



EMPLOYEE SERIES

Tips for inviting hope back into our life

When hope seems to be absent in our life, we may feel lost, stuck, unstable and trapped. Or even it may cause us to think that there is no way out. Often, these feelings and thoughts can show up in circumstances when we seem to have tried 'everything' to deal with intolerable pain and distress. In these moments, they can lead us to choices and actions that limit the way we express and share our lives with ourselves and others.

As someone once said, Hope is the thing with feathers. It carries us through struggles of life, until we land safely on the other side – to rest and renew – to heal and grow.

Here are some ways to invite HOPE back into your life:

-  Ask yourself – what is really important to me right now? – what do I stand for in life?
-  Take charge of what you hope to achieve and seek support when required
-  Be aware of when thoughts of self-criticism, blame and judgements raise their ugly heads
-  Engage in activities that open your heart to the beauty of nature
-  Laugh often – even when jokes don't make sense to you
-  Take time to show your gratitude to those who care and love
-  Give yourself permission to make mistakes. Allow yourself to reflect, learn and grow
-  Be curious and flexible about life and living. Never settle down to one way of thinking and doing
-  Allow your mind to travel to places you wish you are there now – enjoy the experience even for a brief moment
-  Remember, no one has got it all-together. It's just a matter of opinion

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-  Time does heal, give that opportunity for yourself
-  Offer a kind word or gesture to someone in need
-  Spend most your energy on embracing and creating your desired future, instead of trying to let go of the past
-  Let your mind go on a diet at least for two weeks – keep away from gossip and cynicism and enjoy inspiring views of others and yourself
-  Walk slowly, breath gently and talk kindly

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