



A W A K E N
p s y c h o l o g y

**healing
through
growth**



HOW ARE YOU?

It's hard to believe we're halfway through 2020, and what a year it's been so far. Or is that a total understatement?

Are you tired, worried, stressed, down, flat, overwhelmed? You're not alone. And for that reason we wanted to connect with you all to let you know that you're in our hearts and minds.

If you're after further resources, click [here](#) to access all our previous articles.

Are You Okay?

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Who could have predicted six months ago where we would be now? As you welcomed in 2020, I bet you weren't thinking this year would hold the words "unprecedented", "challenging", "never before experienced", "world-wide", "restrictions", "lock down", and "pandemic".

This year we've all been dealing with uncertainty. Lots of uncertainty.

So we wanted to reach out and see how you all are. And to also offer some helpful resources.

If you're interested in our previous articles, please click [here](#)

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email - click [here](#)

AWAKEN PSYCHOLOGY

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Firstly, you may have noticed that we've been a little bit quieter this year on the newsletter front. Initially we were going to release a newsletter every quarter; however, that coincided with the height of COVID-19, and we thought you probably had enough information flooding your InBox's ... so we waited.

Now we're back with some information that might be helpful in navigating these *interesting* times. Times that I guessed we had all hoped would be "over with soon". However, these times are continuing to be uncertain – emotionally, physically, and financially. And if I know one thing, it's that human beings generally don't like dealing with uncertainty on an ongoing basis.

Following are 9 practical ways of dealing with these uncertain times.

1. **Get informed with the right information** – visit reputable sites to find the most up-to-date information, and don't rely on social media for 'expert' knowledge
2. **Do what you can** – if you're concerned about something then work out what you can do about it – make a plan, and then follow that plan
3. **Balance your thinking** – remember, our thoughts are not always true or helpful, and negative thinking during stressful times doesn't help us to feel better or to take positive action – balance your negative thoughts with realistic and probable thoughts
4. **Shut off the noise** – stress can be infectious, so choose wisely what and who you listen to – maybe check the news once a day, and connect with others who you know will be helpful
5. **Keep healthy routines** – it might sound simple, but ensuring you're exercising, eating well and sleeping well will help you stay resilient – and sticking to

regular routines can give us a sense of achievement at the end of a day

6. **Stay connected** – stay connected and engaged with people and activities that are meaningful to you – even if you have to modify the 'how to' of staying connected
7. **Do enjoyable things** – we can sometimes let these things slip when we're stressed and worried – so make it a goal each day to do one thing that you enjoy
8. **Focus on the positives** – even though our minds seek negativity (a survival strategy to keep us safe) focus your mind on the things that are good in your life and/or the world
9. **Reach out** – if you're feeling stressed, overwhelmed or depressed always reach out – to friends, to family, to a health professional

Websites

Head to Health :

<https://headtohealth.gov.au/covid-19-support/covid-19>

Head to Health provides Australians with trusted information and digital supports to help support everyone's mental health and wellbeing during this pandemic.

Australian Government – Department for Health :

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Find out how COVID-19 is being monitored and responded to, how you can help stop the spread of the virus, and what to do if you have symptoms.

Government of South Australia : COVID

<https://www.covid-19.sa.gov.au/>

The Government of South Australia's

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website with information tailored to those of us living in SA.

World Health Organisation

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

For the latest information about the global response to the COVID-19 outbreak.

Talk With Someone

Beyond Blue

1800 512 348

Coronavirus mental wellbeing support service

Open Arms

1800 011 046

Veterans and families counselling

MindSpot

1800 614 434

COVID-19 services

Lifeline

13 11 14

Crisis support

Positive Resources

Lockdown: Character Strengths and Silver Linings podcast –

www.chrismackey.com.au/podcast-2

Destination Happiness Facebook Page –

<https://www.facebook.com/destinationhappiness1/>

Destination Happiness YouTube Channel

–
<https://www.youtube.com/channel/UCks1MAKStcBATAQHZeGwfWA>

The Happy Broadcast –

<https://www.thehappybroadcast.com/>

Reddit's Uplifting News Forum –

<https://www.reddit.com/r/UpliftingNews/>

The Greater Good Science Centre –

<https://greatergood.berkeley.edu/>

Positive News –

<https://www.positive.news/>

The Good News Network –

<https://www.goodnewsnetwork.org/>

The Optimist Daily –

<https://www.optimistdaily.com/>

Huff Post, Good News Section –

<https://www.huffpost.com/impact/topic/good-news>

Not All News is Bad –

<https://notallnewsisbad.com/>

Reddit's Random Acts of Kindness Forum

–

<https://www.reddit.com/r/randomactsofkindness/>

As always, if you would like some help, please feel free to contact us on 0488 954 195, admin@awakenpsychology.com.au or [click here](#)



If at any stage, you find you need urgent assistance – go to your closest **Emergency Department**, call the **Mental Health**

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