



Monthly  
NEWSLETTER

**January is now behind us and we can reflect on the first 31 days of our new year.**

**Reflection helps us to put things into perspective.**

**When life gets busy or when our responsibilities overwhelm us, it can feel as though you don't have a spare moment to stop, evaluate how you feel and understand what is going on for you.**

**We can often be running on autopilot until something stops us or goes wrong.**



**You may be confronted with decisions that you hadn't prepared for. This can be an opportunity for you to reassess and redirect your attention to the things that really matter to you.**

### **Some ideas to help you reflect:**

- **Is your routine working, are there any changes you can make?**
- **Are you utilising the resources around you, or trying to cope alone?**
- **How much of your week is spent doing tasks that make you feel good?**
- **Are you making time to notice the positive things around you?**
- **Do you take time to look back on your day to see what you have achieved? What has gone well and what hasn't.**
- **Do you react to small stressors disproportionately?**
- **How well do you cope with stressful situations? How are you coping?**
- **If you are having a tough day, can you name 3 things that could help you feel calm and positive?**
- **There will always be things you cannot control. What coping strategies do you have in place to calm you mentally and emotionally in these situations?**
- **What actions can you take today that will help you to feel a little bit better?**

**Accepting life's inevitable challenges is a useful step to enable you to put things into perspective.**

Asking yourself if there is anything you can do to in these unexpected moments, big or small, to help you to change the circumstances is a positive coping strategy.

Adapting to our environment and situation is an easier way to help us overcome stress, frustration and upset. It can also help to reduce anger and feelings of dread.

We are all human beings and creatures of habit. Often this helps us to feel in control. Making a conscious effort to put things into perspective can mean the difference between resisting or accepting change.

**Tips to help you keep things in perspective:**

- Look after your basic needs
- Do things that revitalise and restore your energy
  - Spend time on your own
  - Find somewhere peaceful and quiet
    - Change your environment
    - Take a break or holiday
- Think of the bigger picture and reflect on the whole situation
  - Put aside immediate feelings of dismay
  - Take care of your wellbeing – mind and body
  - Make small changes to your diet and exercise
    - Avoid burnout