flu - Zip!

The only exercise I get these days, due to shot back and knees, is an evening stroll with the dogs.

Eat as much raw food as you can, preferably organic.

The way I do this is with a daily Smoothie. I literally consider it my fuel for the day. It's so easy too.

Get yourself a Magic Bullet or similar processor and cram it full of good stuff daily.

This is what I generally eat daily in my Smoothie;

A handful of baby spinach leaves

Half an avocado

Half a punnet of blueberries

Watermelon (or pineapple)

One grated carrot

One banana

Half a lime (alkalinity)

As much fresh ginger as I can cram in

Walnuts

One teaspoon of coconut oil (WD-40 for humans)

Topped up with coconut water.

I remember David Attenborough being asked in an interview his best piece of advice for travelling around the world. He replied, 'To consider food purely as a fuel and not as a pleasure'.

Probiotics

The majority of serotonin is produced in our gut. The secondary function of serotonin is to act on the smooth muscle in the bowel, not many people know that. This includes some doctors that I've met.

If we are struggling with our serotonin levels, the gut will struggle to assimilate nutrients... you can see where this is going right?

Also, we actually have a gut-brain. We do honestly!
'Follow your gut'. 'A gut feeling'.

We have the same amount of neural cells and ganglia in our gut, as a cat's brain! Look after your gut, and it will look after you.

We also strip away our good bacteria with processed foods, trans-fats, alcohol and medications, leaving those nasty bacteria from that advert on T.V.

Take a good probiotic, I recommend 'Bio Trust Pro x10' from the Internet.

Natural sources are any fermented foods like pickles, sauerkraut (YUK), olives, tempur, miso soup. Some yoghurts but be careful of the sugar!

Anti-Inflammatory Diet

Systemic inflammation causes elevated cortisol levels. If we can naturally decrease inflammation in the body and minimise stress, reduced cortisol levels should follow, resulting in decreased chronic disease risk and improved wellness.

Like any diet designed to manage a condition, there is no one perfect anti-inflammatory diet.

However, based on known properties of foods and clinical research, we can devise a generally low-inflammatory diet and tweak it over time.

Obviously, maximising the anti-inflammatory foods and minimising the pro-inflammatory ones is a big step toward controlling inflammation.

Incidentally, dietary strategies for managing inflammation may also help with adrenal support in general. Since diet can directly affect adrenal burden (e.g. cortisol is released in response to metabolic demands).

Since lifestyle factors are generally the most significant modulators of inflammation, nutrition can make a huge difference in our overall health.

The following is a general list of diet and lifestyle factors believed to be the most significant contributors to inflammation:

- High glycemic load
- Trans fatty acids
- Caffeine
- Alcohol in excess
- Insufficient intake of micronutrients and antioxidants
- A low-fibre diet
- A sedentary lifestyle; and being overweight

To minimise inflammation, I recommended the following:

- A low glycemic load diet
- Elimination of trans fats and minimal intake of dairy
- Elimination or reduction of caffeine
- Alcohol in moderation or not at all
- Boosting consumption of whole plant foods to maximise absorption of fibre, antioxidants, and phytonutrients: with vegetables, fruits, whole intact grains, nuts, seeds, and beans.
- Meeting recommended intake of omega-3 fatty acids (maybe best measured as a ratio to omega-6 fatty acids).

- Regular exercise
- Probiotics

One of the take away messages I got from watching Food Matters Is how we generally overeat Omega 6 in a western diet and not enough Omega 3, which is thought to add to chronic disease. Ideally, we should eat 4:1 Omega 3 to omega 6.

The best way to correct this imbalance is to avoid vegetable and seed oils high in omega 6, use olive oil on raw foods and Macadamia oil for cooking.

Eat animal foods high in omega 3, which in today's world means choosing grass-fed meat.

Eat more seafood, especially fatty fish like salmon and sardines.

Take a good supplement of cod's liver or krill oil.

Avoid take-away food, as you have no control over it.

What you have read so far I consider essential in your fight against P.T.S. forward from here is just generally good advice.

- Eat more wild-caught fish, especially small oily fish like sardines and mackerel
- Eat less meat, it's not good for your digestion and affects many things, including your gut biome and sleep
- Try not to eat processed food, get back to real food

- Eat as much raw food as you can, like salads
- Avoid tea and coffee after midday
- Try not to mix carbs with proteins – the body will always process the protein first and thus store the carbs as fats
- Avoid 'diet' foods, due to the excess sugar they contain to make them palatable
- Don't stress about saturated fats
- Use only Macadamia Oil for cooking – Other oils, including olive oil, turn rancid when heated
- Avoid trans fats (inc oils) like the plague
- Eat lots of raw olive oil
- Eat a Mediterranean diet as much as you can
- Enjoy food, eat slowly without distraction and be mindful of what you eat
- Avoid alcohol with food; the body will always try to process the alcohol (Toxin) first while storing the food as fat
- Avoid energy drinks. Often they are stored in warm places, which actually can turn them toxic
- Eat more fibre.

