

# NEWSLETTER

## EDITION 3

1<sup>ST</sup> JANUARY 2026



### Welcome!

Welcome to our first edition for 2026!

The start of a new year is always filled with many emotions as the door on the previous year closes, and the next door is only just opening. It can be daunting starting a new year. Many of us will be starting new jobs in new roles, companies and industries. Some of us will have children starting new school years with new friends, teachers and lots of unknown hurdles. Some of us will be continuing with previous roles but hoping to apply our learnings from the previous year so that we do things differently or better. Whilst those feelings are true and valid, a new year brings hope! Hope that we grow and learn, achieve our goals, overcome the unexpected challenges, be our best version of ourselves, for ourselves and others and end the next year (which always feels so far away) proud of ourselves!

As we reflect on 2025, for us it was a year of change! It is such a cliché to say, but change is hard. Change brings up a lot of negative emotions and not a lot of positive ones that's for sure. Mostly feelings of fear and uncertainty. Doubt! It does not just creep in, it crushes you like a tonne of bricks, which keeps coming in waves. Right when you've quietened those loud emotions, they seem to raise the volume again. It's a cycle. The unrelenting questioning of your decisions, your values, your future, your circle, your gut! It is taxing. But with all that questioning, there is one question that remains a constant - how can life be better for this change? For us, the change we are sitting in will hopefully be impactful for our community. With that, we keep moving forward. Some days, blindly!

Starting a business is hard but so rewarding even in our early stages. So far, the change we have gone through has rewarded us with wonderful business and personal connections with other small business owners and advocates such as the Karratha Districts Chamber of Commerce, Aligned Health and Lifestyle, Barber's and Banter, Aspen Living (Karratha), Asset Protect WA, Hush, and Pilbara Cosmetics and Wellness. They say raising a child takes a village, but I believe this to be true for running a business and I am thankful for the community of support I have received.

This support, coupled with professional learning to upskill with software to improve workflows and project management have meant the business has been able to grow its services and resource development for current clients and allow space to focus on larger community projects planned.

While we know that there will still be doubt and the rollercoaster of emotions as we move through 2026, I hold hope and trust that this will only fuel the motivation and the success of what is to come for our community and its mental health.

Wishing you all the best for 2026!

# Standing Quietly, Leading Honestly A Community Spotlight with Jack Mitschuinig

This month, we're shining a light on a local business owner whose leadership is defined less by noise and more by intention.

At just 16, Jack Mitschuinig became the founder of Asset Protect WA and more recently, his latest business - Hush. These are two Pilbara-based businesses that, while very different on the surface, are built on the same core values: structure, integrity, and genuine care for people.

In this conversation, Jack speaks candidly about mental health, leadership, routine, burnout, and what it really takes to stay well while living and running a business in a regional environment. His reflections are honest, grounded, and deeply relevant to life and work in the Pilbara.

## ***How would someone who knows you well describe you — outside of your job title?***

“People who know me well would probably describe me as disciplined, structured, and deeply present. I'm very routine-driven and strict with myself — because I choose to be. I live with ADHD, but I'm intentional about how I talk about that. I don't see it as an excuse and I don't blame my behaviour on it. I actually believe it's a strength — a gift even — but only if you take responsibility for understanding it and regulating it. ADHD gives me intensity, creativity, pattern recognition, and the ability to see things others miss. The flip side is that without structure, things can spiral quickly. That's why routine, standards, and discipline aren't optional for me — they're foundational. Once structure is in place, everything else works. I can focus. I can lead. I can be present



*Image: 1 Jack Mitschuinig, Founder of Asset Protect WA and Hush*

for people properly. That structure is what allows me to soften.”

Jack shares that one of the things he values most is being someone people feel safe opening up to.

“There's something incredibly powerful about being trusted with someone's truth. A bad day. Something that doesn't feel right. A thought they've never said out loud before. I don't take that lightly.

I don't believe people need fixing. I think they need permission — permission to speak honestly, to explore who they are, and to stop letting the world define them.”

## ***What does a 'good day' look like for you in the Pilbara?***

“A good day starts early. Most mornings I'm up around 3:30am and at the gym before the sun comes up.

That time isn't about aesthetics or hustle culture. It's about regulation. It's where I calm my nervous system, clear my head, and set the tone for the day before the environment demands anything of me.

From there, my day is structured and purposeful. Asset Protect WA operates at professional, compliant standards for a reason. In a region as harsh as the Pilbara, there's comfort in doing things properly — in systems, accountability, and knowing what you deliver holds up under pressure. Most days finish with movement again. A run. A long walk. Movement is how I process emotion without overanalysing it. Routine and physical activity aren't just habits for me — they're how I stay mentally afloat in an isolated environment."

***What has the Pilbara taught you about resilience?***

"The Pilbara teaches resilience in a very honest way. There's no hiding from yourself here. No long-term distractions. The heat, the isolation, the pace — they strip things back. You either build systems that support you, or you slowly erode. Resilience here isn't loud or heroic. It's quiet. It's repetitive. It's waking up every day and choosing to keep going without needing validation."

