

Not home for the holidays?

Being away from family and friends at any time can be extremely challenging, let alone over the holiday period.

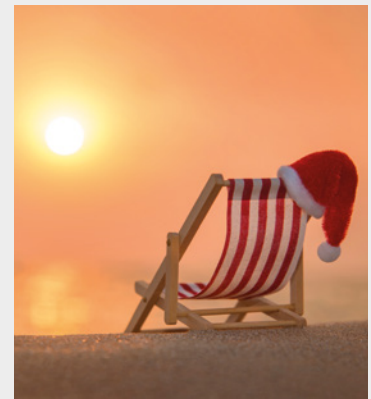
Whatever the reason that prevents you from being at home, here are some ideas to help you stay well over this festive season:

- Stay connected with your loved ones. Arrange times in advance to call or video chat so that you can still feel a part of the celebrations.
- Lock in some dates to celebrate when you are at home so that you have something to look forward to.
- Treat yourself! Whether it is your favourite snack or watching a holiday movie (Die

Hard is always a good idea) do something nice for yourself.

- Check in and connect with those around you, they are probably missing their loved ones too. Maybe start some traditions of your own.

Remember that it is okay to feel sad or disappointed, or to have a good cry if you need to. Be kind to yourself and take time to reflect on some of the wonderful things you have going on in your life - try to focus on a positive, there is always something to look forward to.



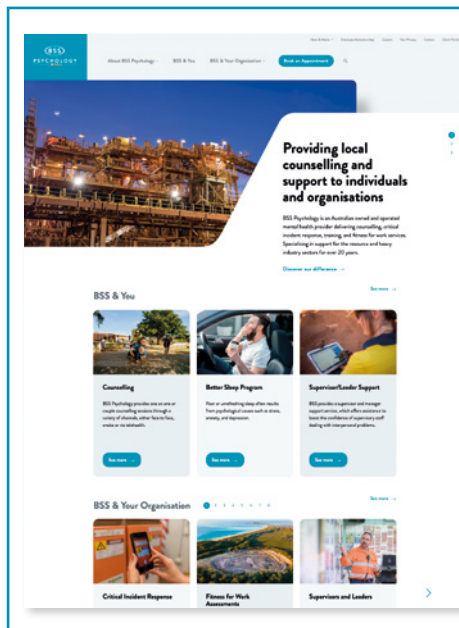
SUPERVISOR/LEADER SUPPORT PROGRAM

BSS offers a Supervisor/Leader support service which provides assistance to supervisory staff dealing with interpersonal problems. The program provides strategies based on real life workplace situations and concerns.

Some of the most common issues include how to:

- Deal with a stressed employee.
- Manage a dispute between two employees.
- Support a grieving employee.
- Respond to a complaint from an employee.
- Approach an employee when concerned for the mental wellbeing.
- Determine if an employee is fit for work.

To find out more about the program, visit our [website](https://www.bsspsych.com.au) or email our team at bss@bsspsych.com.au



THE NEW BSS PSYCHOLOGY WEBSITE IS NOW LIVE

The site has been created to assist both individuals and organisations with a variety of resources including information on our fatigue, peer support, and better sleep programs. Individuals can request counselling appointments and access tips on topics such as dealing with anxiety, relationships, workplace conflict and parenting. Plus be sure to check out the news/media page where you can view the latest online videos. [bsspsych.com.au](https://www.bsspsych.com.au)

HOLIDAY SEASON OPENING HOURS

For critical matters, our team is here 24/7.
 For non urgent counselling appointments, our offices will be closed on the following public holidays:
 Monday 27 December 2021
 Tuesday 28 December 2021
 Monday 3 January 2022.



Please call 1800 30 30 90 (AUS) or 0800 820 035 (NZ) to book a face-to-face, on-site, telephone or video counselling session



Kicking Goals in 2022

Research has shown that goal-setting techniques work and work well. It is an exceptional and popular strategy used by people from all professions, not just psychologists.

So, why goal set? Goal setting can add value to the work you are doing, help even your workload, allow you to assess your work progress, find solutions for drawbacks, promote time management to diminish burn out or needless work, establish what you are trying to accomplish, clarify your definition of success, and develop a clear purpose. The list goes on!

What is the **S.M.A.R.T.** way to write/create these goals?

FIRST - create **Specific** goals.

- What – do we want to achieve?
- Who – will do what?
- Why – are we wanting to do/achieve this?
- Where – is what you are trying to do taking place?
- When – do I want to achieve this?

SECOND - **Measure** these goals.

- How – will I measure what I am doing?
- How – many people do I need to achieve this?
- Can I do this on my own?
- How – will I assess my progress?
- How – will I assess my achievements?

THIRD, we need to make sure our goals are **Attainable** and **Realistic**.

- Can – I achieve this with the current tools available to me?
- Can – I achieve this goal given the current restraints, such as financial factors?
- Can – I meet these goals?

LAST, we need to make sure our goals are **Time-bound**.

- When – do I plan to start working towards and accomplishing my goals?
- What – can I do six weeks from now?
- What – can I do six months from now?
- What – can I do today?

Goal setting can be daunting but is key when executing a project. Once accomplished, goal setting provides a place for reflection and to identify areas for future growth or change.

MEET THE
BSS TEAM



Meet Customer Service Representative, Emma. One of the friendly, voices you may hear on the phone when calling to make an appointment or an enquiry, Emma has been with BSS over a year and lists working in a friendly and team-orientated workplace as one of her favourite things about her role. A love of travel has seen Emma adventure throughout North America and Mexico and is planning an Australian road trip in 2022.



ONLINE PRESENTATIONS

Each session runs for 30-60 minutes and will be uploaded at 10am Australian Western Standard Time on the date stated and will be available for 5 business days. These sessions are available at no cost.

[CLICK HERE](#) A Vimeo link will take you to the current presentation that is available for viewing or simply search BSS Psychology.

THURSDAY
02 DEC
MANAGING FINANCIAL
HARDSHIP

THURSDAY
06 DEC
HAVING A DIFFICULT
CONVERSATION

THURSDAY
09 DEC
AVOID BURNOUT

MONDAY
13 DEC
CREATE CHRISTMAS

THURSDAY
16 DEC
UNHOOKING FROM
OVERTHINKING

MONDAY
03 JAN
MINDFULNESS

THURSDAY
06 JAN
TIME MANAGEMENT

MONDAY
10 JAN
THE PROBLEM OF
SHAME

THURSDAY
13 JAN
VALIDATING AND
INVALIDATING
LANGUAGE

BSS ON LINKEDIN

Keep up to date with the latest BSS Psychology news, updates on our programs and helpful videos and tips. Click the LinkedIn icon above or search BSS Psychology.

