

Parenting: It takes resilience to create resilience.

Every human has their own unique skillset of resilience that is impacted by what we call nature and nurture, meaning that resilience is built from our genetics and our lived experiences.

Developmentally, young people's minds are at peak malleability as they absorb new information and engage in new life experiences informing their understanding of who they are, how others treat them and how the world works.

This is the time where modelling behaviours, engaging in co-regulation, and explicitly teaching our young people skills to manage challenging situations builds their resiliency for the future.

BSS' Clinical Team has extensive experience in supporting parents to navigate this journey and support their young people

who are finding it difficult to build that toolbox of resilience.

Whether it is a young person struggling with big emotions like anger, fear, or sadness or a parent struggling to connect with their child in their later teenage years.

We work with parents to develop skills and strategies they can implement at home with their children to focus on strengthening that toolbox.

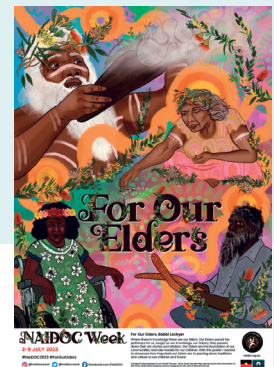
NAIDOC WEEK 2 - 9 JULY 2023

Yaama, Gayrr nagaya Zoe. Hello my name is Zoe, I am a BSS Clinician and a proud Aboriginal woman from the Kamilaroi Nation (within Northern NSW to Southern QLD). I'm also of Torres Strait Islander and Australian South Sea Islander descent. A lot of people ask 'can I still celebrate NAIDOC Week if I'm not Indigenous?' The answer is yes! Everyone can celebrate NAIDOC Week. NAIDOC Week is an appropriate and respectful way to enjoy the rich and vibrant culture of our land. Here are few ideas on how to get involved:

- Have fun at a NAIDOC day celebration
- Visit an Aboriginal and Torres Strait Islander art gallery
- Chill out listening to Aboriginal and Torres Strait Islander artists like; Youthu Yindu, Christine Anu, Shakaya or Baker Boy
- Have a laugh with the series; Black Comedy, or comedians Sean Choolburra, or Steph Tisdell
- Learn some Indigenous words like Yarning, Mob, Garning, & Deadly
- Read some 'spooky' legends such as the legend of the Babinda Boulders
- Wear Aboriginal and Torres Strait Islander colours (Red, Yellow, Black, White, Green and Blue)
- Enjoy Aboriginal and Islander food – Shellfish, Yams, Taro, and beetroot.

Wishing everyone a very happy NAIDOC week, let's all come together and celebrate!

Marruu baa nginda, maaru yananga. Thank you, go well.



Home Cooked Torres Strait Islander Curry Fish:

- 1 – 2kg fish
 - 1 Large onion, diced very fine
 - 2 Cloves garlic
 - 1 Teaspoon curry paste or powdered curry
 - 1 Knob ginger
 - Half a lime or lemon to taste
 - Salt to taste
1. Steam the fish in a few spoonful's of water for about five minutes, along with onion, garlic and ginger
 2. When cool, remove the fish and carefully flake the flesh away from the bone
 3. Now stir the fish meat back into the juice it was cooked in adding the curry paste/powder, salt to taste, and the juice of the lime or lemon
 4. Allow this to stand for 2 – 3 hours
 5. When required, warm the dish in the oven and serve with rice.

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.



Making An Appointment - A Private Matter

When booking a confidential counselling session with our team, you can choose between in person, phone or online video (Zoom). Our team of Clinicians can support you in areas including anxiety, depression, and relationships. We also assist with work related stress or conflict, and other concerns such as parenting, substance use and addictions, grief and loss support.



Appointments can be made by contacting our free call numbers, clicking [Request an Appointment](#) or accessing our [BSS Psychology App](#). Sessions are charged directly to your employer. Family members, such as partners and children, may also be entitled to access our services. However, it is important to confirm this with our team when making the appointment. Once you have submitted your appointment request, a member of our support services team will be in touch to arrange an appointment time that suits you. Throughout the process, BSS Psychology adheres to strict privacy guidelines, giving peace of mind that sessions remain confidential. For more information on privacy, click to view and download our [Privacy brochure](#).



MEN'S HEALTH WEEK 12 - 18 JUNE

Whether looking after yourself mentally, physically or both, it is common to struggle with motivation as winter approaches and the days start to cool. Wanting to keep warm, order some takeaway and stay home in front of the TV to binge-the latest series is great to do after a hard day's work. Nothing wrong with treating ourselves and practicing some self-care to relax and unwind. We just need to be mindful of the impact of missed social catch-ups and exercise sessions can have on our health and stress levels. Tweaking our routines to suit the colder months is crucial to maintaining some structure to the way we spend our free time. Some suggestions around caring for our well-being during these months include:

- Taking short breaks outside for some fresh air or to get some blood circulation going.
- Bolster our sleep routine with light exposure shortly after waking up.
- Avoid buying too much comfort food.
- Stay connected with friends and family - suggest a walk outdoors or schedule, a FaceTime call or hit up a bowling alley for some old school fun.

Lucy has been with BSS Psychology for almost 6 years, and her role includes managing our ever-growing admin team. "Our amazing admin team are critical to our business. They are the first ones to answer the phones when our clients call, the call could be a simple appointment booking or responding to a critical incident. I've loved the variety of my roles over the years, I feel like I have learnt and grown so much, and love the people I work with and continually meet through working at BSS". Travel is something Lucy is very passionate about, listing the Amalfi Coast and New York as her favourite destinations and even venturing to Tasmania as part of the BSS Managers' retreat in 2022. Lucy's goals for the remainder of 2023 include appreciating the smaller moments in life and incorporate a little more self-care into her day-to-day in the form of Pilates and healthy eating... (as well as a few more quick trips over to Bali).



MEET THE BSS TEAM



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
08 JUN
GROWTH MINDEST AND OVERCOMING CHALLENGES

MONDAY
12 JUN
PSYCHOLOGICAL SAFETY

THURSDAY
15 JUN
I JUST WANT TO BE HAPPY

MONDAY
19 JUN
MINDFULNESS

THURSDAY
22 JUN
USING DAYS OFF WISELY FOR MENTAL HEALTH

MONDAY
03 JUL
ALCOHOL USE (DRY JULY)

THURSDAY
13 JUL
TELLING YOUR STORY - COPING WITH GRIEF

THURSDAY
20 JUL
SLEEP

THURSDAY
27 JUL
ASSERTIVE COMMUNICATION

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.