***What do you think the Pilbara does well — and what do we still avoid talking about?***

"When people show up for you here, it's genuine. There's an unspoken understanding of pressure, long days, and emotional load. But we still avoid talking about how many people are struggling quietly. We avoid conversations about burnout, loneliness, identity, curiosity, and emotional exhaustion — especially among men. There are a lot of people in this region who are scared to act on what they feel or explore parts of themselves, not because something's wrong with them, but because they're afraid of what acknowledging it might cost them. Silence doesn't protect people. It isolates them."

***Was there a point where you had to rethink how you looked after your mental health?***

"Living and running a business in Karratha has taken a real toll over time. For a long time, I

relied on discipline and productivity to carry me through. That worked — until it didn't. Brooke is the first person I've spoken to face-to-face about my mental health here. Everything before that was Perth-based or online. Sitting across from someone locally, being able to speak honestly without minimising or performing — that changed things. It didn't magically fix everything. But it made things more sustainable. It showed me how much I'd been carrying alone, and how important accessible, local support really is."

***What have stress and burnout taught you?***

"Stress doesn't arrive dramatically. It creeps in quietly. You keep functioning. You keep working. But joy drains away, sleep changes, and your nervous system stays switched on. I've learned to listen to my body early — tightness, fatigue, restlessness, disrupted sleep. Those aren't inconveniences; they're signals. If I listen early, I can course-correct. If I ignore them, my body forces the conversation later."

***What does vulnerability look like for you now?***

"Vulnerability now looks like honesty without collapse. It's saying 'this is hard' without needing to be rescued. It's allowing people to see that you can be capable and struggling at the same time. Earlier in my life, vulnerability felt dangerous. Now it feels necessary."

***How do you create psychological safety in your work?***

"At Asset Protect WA, psychological safety comes from structure, calm leadership, and clear expectations. People know what to expect. There's no chaos, ego, or judgement. At Hush, safety comes through permission and the absence of labels. No pressure. No assumptions. Just space. Different expressions — same value system."

### ***What does strength mean to you now?***

“Strength is consistency with care. It’s holding high standards while softening your inner dialogue. It’s knowing when to push and when to pause. It’s continuing to show up without pretending you’re unaffected.”

### ***What have you learned about yourself through challenge?***

That I’m more capable than I thought but I don’t need to prove that by suffering in silence. Asking for support doesn’t weaken you it makes endurance sustainable.

### ***What message do you want to leave with the community?***

“You’re not broken for finding this place hard. You’re not weak for needing support. You don’t have to carry everything alone to prove your strength. Sometimes the bravest decision is a simple one — to speak honestly, to ask for help, and to allow yourself to explore who you are without letting the world define you. There is space for that here. And I’m committed to helping create it.”

### ***What does a mentally healthy community look like to you?***

One where conversations start early not at crisis point. Where support is accessible locally. Where people don’t have to leave town or go online to feel safe asking for help. Where curiosity and identity aren’t policed.

### ***How do you want people to feel after interacting with your business?***

Seen. Respected. Safe. Confident. Whether it’s a service, a product, or a conversation I want people to walk away feeling genuinely cared for not just processed.

### ***How can people support your work or connect with you?***

By supporting local businesses that lead with values. By checking in on the people around them. By sharing conversations like this. And by reaching out when they need support themselves. Connection starts with showing up.

### **A Note From Us**

Jack’s reflections remind us that wellbeing is not built through grand gestures or quick fixes. It is shaped quietly — through routine, honest conversations, clear boundaries, and the courage to ask for support before things reach breaking point.

In regional communities like ours, where pressure, isolation, and responsibility are often normalised, creating space for these conversations matters. Not just in moments of crisis, but in everyday work, leadership, and life.

At Empowered Wellbeing Services, our role is not to “fix” people — it is to help create the conditions where individuals, teams, and leaders feel safe to speak honestly, build sustainable habits, and access support locally. Stories like Jack’s reflect why this work matters and why early, practical wellbeing support can make a real difference.

If this conversation resonates with you, consider it an invitation — to check in on yourself, to open a conversation at work, or to reach out for support sooner rather than later. Quiet leadership and authentic wellbeing start exactly there.

### **What’s Next?**

Empowered Wellbeing Services is taking an extended leave for January and will be taking new clients as of February. This time will be spent enjoying a well-deserved break and dedicated time for planning and setting our intentions in motion for the year ahead. We are excited to be opening our books with more availability so that we can extend our support to more businesses and organisations throughout the Pilbara.

### **Follow Us!**



## HOTLINES

Lifeline – **13 11 14** (24/7 national crisis support)

Beyond Blue – **1300 22 4636** (24/7 support for anxiety, depression)

Suicide Call Back Service – **1300 659 467** (24/7 telephone & online counselling for suicide)

MensLine Australia – **1300 789 978** (24/7 support for men)

Kids Helpline – **1800 55 1800** (24/7 support for ages 5-25)

Indigenous and regional: 13 YARN – **13 92 76** (24/7) for Aboriginal & Torres Strait Islander crisis support

Rurallink - 1800 552 002 (4.30pm – 8.30am weeknights 24 hours at weekends and public holidays)

