



🧠 WHEN STRESS BECOMES SOMETHING MORE

Stress is a normal part of life. But when it becomes persistent, it stops being something you manage and starts being something that manages you.

Anxiety and depression don't always look the way we expect — they can show up as headaches, digestive issues, disrupted sleep, or difficulty concentrating, and many people live with these symptoms for years without realising the cause.

Support looks different for everyone. Some people benefit from talking to a psychologist, others from structured online programs like [MindSpot](#) or This Way Up — free and accessible without a referral.

Checking in with someone you're worried about costs nothing. If you've been struggling yourself, speaking to your GP is a good place to start. A [Mental Health Treatment Plan](#) may be available under Medicare, covering rebated sessions with a mental health professional.

[When should you see your GP about stress? →](#)



MEDICINE THAT'S MADE JUST FOR YOU

Personalised medicine combines your DNA with health data to diagnose and treat disease more precisely — meaning faster diagnoses, better outcomes, and fewer side effects.

Australia just took a major step toward truly [personalised healthcare](#). In July 2026, [Canberra Hospital](#) opened Australia's first dedicated personalised medicine clinic for immune diseases — using advanced genetic and molecular testing to pinpoint the exact underlying cause of each patient's illness, rather than relying on a one-size-fits-all approach. The clinic focuses on complex conditions like [inflammatory bowel disease](#), [rheumatological disorders](#), and [kidney disease](#), where the cause varies significantly from person to person.

YOUR HEALTH



SPRING ALLERGIES: WHY THEY'RE GETTING WORSE

Grass pollen peaks in September and October across much of Australia, and spring also brings the risk of [thunderstorm asthma](#) — a phenomenon that can trigger severe attacks even in people who have never had asthma before.

If you have hay fever, starting antihistamines before peak season may help manage symptoms. If you have asthma, this is separate — check that your action plan is current and your preventer is in date.

Monitor pollen counts through the [Bureau of Meteorology](#) app during high-risk days. Those with allergies may benefit from a referral to an [allergist](#).



PROSTATE HEALTH: WHAT MEN OVER 50 SHOULD KNOW

[Prostate cancer](#) is the most commonly diagnosed cancer in Australian men, and Prostate Cancer Awareness Month make September a natural time to raise it.

There's no national screening programme for prostate cancer in Australia. The decision to test using a [PSA \(prostate-specific antigen\) blood test](#) is made in consultation with a GP, taking into account age, family history, and risk.

Symptoms can include changes in urination — needing to go more frequently, a weak flow, or discomfort. Many prostate conditions are benign, but any changes are worth mentioning to your GP. If you're over 50, or over 40 with a family history, it's a conversation worth having.

[Learn more about prostate health →](#)



HEALTH TIPS

Some of the most effective mood-lifters don't come in a bottle:

Try gratitude journaling. Even three things a day makes a difference.

Get creative: drawing, music, writing, or crafting.

Volunteer or help someone. There's a strong link to sense of purpose and wellbeing.

Join a class or group. Community connection is therapeutic.

YOUR PHONE & YOUR MOOD

Constant news and social media can quietly drain your mental reserves, and reducing screen time may support better mood and sleep.

A few shifts worth trying: a phone-free period before bed, turning off non-essential notifications, and replacing one scroll session with something restorative — a walk, a call, a book.