



DECEMBER 2022 - FEBRUARY 2023

# Staying connected while away for the holidays

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

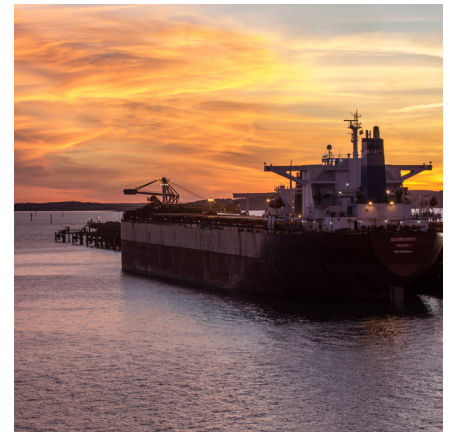
Whatever the reason that prevents you from being at home, here are some ideas to help you stay well over this festive season:

- 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 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 their mental wellbeing.
- Determine if an employee is fit for work.

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

## PREVENTING BURNOUT

Do you have a continual feeling of dread, are emails piling up, do you feel exhausted or like you can't catch a break? Perhaps you are daydreaming about packing your bags and leaving the country. If so, you may be on the slippery slope to burnout.

Burnout occurs when our resources to effectively manage stress are not sufficient. Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged and excessive work or personal stress.

Ways to prevent burnout include recognising early warning signs, maintaining healthy boundaries in your work and personal life, using self-monitoring tools, reflection, practicing self-care and seeking support from others when stress starts to increase beyond your capacity to cope. For more strategies on preventing burnout, visit the [Frequent Concerns](#) page on our website.

### MEET THE BSS TEAM

Meet Zoe – A Psychologist working within our EAP team for almost 2 years. Based in Queensland, Zoe sees clients via telehealth. Her favourite way to start the day is with a beach walk, meditation, and prayer. When asked why she chooses to work with BSS, Zoe responds “I feel like I am part of a big family and grateful for the wealth of resources that the clinicians’ share. I work remotely and yet I feel like I know everyone. What I like most about BSS is that our clients’ wellbeing is our highest priority, and we never compromise on that. Due to the structure of the service, clients are encouraged to be proactive about their emotional wellbeing. They are affirmed for self-awareness and together we are creating healthy and safe workplaces.” Zoe’s goal for 2023 is to gain her general registration and continue to work at BSS.



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



# Keeping those New Year's resolutions

With Christmas, and the New Year just around the corner, did you know research has shown on average between 75 to 90 percent of people who make a new year's resolution don't achieve them? However, in studying the slim proportion of the population who were successful in achieving their goals we can get some tips to best optimise ourselves for success: They were self-efficacious (they held a belief in their ability to achieve set goals), had found motivation (an important enough reason to do something) and thus held a readiness for change. They set goals that were specific, measurable, and realistic (and not too many), wrote them down, tracked their progress and reviewed them regularly. Finally, successful goal setters committed to their goals with others who would keep them accountable. Whilst not exhaustive, the above checklist can be a good place to start in assessing what might be keeping you from achieving your desired outcomes. Remember, if you're struggling to accomplish the goals you want, our BSS Clinicians are always here to help to get you back on track.

## SCHOOL'S OUT FOR SUMMER

The summer school holidays break is a great opportunity to enjoy some relaxation and family time. During this time, it's easy for routines to change and for lots of fun to be had. Bed and mealtimes can vary, and things in general are more hassle-free.



As the new school year appears many parents start to turn their attention to how to best prepare their child for an easy transition back to the new school year - especially if just beginning their school journey.

Here are some tips which may help:

1. Start gently discussing with your child how they feel about starting the new school year. Discuss any information about the new school year together - communication is a powerful tool to alleviate nerves.
2. Get organised as early as possible - uniforms, care or transport arrangements, book-lists.
3. Re-establish routines slowly so that bed and mealtimes get back on track. Fatigue can impact learning and feelings in general.
4. Organise some play dates with school friends as this will provide some familiarity for children.
5. Create a 'school only' space in the home where your child will do their homework and where their school things can be kept in preparation for school.

## 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:  
Tuesday 27 December 2022  
Monday 2 January 2023.



## 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.

MONDAY  
**05 DEC**  
**COPING WITH SHIFTWORK**

THURSDAY  
**08 DEC**  
**UNDERSTANDING DISORDERS**

MONDAY  
**12 DEC**  
**I JUST WANT TO BE HAPPY**

THURSDAY  
**15 DEC**  
**MANAGING FINANCIAL PRESSURE DURING THE FESTIVE SEASON**

MONDAY  
**19 DEC**  
**HEALING YOUR RELATIONSHIP AFTER INFIDELITY**

THURSDAY  
**05 JAN**  
**HOW TO BEAT PROCRASTINATION**

MONDAY  
**09 JAN**  
**MENTAL HEALTH AND RESILIENCE**

THURSDAY  
**19 JAN**  
**TOXIC POSITIVITY - BE AWARE OF THE TRAP**

THURSDAY  
**26 JAN**  
**BURNOUT**

## 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.

