

Finding Rest in the Midst of Crisis

When life feels overwhelming, rest may seem impossible – but it’s also essential. During a crisis, taking small steps toward rest can help you regain clarity, strength, and a sense of control.



Inviting Rest into Your Life: Rather than pushing through exhaustion, think of rest as a tool for resilience. It allows you to reset, re-engage with what matters most, and find moments of peace even in uncertainty. While rest won’t solve every challenge, it can help you take the next step forward.

Ways to Find Rest and Rebalance:

Seek clarity, not negativity: During difficult times, it’s easy to focus on worst-case scenarios. Instead, look for helpful information that offers perspective and understanding rather than dwelling on criticism or self-doubt.

Reflect on what has worked before: Think about past situations where you regained a sense of control, even briefly. What helped you feel grounded? Whether it was taking a walk, journaling, or speaking with a trusted friend, lean into what has supported you before.

Give yourself permission to pause: You don’t need to master new coping strategies overnight. Sometimes, simply allowing yourself a break from problem-solving can help reset your mind and body.

Be honest with yourself: You don’t have to put on a brave face or meet others’ expectations. Acknowledge your feelings and let your values guide your decisions—both for now and the future.

Repair relationships where needed: If unresolved conflicts are adding to your distress, consider whether an apology, forgiveness, or honest conversation could bring closure or relief.

Reconnect with your sense of purpose: Even in crisis, your core values and long-term goals still matter. Remind yourself of what gives your life meaning and take small steps to stay aligned with it.

Identify and nurture your sources of strength: Whether it’s a supportive friend, faith, nature, or a creative outlet, make a conscious effort to connect with the things that uplift you.

Engage in activities that restore you: Even in difficult times, finding joy in small moments can be powerful. Read, cook, create, or move your body in ways that feel good to you.

Accept that life can be messy: Not everything needs to be figured out right now. Allow yourself grace and remind yourself that you’re doing the best you can.

Celebrate small victories: Progress isn’t always obvious, but every step forward—no matter how small—is worth acknowledging. Take time to recognise and appreciate these moments.

To book an appointment with one of our counsellors, call or scan the QR Code



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