



# CQ Psych Services



## IN THIS ISSUE

- Director's Message
- Academic Stress
- Signs That It's Time For A Digital Detox

## PRACTICE INFORMATION

### Psychologists

Suzie Humphrey  
BPsych (Hons), MForMentH, MAPS

Tina Bunge  
BPsych (Hons), Assoc. MAPS

### Provisional Psychologist

Kelsie Realf  
BPsychSc, GradDipPsychAdv, Assoc MAPS

### Mental Health Social Worker

Shannara Emmerton  
AMHSW, BSoCWW

### Admin Team

Jessica Butler – Business Manager  
Diane Furno – Admin Officer  
Rochelle Russell – Admin Officer

### Practice Hours

Mon – Fri 9:00 AM – 5:00 PM

### Admin Hours

Mon – Fri 9:00 AM – 2:30 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 2, Issue 3 of our Newsletter. CQ Psych Services continues to offer a wide range of therapy, counselling and supportive services for mental health concerns as well as a range of assessments. We also offer services through third parties such as WorkCover, NDIS (self and plan managed only) and Employee Assistance Programs (EAP).

We are all excited to welcome our newest team members, Shannara and Rochelle. Shannara brings with her a wealth of knowledge as a Mental Health Social Worker and will be seeing a wide range of clients from across the lifespan. Rochelle will be joining our Admin Team, also bringing with her a wide range of experience.

CQ Psych Services newsletters are designed to provide information for Referrers, Clients and the Community. This issues topics include *Academic Stress* and *Signs That It's Time For A Digital Detox*. I hope you enjoy this issue. You can expect our next Newsletter in November 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](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 Friday. Outside these times, please leave a message and we will happily call you back.

## ACADEMIC STRESS

As Year 12 students prepare for their final exams, many parents worry about the impact high level stress has on their child's mental health. This year in particular, students are feeling pressure to perform academically with the prospect of a very uncertain future given COVID-19. This can put them at increased risk of anxiety and depression, which negatively impacts concentration, attention and memory – all vital to success. Some helpful stress management tips follow:

### Planned, Organised And Effective Study

- Set up a distraction free study space.
- Create a visual planner that allocates time to 'school', study, and 'rest/fun time.'
- Use 'to do' lists for each subject and then in the left margin use a numbering system to prioritise tasks.
- Commit to study in small bursts.

### Strategies To Reduce Stress

There are a range of mindfulness apps available for young people. Also, simple relaxation activities can be helpful, such as guided breathing exercises, meditation and yoga.

### Good Self-Care

It is very important that students eat a healthy and balanced diet, take frequent breaks from study to do something enjoyable, get regular physical exercise, stay engaged socially and get plenty of sleep.

### Challenge Unhelpful Negative Thoughts

Thoughts are very powerful influencers of our mood and behaviour. Students can learn to challenge their negative thinking. It is also very helpful to keep things in perspective. Remind students that they are not their Year 12 results.

### Monitor Stress To Ensure It Doesn't Become Problematic

It is important to seek professional help if a student experiences any of the following symptoms on a regular basis or to a level that impacts their ability to function well.

- Uncontrollable worry about academic performance or the future.
- Difficulties with mood regulation (feeling irritable, depressed or anxious).
- Not enjoying activities they would usually.
- Changes in appetite (eating more or less).
- Trouble falling or staying asleep.
- Fatigue or loss of energy.
- Cognitive difficulties (problems with concentration, memory or indecisiveness).

- Physical complaints (e.g., headaches, stomach aches, muscle tension).

- Suzie Humphrey

## SIGNS THAT IT'S TIME FOR A DIGITAL DETOX

It seems that our waking hours tend to be increasingly technology orientated. Many of us can often be found sifting through emails, Googling for work, school assignments or for personal interest, playing games, or mindlessly scrolling through social media.

The digital revolution has provided many benefits. However, for many people, use of technology is becoming difficult to control.

Consider how much digital time you are engaging in. Is your work digitally orientated? Do you do online banking? Pay insurance and do other errands online? Do you use social media and instant messaging? For most of us, 'switching off' completely would be simply impossible.

An important warning sign that something needs to change is when your relationships, work or daily life are negatively impacted.

Below are 10 signs that usage may be negatively impacting your life:

1. You often find yourself thinking about going online.
2. You find yourself spending more and more time online.
3. You go online to lift your mood or escape your problems.
4. You feel sad, annoyed or irritable when you're not online.
5. You've lost interest in activities and hobbies that you used to like.
6. You neglect your health and sleep because of your Internet or gaming use.
7. You've lost or put at risk your relationship, job or studies because of your Internet or gaming use.
8. You've covered up or lied about your Internet or gaming use.
9. You continue going online or gaming despite it causing problems in your relationships.
10. You desperately want to cut back your use, or you've already tried (and failed).

- Suzie Humphrey

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