

Stressed at work



Work stress is a common response to the demands and pressures of our professional lives. It's like a heavy backpack full of worries that we carry because of our jobs. It occurs when there's too much work to do and not enough time to do it, or when things feel chaotic and out-of-control.

Experiencing this stress can negatively impact our mental, emotional, and physical wellbeing, especially if it is being sustained for a long period of time. The effects could lead to burnout.

As part of Mental Health Month this October, we need to challenge ourselves to better manage our stress at work. We can try breaking tasks into smaller chunks, taking short breaks, and asking for help from our work colleagues and our leaders when we need it.

Simple things like taking deep breaths or going for a walk can help to alleviate some of the stress. Remember, it's okay to ask for help or even talk about it with a professional. Our Clinicians can assist with assessing your current situation and providing strategies to restore the balance and reduce stress. Now imagine that backpack again - by sorting it out and taking small steps, it can make work stress feel much lighter.

WOMEN'S HEALTH WEEK 4 - 8 SEPTEMBER

Women's Health Week is a great reminder to check in on our mental and physical health. Women face specific health challenges throughout their lives, starting from menstruation to menopause. Conditions such as poly-cystic ovary syndrome (PCOS) and endometriosis are becoming increasingly common, affecting approximately 15% to 20% of women of childbearing age.

These conditions can cause chronic pain and affect fertility, impacting a woman's physical and mental health. Studies have shown that these conditions can cause significant psychological distress such as anxiety, depression, mood swings, weight gain, irregular menstrual cycles, acne, and infertility.

If you are someone who is impacted by these conditions, it is important to acknowledge that some days will be worse than others. Trust your intuition and seek medical advice if the symptoms continue. BSS Clinicians can provide support if these physical conditions begin to impact your mental wellbeing. Clinicians can work with you to develop a personalised plan which may include practical techniques such as practising mindfulness and other strategies. To make an appointment, email appt@bsspsych.com.au or call 1800 30 30 90 (AUS) or 0800 820 035 (NZ).



THURSDAY 14 SEPTEMBER

I'm here to hear

This year we are being reminded that there are always people in our lives that are ready to listen if we just reach out. Alternatively it could be that we need to remind our family, friends and colleagues that we are here. Whether it's a small bump in the road or a major life adjustment, it always helps to talk. It could be one conversation that makes a difference in their life. Click the link to view our latest [R U OK Day](#) video or simply search BSS Psychology in vimeo. ruok.org.au

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.



It feels good to be a quitter

Smoking and vaping are harmful and highly addictive habits that can damage your health and well-being. Research shows smoking causes an increased risk of stroke, heart disease, and lung cancer. Research into vaping, though in its infancy, shows it can be just as dangerous, irritating the respiratory system, potentially triggering severe inflammation and harming blood vessels.

Quitting smoking or vaping can be hard, but not impossible. You may face challenges such as cravings, withdrawal symptoms, stress and emotional triggers. But you don't have to do it alone. You can get help from your Employee Assistance Provider (EAP), who can help you identify the reasons why you smoke or vape and find healthier ways to cope with them. We can help you develop a personalised plan to quit, set realistic goals, track your progress, and celebrate your achievements. Having professional support can also help you deal better with setbacks or relapses and keep you motivated and confident.



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 07 SEPT BOOSTING YOUR WELLBEING THROUGH YOGA

MONDAY 11 SEPT MANAGING STRESS

THURSDAY 14 SEPT FIFO RELATIONSHIPS

MONDAY 18 SEPT MALE DEPRESSION - THE SILENT ASSASSIN

THURSDAY 21 SEPT MINDFULNESS

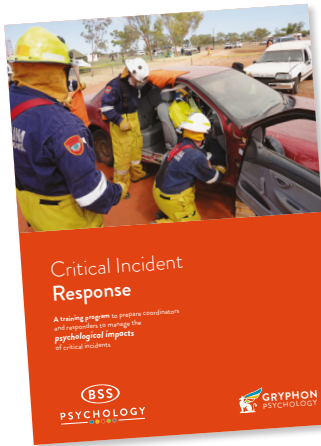
MONDAY 25 SEPT WHAT IS COERSIVE CONTROL?

THURSDAY 28 SEPT TIME MANAGEMENT

THURSDAY 05 OCT UNDERSTANDING PERSONALITY DISORDER

THURSDAY 12 OCT MENTALLY HEALTHY WORKPLACES

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CRITICAL INCIDENTS HAPPEN - WHAT NEXT?

On Thursday 26th October, BSS will host an in person Critical Incident Response training day in Perth. The training will include: Identifying what a critical incident is, how to identify stress reactions, how to increase confidence in supporting those impacted, and planning for how those impacted will access support through each stage of the incident – shock, impact, recovery, growth. The training will also cover psychosocial risk and how the EAP landscape has changed in recent years in line with emerging workplace laws and requirements. To attend, visit our website and complete the registration form www.bsspsych.com.au

MEET THE BSS TEAM

Meet our Finance Officer, Fiona. Coming up to almost 2 years with BSS, Fiona is involved in all areas of our finance operation, from invoices to payroll and everything in between.

Fiona lists 'the people' as her favourite thing about working at BSS. "Everyone has been very kind. I have never worked with such a supportive team, who help and encourage me along the way!"



Fiona's drive is to teach her son, "no matter your circumstance in life, if you work hard, you can achieve success." Fiona is currently completing her Diploma of Payroll and is looking forward to continuing her studies. Outside of work, Fiona enjoys strength training, "I like lifting heavy things, to prove to myself anything is possible if you set your mind to it" along with aerial silk acrobatics and going to see live bands.

BSS Psychology offers 'The Better Sleep Program' which is a one-on-one program with a Clinician to help with your sleep. It is treated as a separate EAP referral reason. The Better Sleep Program is a six hour program broken up into 5 sessions, with the initial appointment being 2hrs. The program addresses the most common concerns when it comes to sleep, including trouble getting to sleep, waking up frequently throughout the night, or waking too early in the morning. To find our more about our Better Sleep Program, visit our website or email our team at eapadmin@bsspsych.com.au

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.



DID YOU KNOW?