



EMPLOYEE SERIES











Tips for finding rest in the midst of a crisis

When faced with major crisis, living our life can be tiring and exhausting. For some, even a burden. For example, when we are going through a break up or coming out of it, to start something new can feel like a constant battle and a painful struggle. Dealing with our own emotional tantrums and of others can drain our energy and make it hard to make sense of life and future.

We wish things to be normal – return to the way things were before- but feels like a distant reality. This can create a sense of restlessness that doesn't seem to go away whether we are awake or a sleep. We may feel the path ahead of us is unclear, clouded by a heavy fog. We wish it to be lifted from our minds sooner than later. For some of us, this can be all too much to bear. Some may even think of resigning from life all together.

There is another option – invite REST into your life

It will help you to reset and reengage with life and what you value most. This can bring you sense of peace and motivation to take small steps towards something new or different - may be even open the door for something exciting in spite of chaos and confusion created by crisis

-  Embrace and welcome helpful information to gain clarity of the situation rather than insults and deficits
-  Scan your past to identify what has worked for you in regaining sense of control and autonomy, even for a brief period, and commit yourself to do more of them
-  Give yourself a break from mastering new strategies and escape roots
-  Be honest with yourself rather than trying to impress others. Let your values guide your behaviour in ways that's right for you now and in the future
-  When necessary, take initiative to apologise, forgive and make amends
-  Review and stay connected to your life's purpose and direction
-  Know your sources of hope, strength and inspiration, connect to those sources regularly
-  Make an effort to stay engaged in activities that give you personal satisfaction and energy
-  Let yourself know that it's OK for it to be a mess at times and you are doing the best you can to resolve
-  Notice successes along the way, however small they are, and celebrate in your own way

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au