



CQ Psych Services



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PRACTICE INFORMATION

Psychologists

Suzie Humphrey

BPsych (Hons), MForMentH, MAPS

Tina Bunge

BPsych (Hons), Assoc. MAPS

Admin Team

Jessica Butler – Admin Manager

Diane Furno - Admin Assistant

Jessika Cook – Admin Assistant

Practice Hours

Mon – Thurs 9:00 AM – 5:00 PM

Address

1/137 Auckland Street,
Gladstone QLD 4680

We are located in Auckland Street, Gladstone. Two-hour street parking is available to clients on both Auckland and Herbert Streets.

Contact Information

Ph/Fax: 07 49726929

admin@cqpsychservices.com.au

Facebook & Website



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



<https://cqpsychservices.com.au/>

DIRECTOR'S MESSAGE

Hello everyone,

Welcome to Volume 1, Issue 2 of our Newsletter. At CQ Psych Services we pride ourselves on being able to offer a range of psychological services for clients. Our psychologists are continually taking part in the latest professional development training, to ensure that our service is second to none.

I am very excited about our upcoming 1st anniversary. The team are still in the planning stage, but we are looking forward to the celebration to come.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on coping with stress and parental self-care. I hope you enjoy this issue.

Please contact the office if you would like to arrange an appointment and as always, we welcome all questions, queries and feedback. Simply email us at admin@cqpsychservices.com.au

Keep an eye out on our Web, Facebook and Instagram pages as we continue to develop these sites.

Until next time...

Suzie Humphrey

Director, BPsych (Hons), MForMentH, MAPS

HOW TO REFER TO US

CQ Psych Services can receive referrals via fax on 4972 6929 or email admin@cqpsychservices.com.au

We accept GP Mental Health Treatment Plan, WorkCover and Private Health Insurance clients but **DO NOT** offer Bulk Billing.

Our admin team is available between 9:00am and 2:30pm Monday to Thursday. Outside these times, please leave a message and we will happily call you back.

COPING WITH STRESS

Stress is an unavoidable part of everyday life. Whilst minimising the amount of stress we are subjected to is important, so is ensuring that we can cope effectively when a stressful situation does arise. Coping refers to our way of dealing with challenges, difficulties and the problems life dishes out. It is important to understand that how parents manage their stress can impact the well-being of their children and can in turn affect how those children manage their own stressful situations. There is no single formula for coping but rather a range of coping strategies that may help us to manage stress better. There are a number of different coping styles that people use when faced with a stressful situation, including:

1. Productive coping style incorporates working hard and solving problems while being able to relax and engage in other diversionary activities.
2. Non-productive coping style is associated with not coping and is characterised by worry, self-blame, wishful thinking ignoring the problem and tension reduction (e.g., drinking alcohol, drug use, gambling) to decrease stress.
3. Optimism coping style incorporates strategies such as focussing on the positive, seeking spiritual support, or relaxing diversions to get through the problem.
4. Sharing coping style seeks support from others, sharing their problems with others including professional help. Problems are rarely kept a secret.

Parents who believe that they have the resources and skill to manage stressful situations are able to model the more positive coping styles (Productive, Optimism and Sharing), providing a positive coping message to their children. Parents who model good coping skills in a confident and capable manner during stressful situations, are in the best position to build happy, resilient children with good communication and coping skills.

- Suzie Humphrey

PARENTING AND SELF-CARE

As parents we often must prioritise the multiple commitments and responsibilities

that occur in day to day life. Unfortunately, many parents place their own needs low in the list, or worst still, forget to include themselves at all. Practicing self-care is key component of being a parent.

Self-care includes caring for your physical, emotional and mental health. There are many benefits for both parent and child, not only will you feel better, have more patience and energy, but you will also be strengthening your relationship by having greater capacity for care and engagement with your child.

Additionally, you will be role modelling the importance of self-care to your child. Self-care does not need to be a major event, even taking five minutes for yourself to sit, relax and breath can have significant benefits for the well-being of yourself and your family.

So other ideas may include:

- ✓ Exercising regularly
- ✓ Sleeping more (honestly the housework will still be there when you wake up)
- ✓ Healthy balanced diet
- ✓ Grab a massage (you deserve it after all that housework)
- ✓ Cuddle, kiss, and enjoy intimacy with your partner
- ✓ Take a long bath
- ✓ Enjoy a walk outdoors or make a coffee date with friends
- ✓ Laugh often – watch that comedy, or cat video whatever makes you giggle
- ✓ Make time for your relationship with your significant other – go to dinner or have a picnic in the back garden while the kids are napping

Practicing self-care includes forgiveness. It's not easy to change our habits and when our schedule gets hectic it is easy to fall into old patterns.

Caring for the well-being of others takes commitment – so commit to yourself because you are worth it!

- Tina Bunge

You can contact us to get further information or to enquire about an appointment by emailing us at admin@cqpsychservices.com.au giving us a call or leaving a message on (07) 4972 6929, or message us on Facebook.