

Financial Stress

Money Matters, and your Mental Health

One in three Australians find managing finances stressful and overwhelming. This may be due to a lack of financial education or a more recent life event/situation has seen you become stuck. What's clear is if you are struggling with money matters, you're certainly not alone.

Financial stress and a perceived lack of control over our financial affairs impacts our mental health much like other problems:

- Difficulty in sleeping
- Loss of interest in pleasurable activities
- Impact mood and happiness
- Withdrawal from others
- Increased anger
- Physical tiredness



Managing mental health and finances both start with the same step - acknowledging there is a problem. Then it's time for change: Start addressing it today. Set aside time to work on your challenges and do it regularly to turn it into a normal habit. Write a plan and take a step-by-step approach (and tick off tasks to acknowledge your achievements). Stay on-top of your feelings by writing them

down or talking them out with someone supportive. Look after your health. Eat a good diet, exercise regularly, and try and maintain regular sleep. If you are overwhelmed or feel completely in over your head, seek help and talk about it. This can sometimes be the hardest action of all, and so it can help to start by talking about it with a non-judgemental and supportive party, such as your [EAP](#).

ASHLEY IN THE OUTBACK

Ashley is an on-site Clinician/ Social Worker currently working at BHP's Area C. Whilst saying no two days are the same, Ashley usually begins her day at 6am attending the morning prestart/safety meeting. This is followed by face to face and telehealth EAP counselling, Ashley continues her day running workshops and providing supervisor/ leader support. "I absolutely love working on-site with such a variety of people, my work is so varied and I get to have lots of laughs with the crews".



When asked about challenges in her role, Ashley says "I only work on-site (and live remotely) so I don't get to spend time with my colleagues in the office, however, BSS are so amazing in ensuring that I am still included in everything. I even got posted up some cookies from the R U OK day morning tea!"

To acknowledge International Women's Day (8 March), and World Social Work Day (21 March), we asked Ashley what is the most empowering thing about being a woman in her profession?

"When clients feed back to me how much I have been able to help them. It can be a tough role supporting people, but such an amazing feeling to know that I was able to help someone."

Ashley's goal for this year is "less Netflix and more reading. I have purchased a new book which I am excited to read, so off to a good start."

BSS ADELAIDE NOW OPEN

In February, BSS opened its first Adelaide office. Located in Kent Town, The North Terrace office is now home to Clinicians and Support Services. "Establishing an Adelaide office enables BSS to provide our South Australian clients with more counselling services and on-site support. A commitment to always striving to better serve our clients and their teams" said BSS Manager, Joseph Simpson.



DID YOU KNOW?

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



Relationships - Long term and long hours

Have you ever wondered what makes a healthy relationship? At times it seems like it belongs in the too hard basket when combined with the pressures of work, finances, children and family. But working on our relationships often has a positive impact across all the other areas of our lives. Here are some tips on how to make those uncomfortable conversations a little more comfortable:



Start the conversation gently – complain, but don't blame. Complaining is OK, but criticising is not. Criticising is a statement often generalized, using words such as "always" and "never" that attacks another person's character. Take the blaming out of the complaining. Talk about what you are feeling, and how you perceive things, presenting these as your perceptions, not an absolute truth.

Be concise - It is harder to hear a complaint if it goes on and on, it seems like a lengthy diatribe, even if it's about one thing. You usually don't need a lot of examples. Just describe the complaint, be brief, and then stop.

Make statements that start with "I" instead of "you". Instead of saying, "you

are not listening to me," rephrase this as "I would like it if you'd listen to me."

Be polite - Make requests politely, adding such phrases as "please" and "I would appreciate it if ..." Politeness can go a long way, and it is contagious.

Don't store things up - While being specific is better than launching a global criticism, storing things up so that you have a barrage of complaints in the 'chute' is not a good idea.

Give appreciation and start with something positive - for example, instead of saying, "You are not affectionate when we watch TV," say "I liked it the last time you held me during that movie. I wish you would do that more often."

BSS DIRECTOR DAN SIMPSON ON SCALING A BUSINESS AND CULTURE

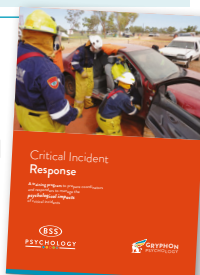
Recently, our General Manager Dan Simpson was a guest on Bryn Edwards' podcast series WISDOM In Your Life, discussing the importance of leveraging culture in order to maintain company values when expanding a business. During the interview, Dan discusses how individuals can have a huge impact on culture, especially in small to medium organisations. Daniel also discusses the importance of understanding the culture

of your client, to ensure culturally appropriate solutions are delivered as a service provider. Daniel shares with Bryn how BSS plans to sustain a positive culture and maintain values as BSS continues to grow - through the implementation of the strategic plan.

To listen to the podcast click [here](#) or visit the BSS Psychology [LinkedIn](#) page and follow the link.

CRITICAL INCIDENT RESPONSE

Critical incidents are traumatic events that are sudden, unexpected and overwhelming. They include actual or threatened violence, unexpected injury or death, a serious accident, or natural disasters. Every organisation has a duty of care to ensure the safety and welfare of all individuals involved in such incidents. BSS provides a guaranteed 24/7 response service and a call to the BSS CIR telephone number will be responded to by one of our own Clinicians within 5 minutes. Typically BSS will have one or more of our Clinicians ready to depart to the incident location within 2 hours. For more information, call 1800 30 30 90 or email eapadmin@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.

MONDAY
20
MAR
HELPING OTHERS WITH GRIEF AND LOSS

THURSDAY
23
MAR
AN INTRODUCTION TO COGNITIVE BEHAVIOUR THERAPY

MONDAY
27
MAR
BOUNDARIES - WHY ARE THEY IMPORTANT AND WHERE TO BEGIN

THURSDAY
30
MAR
EMOTIONAL REGULATION IN CHILDREN

MONDAY
03
APR
THE PAIN GATE - WHAT IS IT?

THURSDAY
06
APR
KILL IT WITH KINDNESS

THURSDAY
13
APR
SELF ESTEEM - WHAT'S THAT ABOUT?

THURSDAY
20
APR
FIVE HOURS TO A BETTER RELATIONSHIP

THURSDAY
27
APR
BOOSTING MENTAL HEALTH THROUGH YOGA

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