Planet Earth goes round in a steady slow pace. It takes its
time to go round, one rotation every 23 hours roughly.
However, if one has a closer look to what is happening in
the world, one just realizes that we are living in one crazy
fast world!

Surrounded by so many different noises, we do not realise how
much they are polluting our lives! We just ignore them as they are
embedded in our lives.

It’s like we set ourselves to keep on going on this frenetic daily race
that we forget that we are in control....we can slow it down and we
can even stop it and change its direction.

We are so distracted with our duties that we ignore that we are not
a world of our own, but we make part of a world made up of many
different creatures and human beings. We take for granted the need
to communicate with our neighbours, our loved ones, our colleagues
and friends. We are born to be part of a community, to
communicate, to help each other, inspire and support one another.
The lack of effective communication brings along an empty feeling,
solitude which will be much harder to eradicate once it has rooted
depth down within! We need to change our own priorities, the mind
set with which we face each day and really look on what makes us
feel good, complete and energized!

We need to accept the wonderful fact that as human beings we are
made up of some many different components that make us who we
are! Let’s be vivid and fight for better communication between our
little circles to be able to spread that feeling into the larger strata!
Mental illness can affect anyone around us and creates challenges in coping with everyday situations. “People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle or sit in the same church pew”. In this article, Jean Holthaus, gives us an overview of the importance of mental health awareness. Let’s all join in this fight for better mental health.
Hearing loss with the use of protective face masks

We have all learnt the vital benefits of using protective face masks over the past year and a half. However, for those individuals with an underlying hearing loss or impairment, face masks can introduce a new, unexpected barrier to communicating with others, whether they are currently using hearing aids or not. In this article, ENTHHealth, an American Academy of otolaryngology - head and neck surgery, suggest some tips and advice in this regards.

How does noise damage your hearing?

Noise is all around us. It has become an integrated part of our lives. We do not realise we actually live in a very noisy world until we hear silence! But how is noise affecting our hearing and the way we communicate with each other? In this short but interesting article, one can find some useful tips on how noise can affect one’s hearing and what changes one can undergo to lessen these affects.
Let’s meet...

Martina Grech Galdes

Status: Married
Children: 1

Q. When did you graduate and how long have you been involved in ASLP?
A. I graduated in 2014 and became a committee member of ASLP in 2016.

Q. What is/were your roles in ASLP?
A. Committee member, KomunikAPP co-ordinator, Ethics Officer

Q. What is ASLP for you or what drew you to ASLP?
A. SLP works so hard in creating awareness, in providing support to local SLPs and continuously strive to provide learning opportunities to all. ASLP is fun, it does wonders and is always there to give rather than to receive.

Q. What is your area of special interest in SLP?
A. I love working with clients with different needs and with different conditions.

Q. What do you like most about being a SLP? OR What do you like most about being involved in ASLP?
A. Helping others communicate.

Q. What are your non-SLP skills?
A. I am a qualified audiologist. I sing and I am an animator.

Q. What are your hobbies?
A. Cooking, walking, swimming and singing.
Communicating with people with hearing loss

Active listening strategies

How to look after your health

Daily tips for mindfulness practice for daily life

INSPIRATIONAL QUOTE

“Alone we can do so little, together we can do so much” - Helen Keller