



CQ Psych Services



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PRACTICE INFORMATION

Psychologists

Suzie Humphrey

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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 4 of our Newsletter. At CQ Psych Services we pride ourselves on being able to offer a range of psychological services for clients. Services are tailored to individual client needs and may include: Individual Therapy, Couples Therapy and Assessments.

Our psychologists are continually taking part in the latest professional development training, to ensure that our service is second to none.

We are all getting very excited for the upcoming festive season and are getting all of our office decorations ready to spruce the place up.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issue includes information on *festive season stress* and *school holidays – pleasure or pain*. I hope you enjoy this issue. You can expect our next Newsletter in February 2020.

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



Holiday Closure

We will be closed from
20/12/2019 to 07/01/2020



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.

FESTIVE SEASON STRESS

The festive season is meant to be a time of celebration and joy but can easily become period earmarked by high stress and distress. The festive holiday period is often a hugely busy time and as a result people can get super-stressed, tired and argumentative with family and others.

Stress may come from:

- working long hours to get things finished before the holidays
- worrying about the financial cost of buying presents
- getting all the celebration shopping done in time
- overdoing it with too many family, work or social events
- spending time with or without family
- travelling away from home

It is important to take some time for yourself during this time. Because the festive season is often jam-packed with family visits and activities, it's worthwhile making sure you have time out just to relax and be in your own space.

This may be as simple as taking half an hour to:

- go for a walk
- phone a friend
- find a quiet space to relax
- put your headphones on and close your eyes
- read a book
- listen to music
- do something fun

Above all, if you find that things are getting on top of you, reach out and talk about how you feel with someone you trust.

- Suzie Humphrey

SCHOOL HOLIDAYS – Pleasure or Pain

School holidays can be a fun time to spend down time with the family. It's a time to leave the school drop off and pick up behind and just rest, relax and maybe even travel. But, it's also normal to get on each other's nerves when you're not used to spending quite so much time together.

There are some ways to make sure you keep it together during the school break:

Holiday care programs – You don't need to be a working parent to utilise holiday care programs for your child. It can give you a bit of space from each other as well as giving your child a chance to be social and active with friends.

A little structure is good – Having a structure to your days can really help things run more smoothly (especially if they are still quite young). You don't need to be too rigid about it. Have activities in the morning and quiet time after lunch. Or spend the day out and have afternoons at home engaged in your own activities. Creating a simple calendar with your plans written on it creates a visual tool for keeping organised too. It can help your child to know what to expect and can stop them nagging about being bored.

Plan for down time – You're obviously planning activities, outings and holidays to keep everyone entertained during the holidays, but have you planned some down time too? Make sure you have days where there's nothing on so everyone can relax, have a bit of time to themselves and reset before the next adventure begins.

Catch-ups with friends – The school holidays can look pretty lonely from a child's perspective if they have no time planned to spend with friends. Plan some playdates throughout the break so they can catch up with their friends. It can also give you some time-out if your child is old enough to be dropped off at a friend's house and picked up later. Perhaps you can return the favour on another day.

Set rules around screen time – Your screen time rules might relax for school holidays, but you should still have some clear guidelines on its use. This can stop siblings fighting over devices and also gives your child some balance to their day. Set a time limit or require some outside time before the device comes out.

- Suzie Humphrey

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 giving us a call or leaving a message on (07) 4972 6929, or message us on Facebook.