

Back to the office

Just as it was considered a significant transition to work from home during the pandemic, so to is the transition back to the office. Individuals are once again “finding their groove” balancing work/life in an old space that can feel brand new. Below are some helpful tips on how to navigate returning to the workplace:

- Discuss with your manager if it is possible to have a phased return to work. This could include working from home 2 days a week and then eventually working yourself up to 5 full days in the office.
- Consider your commute options getting to and from work. Utilise this time to listen to a podcast or catch up on some reading, recapture some time in your day.
- Arrange to catch up for a coffee with a work colleague on your first morning back. This can help ease yourself back in the workplace routine and to reconnect face to face again.
- Prepare what your workday is going to be like on return to the office. Manage your diary to ensure you maintain a good work/life balance. Consider your start and finish times also.
- Keep prioritising self-care strategies that you have used throughout the working from home period. It's important to maintain these self-care activities learnt, especially if they put you in a good head space.
- Ask for help. Transitioning back into the workplace can take some time and we are here to help you navigate this in the best way possible. Your EAP can help with individual strategies to successfully transition back to workplace-based work. Simply call 1800 30 30 90 or email appt@bsspsych.com.au to request an appointment.



MEET THE BSS TEAM

Meet Roosevelt: Having worked at BSS Psychology for over 12 months, Roosevelt is a provisional Psychologist. His role varies between seeing clients in the West Perth Office and travelling onsite throughout regional WA. Roosevelt recalls the most remote location he has travelled for work as Barrow Island. “I have really enjoyed the variety in my role, as well as the people I work with, both clients and our team. My goal for 2022 is to complete my registration, continuing in my role at BSS.”



DOWNLOAD THE NEW BSS PSYCHOLOGY APP

The BSS Psychology App has had a face lift. Head over to the Apple App Store or Google Play to download the new App. The popular App is still the same excellent resource full of helpful tools, online videos and portal to request an appointment with one of our counselling team. The App also provides support for Supervisors/Team Leaders and the BSS Peer Support Program.



DOWNLOAD THE APP BY SCANNING THE QR CODE



Please call **1800 30 30 90** or **0800 820 035** (New Zealand) to book a face-to-face, on-site, telephone or video counselling session.



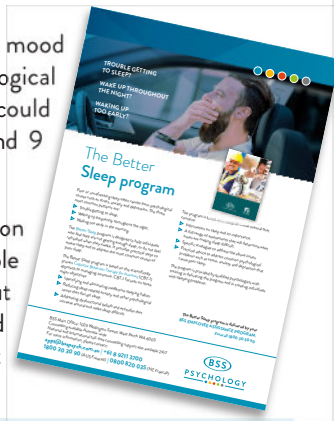
Better Sleep For A Better Life

Sleep is a fundamental biological requirement for our physical and mental health. But how many of us get enough sleep?

When we sleep, our heart and circulatory system get a rest, our brain releases growth hormones that promotes tissue recovery. In addition, our appetite gets regulated. Sleep also allows for mental recovery, which leads to enhanced memory, concentration and alertness.

In contrast, poor sleep and fatigue can lead to a depressed mood and can contribute to many different medical and psychological conditions. Poor sleep also affects performance and could become safety hazard. Most adults need between 7 and 9 hours of sleep per day to function at their best.

The Better Sleep Program addresses the most common concerns when it comes to sleep including trouble getting to sleep, waking up frequently throughout the night, waking too early in the morning. To find out more about our Better Sleep Program, visit our website or email our team at bss@bsspsych.com.au



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 16 JUN	BINGE DRINKING
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MONDAY 20 JUN	UNDERSTANDING STRESS
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THURSDAY 23 JUN	MANAGING PERFECTIONISM
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MONDAY 27 JUN	THE FIVE LOVE LANGUAGES
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THURSDAY 30 JUN	WHY IT IS IMPORTANT TO KNOW ABOUT SLEEP DISORDERS
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MONDAY 04 JUL	BOOSTING MENTAL WELLBEING THROUGH YOGA
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THURSDAY 07 JUL	SURVIVING TEENAGE DRAMAS
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MONDAY 11 JUL	MINDFULNESS - BRINGING A SENSE OF CALM TO CHAOS
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MONDAY 25 JUL	MENTAL HEALTH AND RESILIENCE
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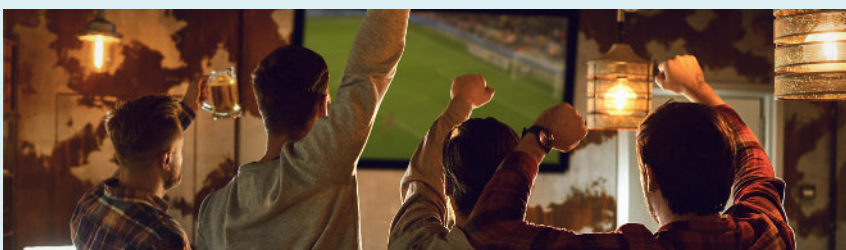
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DESIGNED TO SURVIVE - IMPROVING OUR WELLBEING

How do you feel about your wellbeing in 2022? We've been hit with a lot of negative information since Covid-19 entered our lives. One of the biggest threats to our wellbeing is emotional and physical stress. While some stress is good, ongoing stress can have negative impacts on our physical and emotional health. Prioritising self-care is vital for healthy wellbeing. This means deliberately taking care of your wellbeing through restorative activities such as:

- **Getting enough sleep,**
- **Eating 'good mood' foods,**
- **Moving your body,**
- **Using stress management techniques.**

Strengthening relationships - not only does it reduce the impact of stress, it helps us reconnect with friends, family, colleagues, and others. A great place to start for improving wellbeing and increasing positive thoughts is by taking two breaks in the day to focus on three things you are grateful for. Make that coffee date or walk with a friend or catch the new Top Gun film - its had great reviews!



MEN'S HEALTH WEEK 13 - 19 JUNE 2022

Men's Health Week focuses on not only the physical health, but also mental health and emotional wellbeing. The Week aims to highlight the health challenges faced by men in Australia and worldwide and promote behaviours that can help improve the physical, emotional and mental health of men and boys. For more information on improving your mental health, visit BSS & You our website.

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.

