

# Stress and resilience in a world of uncertainty

One of the most common challenges facing people over the past 18-months is adapting to the constant uncertainty in the age of COVID-19. The impact of which is leaving people in a state of stress and chronic unease. Your brain doesn't like uncertainty - it's like a type of pain, or something to be avoided. However, avoidance is a temporary solution to a much longer-term problem. The more flexible approach to stress management is resilience. Resilience is the ability to cope with unexpected changes and challenges in your life. Some key tools for developing your resilience are:



- **Recoil:** Acknowledge the impact, accept that you have been affected, then make plans to deal with and move on from what's happened.
- **Robustness:** We're not all the same, so understand and appreciate just what works for you as an individual without comparing to others.
- **Reflection:** Give some thought to the priorities in your life. Is what you're doing in your life in keeping with your priorities? Reflect on what you learned from life experiences.
- **Recreation:** Use your personal time well and for enjoyment.
- **Relationships:** Decide which are your important relationships and know why they are important to you. Build a supportive network and draw on the support of others (family, friends and colleagues).
- **Relaxation:** The ability to stay calm and develop mental control. This could be through meditation or simply deep breathing.

Whilst it's not always possible to prevent stressful or adverse situations, you can strengthen your capacity to deal with these challenges and overcome them.



## BSS NOW IN KARRATHA

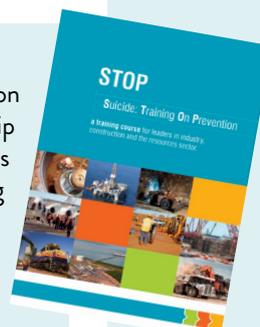
BSS Psychology now have a locally based Clinical Psychologist in Karratha. Having a local presence now means that BSS can offer appointments to all client companies based in Karratha. We are located at Lotteries House on a fortnightly basis.

BSS Psychology can provide one on one individual counselling relating to anxiety, stress, fatigue / sleep difficulties, grief and loss, trauma, relationships, conflict resolution, anger management, alcohol and drug use and domestic violence. BSS Psychology also provides counselling for couples and minors.

If you wish to enquire about making an appointment, please call BSS Psychology on 1800 30 30 90 or submit an appointment request through our BSS Psychology App.

## STOP - SUICIDE: TRAINING ON PREVENTION

The BSS Psychology STOP training program provides basic suicide prevention strategies for leaders and supervisors in the industry. The program aims to equip participants with practical tools to help recognise and respond to members of their team or other colleagues who may be at risk of suicide by: spotting the warning signs, providing key communication strategies when speaking to someone who is at risk, and assisting the person at risk to engage with professional support. To find out more about the BSS Psychology STOP training program call 1800 30 30 90 or email [bss@bsspsych.com.au](mailto:bss@bsspsych.com.au)



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



# R U OK?™

A conversation could change a life.

September 9th is R U OK day. Its important to remember we all go through tough times and, for many, life is tougher than usual right now. More than ever, we need to reach out and check-in with our friends, family, and colleagues. We never know what another person may be going through unless we check-in and ask. By connecting with someone, you show them they are not alone in whatever they are going through. It could be one conversation that makes a difference in someone's life. Here are some suggestions that may show you care if they are 'really ok' rather than prompting the often automatic response of 'yeah im fine...' Some unique conversation starters could look like:



TIP

- If you were to write a book or make a movie, what would it be about?
- If you could live in a different place for a year, where would it be and why?
- How is your favourite sport / sport team going?
- If you can do one thing right now, what would it be?
- If you could meet anyone in the world, who and why?
- What's the most annoying thing you've come across?
- Aside from TV, what's your favourite indoor activity?

This can then open up to the opportunity to checking in with:



TIP

- Are you OK?
- How you going?/How are things?
- What's been happening?
- I've noticed you're quieter than usual, what's going on?
- When did we last catch up?

Some gestures you can do to check in and show someone you care about them include:



TIP

- Give them a call.
- Send them a simple message saying "hello, its been a while, how are you?"
- Text them a photo.
- Connect on shared interests: send them news, or ask them for an opinion about sports teams, movies, tv, a hobby that you know they like.
- 'Tag' them in something they will find funny online.

You could also try a gesture that is a little more involved:



TIP

- Go out for a catchup – a coffee, meal, or movie.
- Join them for a TV show or an event.
- Participate in a hobby together.
- Play a sport together.
- Start excersising together.

All the gestures listed above help to show the person you are connecting with that they are important to you. It can make it easier to ask if they really are ok. To view or download BSS Psychology's R U OK? 2021 video, click [here](#) or visit our Vimeo page.



## 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  
**09 SEPT**  
**IMPACTS OF COVID - PREPARING FOR THE LONG HAUL**

THURSDAY  
**16 SEPT**  
**THE COMPASSIONATE MIND**

THURSDAY  
**23 SEPT**  
**IMPROVING SLEEP**

MONDAY  
**27 SEPT**  
**CHANGE AND RESILIENCE**

THURSDAY  
**30 SEPT**  
**WHAT TO DO DURING A PANIC ATTACK**

MONDAY  
**04 OCT**  
**THE SABOTEUR IN YOUR RELATIONSHIPS: THE SILENT ASSASSIN**

THURSDAY  
**07 OCT**  
**ENHANCING MOTIVATION**

MONDAY  
**11 OCT**  
**MAKING THE INVISIBLE VISIBLE - INVISIBLE DISABILITIES WEEK**

THURSDAY  
**14 OCT**  
**VALIDATING AND INVALIDATING LANGUAGE**

DID YOU KNOW?

### TELEHEALTH AND VIDEO COUNSELLING SESSIONS

BSS Psychology offers counselling sessions via phone and online via Zoom. These options are alternatives to the traditional face to face sessions and are an excellent easily accessible option when faced with an urgent matter or are working with a FIFO roster. All you need is a phone or internet connection. To book a session, call 1800 30 30 90. BSS Psychology takes privacy very seriously, our privacy policy applies to all sessions conducted by our team.

### 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.