A recent study from Deakin University found that eating vegetables, fruits, whole grains, legumes, fish, lean red meats, olive oil and nuts. While reducing their consumption of unhealthy foods, such as sweets, refined cereals, fried food, fast-food, processed meats and sugary drinks, may reduce the effects of depression.

References – Professor Felice Jacka, Director of Deakin's Food and Mood Centre.

I could talk about diet all day, but I think we'll leave it there.

However, I would like to give you a personal example to highlight why diet is so essential.

Also, why you should be cautious of the medical model. *(Important - If you are on statin medications for cholesterol, please do your due diligence and consider coming off them. Research Dr. Aseem Malhotra and Dr, Natasha Cambell-McBride in this regard).*

I highly recommend getting a 'Hair Allergy Test' - Find them online. I used these guys - www.allergytestaustralia.com

It's a great way to find out what may be harming you. I had phenomenal success with it.

Personal story

I had a list of really horrible and debilitating symptoms for 8 years, which were progressively getting worse -

- Stomach cramps/pains and bloating
- Constipation and diarrhoea
- Excessive flatulence
- Headaches and brain fog
- Depressive episodes and anxiety
- Tiredness and fatigue
- Joint pain
- Itchy skin rashes
- Respiratory problems
- Weight gain

When I could no longer run a kilometre without stopping for breath, I went to my doctor.

He ignored all symptoms except my shortness of breath, declaring I must be Asthmatic. I did not agree, he didn't listen when I explained it feels more like my diaphragm being impeded due to bloating.

I also explained that it was always worse after drinking substantial amounts of alcohol.

He put me on cortisone inhalers, which I didn't like. A case of the cure being worse than the disease, but I agreed. On my return two months later, my lung function was reduced.

He increased my inhaler dose. I threw it in the bin and did an allergy test. The results came back negative to quite a few things, but the most important were hops and gluten. I gave up gluten and found gluten-free beer. In one month, I lost 15Kgs and felt fantastic.

Every one of my symptoms cleared up 100%, and my brain was clear for the first time in a long time.

On returning to my doctor, my lung function had improved by 20%. He was shocked, but said 'Carry on then'. BOOM!

These days, I recommend just giving up gluten entirely for two months and see how your body and mind respond to it.

You can do this.

A vertical photograph showing the silhouette of a person sitting in a meditative pose on a beach. The person's hands are held together in a prayer position (Anjali Mudra) in front of their chest. The background is a bright sunset over the ocean, with the sun low on the horizon and its light reflecting on the water. The sky is filled with soft, golden light and some clouds. The overall mood is peaceful and contemplative.

Chapter 10 Meditation

MEDITATION

Don't worry, I'm not going to get all 'Hippy' on you here.

Recent neuroscience studies have suggested that meditation; especially Mindfulness Meditation may actually change the structure and functioning of the brain.

Evidence suggests it can have a positive effect on the amygdala, within the limbic brain region.

The amygdala acts on attention, emotional control and self-awareness. Not to mention that this tiny part of the brain, which also controls our old friend 'the fight/flight response', one central player in P.T.S.

N.B. During military training, your flight response is systematically removed. You're no use to the military if you run away. Unfortunately, it's not replaced when you leave.

The amygdala and hippocampus work together to organise memory.

Often, people experiencing P.T.S. have a hyperactive Amygdala, along with a reduced Hippocampi.

This basically causes memory to get filed incorrectly especially in the past and present time frames.

This is what causes intrusive memories and 'flashbacks', and can prove very distressing to one experiencing it and trying to rationalise it. These painful memories cause the amygdala to stay hyper-aroused... of course; they do, and back again to our old feedback loop.

Remember me saying the brain isn't perfect.

During my stage of night terrors, I had real problems discerning what was real and what were dreams. This almost drove me mad and really hard to keep a grasp on reality. It also made me withdraw. If only I had known this back then.

Functional magnetic resonance imaging (fMRI) scans have found that Mindfulness Meditation can actually reverse these patterns by increasing prefrontal and hippocampal activity and toning down of the amygdala.

Mindfulness Meditation actually helps people train themselves to get unstuck from the feedback loop of negative thinking, so often a foundation of trauma.

I have believed for some years now that what I call 'Eastern Spirituality' (Or Hippy-Shit) and Neuroscience are actually one and the same thing. They just use a different language.

The language used in 'Spirituality' most certainly repelled me and I'm sure I'm not the only one.

However, I think it has great benefit, and that language prevented me from accessing it.

For example, what may be referred to as say the 'Sleeping phoenix' in one camp, may actually just be 'Limbic Default Mode Network' in the other.

In my experience of P.T.S., it didn't allow for any quiet time in the old brain area.

Quite the opposite, so this presents an initial problem for us that I feel isn't too difficult to circumnavigate.

So how do we meditate?

It really is simple, and I recommend the following methods -

Each day find a quiet place. Have a piece of music that you love. It can be as short or long as you like, or you can accommodate.

