



# CQ Psych Services



## IN THIS ISSUE

- Director's Message
- Clinic Update
- How to Refer to Us
- Create Your Own Happiness
- How Do You Sleep?

## 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](mailto: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 3 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 to announce that July was the month of our 1st anniversary. The team and I hosted a Wine and Cheese night on 2 July, our official birthday. We had a lovely evening celebrating with family, friends and colleagues. The evening was as much a celebration of our first year in business as it was to honour all of those involved in our success. We look forward to many great years ahead.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on *creating your own happiness* and *how do you sleep?* I hope you enjoy this issue. You can expect our next Newsletter in December.

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](mailto: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*

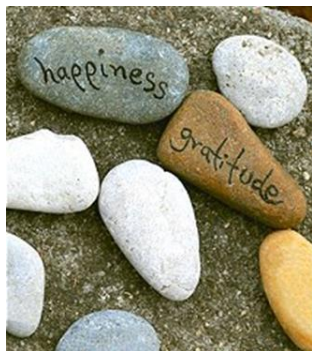
## HOW TO REFER TO US

CQ Psych Services can receive referrals via fax on 4972 6929 or email [admin@cqpsychservices.com.au](mailto: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.

## CREATE YOUR OWN HAPPINESS



Depression, Anxiety and Stress. Few of us avoid the impact of this trio in our modern day lives. Unfortunately, they all have us viewing life through a negative lens and predicting the worst.

We filter our environment looking for evidence that supports our negative predictions and ignore or brush off what doesn't fit (the gratitude moments). We focus, almost obsessively, on what goes wrong and fail to pay attention to what goes right in our lives. This focus on the negative sets us up for depression and anxiety – and the cycle continues – low or anxious mood has you focussing on the negative and when we find supporting evidence, we feel more depressed or anxious.

The act of gratitude can make for a happier and more satisfying life. Gratitude moves people to consciously identify and reflect on positive experiences which in turn leads you to experience more positive emotions and develop and maintain relationships, making you happier. When you feel gratitude, there is a positive benefit that can lead to lasting happiness.

Moments of gratitude do not have to be monumental. In fact, it's the small stuff that we should focus on. It is important to create a physical record of your moments of gratitude. Try this yourself - for a few weeks, write about one moment of gratitude each night. There is a free worksheet under the Resources tab on our Website that can help you to get started – the *Gratitude Journal* worksheet. It may be a little awkward at first, but it will get easier with practise. The chances are, that with practise, you will feel happier – less depressed and anxious – as a result.

- Suzie Humphrey



Gratitude:  
Practice for a Happier Life!!

## HOW DO YOU SLEEP?

Sleep is a vital part of our health and wellbeing, and yet we rarely take any notice of our sleep patterns until an issue occurs. The time we spend sleeping is restorative for both the body and mind. Developing good sleep hygiene can improve our sleep and promote good health and wellbeing.

Typically, sleep cycles through being awake, light sleep, REM (Rapid Eye Movement) and deep sleep.

It is common to wake multiple times each night, but this can be for such short moments that we don't even remember. Light sleep promotes mental and physical wellbeing. Deep sleep is important for our physical recovery, memory, learning and supports our immune system, while REM sleep is important for mood regulation, learning and memory.

So, what is good sleep hygiene:

1. Consider your environment – think cool, dark and quiet. Avoid all electronic devices at least one hour before bed.
2. Follow the same routine. This trains the brain to recognise bedtime and stimulates sleep processes.
3. Restrict bed activity to sleep and pleasure. This helps build a connection in your brain between bed and sleeping.
4. Avoid napping. Resist napping during the day as it may affect your ability to achieve quality restorative sleep at night.
5. If you have difficulty falling asleep consider getting up and doing a boring activity. If your mind is worrying about things, write them down to be dealt with in the morning.

Regular good quality sleep is important for our physical and mental wellbeing. If you're having any issues with sleep, consider speaking to your GP or contact CQ Psych Services for more information.

- Tina Bunge

For our full-length blogs, please visit our Website.

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