

Nurturing Connections

From an attachment perspective, maintaining relationships in both personal and professional settings hinges on principles such as safety, trust, and emotional responsiveness. Just as infants seek proximity to their caregivers for safety and comfort, adults yearn for a sense of connection and support from their loved ones and colleagues in the workplace.

Sustaining bonds involves recognising and meeting each other's attachment needs, whether it is providing reassurance during times of distress or celebrating successes together. Secure attachments thrive on consistent communication, mutual understanding, and shared experiences, which fosters a sense of emotional safety.

Simultaneously, maintaining relationships involves understanding the various parts within **ourselves**. Each person is a complex system of internal parts that holds emotions, thoughts, beliefs, and behaviours - just think about those moments where different parts of you seem to clash, resulting in an argument within yourself (usually in the shower). Nurturing relationships requires us to recognise and honour these internal parts, acknowledging their needs and perspectives. By fostering self-awareness and self-compassion, we can navigate our internal worlds with greater ease, resulting in healthier interactions with others as well. Ultimately, a safe attachment with ourselves and with others leads to resilient, fulfilling connections that can endure challenges, enhancing teamwork and productivity both at home and in the workplace.



CONFLICT MANAGEMENT - INTRODUCTORY SESSION

Throughout March, BSS Managing Director Peter Simpson delivered an introduction to the new Conflict Management Program across Perth, Brisbane and Mackay. The aim of the Program is to help our clients resolve issues in the workplace. The Program comprises of: training for individuals or groups to improve their ability to manage workplace and personal conflict, a coaching program for managers, supervisors and other individuals to increase their skills in managing conflict, and a framework for BSS Clinicians to undertake conflict resolution for client organisations. The session was attended by BSS clients and industry colleagues and has received excellent feedback. To find out more about the Conflict Management Program and how it can help effectively resolve conflict in your workplace, visit our website, email our Training Team training@bsspsych.com.au or call 1800 30 30 90.



What's your personal Reconciliation Action Plan?

Reconciliation is not about saying sorry, it's about striving for equality. The process of doing this changes who we are. Reconciliation Week prompts us to reflect on vulnerabilities that cause inequality. It allows us to celebrate opportunities, to be responsive and adaptive, to make a difference. So, what's your personal Reconciliation Action Plan?

It may include:

Using culturally appropriate language

Making small changes in our language can demonstrate increased empathy. For many First Nations people English is their second or even third language.

Asking questions

Asking individuals about their ethnicity and learning about their cultural identity and needs. With over 250 languages spoken, each one has a unique story to tell.

Calling out racism

Call out racism wherever and whenever we encounter it, and actively reinforce the voices of Aboriginal and Torres Strait Islander peoples.

For more ways to get involved in Reconciliation week visit reconciliation.org.au

Let's celebrate Reconciliation Week and how far we have come - now more than ever. Reconciliation Week is running from 27 May - 3 June 2024.

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



HOME SWEET HOME

After 25 years in West Perth, we have well and truly settled into our new head office in the Garden Office Park, in Osborne Park. With a fresh new light and bright office, our team and clients alike have provided great feedback on the new amenities, the central location, the two hour free parking and an increase in appointment availability due to more counselling rooms. To request an appointment with a Clinician, simply follow the link on our [website](https://www.bsspsych.com.au) or call 1800 30 30 90.



BETTER SLEEP - WHEN COUNTING SHEEP DOESN'T CUT IT ANYMORE

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, and 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 and how it can benefit yourself or someone in your team, visit our [website](https://www.bsspsych.com.au) or email our team at bss@bsspsych.com.au



DEPARTURES AND ARRIVALS - ALL IN A DAY'S WORK

Meet our Onsite Coordinator Brooke. Since joining BSS almost 3 years ago, Brooke has been responsible for scheduling our Clinicians onsite/offshore rosters, arranging their travel and liaising with clients to ensure we deliver a high level of onsite support. Brooke's quick thinking and problem solving are also regularly put to the test as an imperative part of the critical incident response team. Brooke describes her role as fast paced, "the demand for onsite support has increased dramatically, which has impacted all areas of our department; we are busier than ever. I love working with such a diverse team who are supportive, passionate, and fun. Also, knowing that I'm contributing to providing a mental health service to people based in remote locations is a very rewarding perk of the role." Outside of the office, Brooke enjoys bush walks, Lego building and park visits with her young family as well as trying new restaurants with friends. Brooke's goal for this year is to slow down the pace of life (acknowledging it is challenging) and enjoy the little things (and little people) in her life.



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 03 JUN	5 SECRETS OF RESILIENT PEOPLE
THURSDAY 06 JUN	HOW TO BE MOTIVATED TO LIVE LONGER
MONDAY 10 JUN	MINDFULNESS
THURSDAY 13 JUN	BOOSTING YOUR WELLBEING THROUGH YOGA
MONDAY 17 JUN	TUNE INTO YOUR KIDS WITH EMOTION COACHING
THURSDAY 20 JUN	PROACTIVE APPROACH TO MANAGING AND LIMITING STRESS
MONDAY 24 JUN	WHEN THEY HAVE GONE
THURSDAY 27 JUN	BUILDING EFFECTIVE RELATIONSHIPS
MONDAY 04 JUL	MANAGING ADHD

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 or search BSS Psychology.