Get comfortable and listen to this piece of music through headphones. Just concentrate on the music and really enjoy it.

You can also focus on your breathing. If your mind wanders don't worry, just bring it back to the music or your breath.

It really is that simple.

If you work each day, I recommend doing this on your way home. Preferably find a park or riverside or somewhere in nature that you like. Find a quiet spot and listen to your music. Alternatively, just sit in silence for a while and listen to the sounds. Leave work behind for the day.

You don't want to take work home with you. Meditation can be done inside your car if necessary, on a bus or train, or even while walking.

I actually sit in an inclined massage chair each day and listen to a 31-minute track I shall link at the end of this section. It comes in shorter versions. I find about the 20-minute mark is my magic meditation point.

Download the Buddhify app. I love this app with its neuroscience approach. But at other times I need music for my brain to keep from being distracted.

There are thousands of YouTube meditations, find one that suits you and have a listen every day.

There are also heaps of apps you can download on your phone. Many are free. Follow your nose. It's trial and error I'm afraid, as there's a lot of rubbish out there too.

By all means, go as deep as you like with meditation; there are no limits, but I recommend keeping it simple, and it won't become invasive, quite the opposite you will find it beneficial in many ways.

[Meditation on YouTube](#)

So team, give it a whirl and keep it up for a while, however silly you feel, as everything takes practice.

Oh, and it's particularly challenging when one has an A.D.H.D. brain like mine, but I have cracked it now. I can slow my mind down on command, which as a bonus has relieved my reliance on alcohol. Holistic again, right?

Namaste - (Chuckle).

A silhouette of a person running on a concrete bridge or walkway. The sun is low in the sky, creating a strong lens flare and casting long shadows. The runner is wearing a dark long-sleeved shirt and shorts. The bridge has a concrete railing with vertical posts. The ground is paved and shows some wear and tear.

Chapter 11 Exercise

EXERCISE

Exercise is pretty personal, but I'm not going to recommend enrolling in the next London marathon here.

Gentle and regular exercise is the key. 'Incidental Exercise', as I do is really good and you hardly notice it. Things such as, never taking an elevator, parking at the far end of the car park and just try and walk a bit more often.

Whenever you feel anxious, or get angry, do some immediate exercise, even just a brisk walk around the block, or running up and down some stairs a few times.

This dissipates those harmful stress hormones and gets you back to baseline quicker.

Low impact exercise will serve you much better, like swimming, cycling and walking. But you'll know what you enjoy most. Great if it's a gentle sport or something you enjoy, so it's not a chore.

Yoga or Pilates or Aikido are actually exceptional for P.T.S. - Dedicated exercise like this is even more beneficial in several ways.

Trauma is actually stored in the body, and this is a great way to release it - 'The Body Keeps the Score' by Bessel Van Der Kolk is an excellent read if you wish to learn more.

However, what I advise most is to get a dog. Go on, go and rescue one. When we interact with our own dogs, we release endorphins - They're good, trust me. The added benefit is taking your dog for a walk for 15-20 minutes a day - fresh air and exercise. Also, take your dog to training lessons again, the benefits are many.

Sometimes, exercise is the last thing we want to do when we are in the Shitstorm, let alone go outside, but start slowly and build up. Once again this is a holistic approach, and gradually things grow, just like watching your puppy grow up, you don't notice it, but your friends do when they come around a month or two later don't they?

Right team, that's it.

Trust me, this method works, it's up to you, make it work for you.

I'm going to leave you with the epilogue from my longer book.

A physical example of recovery, which I think, speaks volumes.

Why are dogs so resilient? In my honest opinion, I feel it's because they exist only in the Now.

Remember, the past is depression, the future is anxiety and the present... well, it's just that, a present, so enjoy it and be kind to yourself. It may be a Shitstorm right now but remember -

'A smooth sea never made a skilled sailor'
Franklin D. Roosevelt.

You got this.

Oh, I nearly forgot... Get a dog.

EPILOGUE

Thank you for reading this book, I genuinely hope it works for you.

In summing up, I would like to leave you with a visual representation of what I believe 'healing' looks like.

Since being in Australia, I have volunteered with the R.S.P.C.A. and I dedicate some of my spare time to rescuing abused dogs.

The following photo was one such dog when we rescued him and 8 months later when we rehomed him.

I think it speaks louder than any words.

You got this.

'Illegitimi non carborundum'.



My thanks and gratitude to the following, without whom, this book may never have happened -

Dion Jensen - *Success For Soldiers*, a fellow Davinci - Thanks for your support, advice and covering my arcs.

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My Mother - Who sadly passed while I was writing this book - Thanks for the sense of humour and love of music.

Bill Carter - *Fools Rush In* - for the eternal inspiration.

The Sniper Who Missed - You have my eternal appreciation for your lack of skills.

Useful Contacts -

Beyond Blue - 1300 22 46 36

Lifeline - 13 11 14

My favourite quote - ' Nothing's gonna change, till something changes'