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July 2017



Micro Moments

When despair takes hold grab a 'micro moment'.

All of us feel stressed at times. Mostly we deal with whatever it is and go on with our lives.

But sometimes the stress overwhelms us because of its size or because it is coming from multiple areas of our personal or work lives.

What can we do?

We can take the 'helicopter' or 'big picture' view of our lives and say: "at least" – "I'm alive", "I have good health" or "I have a loving and supportive family" or "I have a job".

The other option is to 'Think small' take the 'Micro' approach.

We can focus on the small joys and pleasures in our day and savour them.



What could those small joys be?

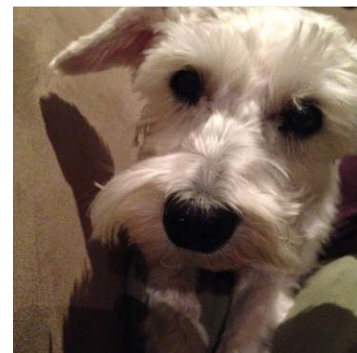
Of course they are different for different people. They might be: noticing and enjoying a conversation with a friend, a brief memory of a nice moment in our lives, a work task completed, a supportive conversation with a workmate or the fact that the work day is about to finish and you know your best friend (the family dog) will be there to greet you when you get home.

OK I admit it, the dog one is mine! Other micro moments that I find joy in are: going for a lunch time walk and finding that some uplifting and warming sunshine has broken through the dark winter sky, walking past the International Roast and getting a decent coffee, running into a friend in the street that I haven't seen in ages, and having a conversation with a family member about a fun family holiday or other event from the past.

So if it all seems overwhelming and the big picture is out of reach, notice and focus on the micro moments of joy and savour them.

If you need counselling assistance or other support, the **ACCESS EAP** is always there for you. Please call **ACCESS Programs: 8215 6799 (SA) or 1300 66 77 00 (National)**.

Konrad Gawlik
Manager, ACCESS Programs



The ACCESS Programs EAP is a confidential service to help employees deal with any work-related or personal issues affecting their lives. We offer a full range of training and consulting services as well.

All ACCESS Programs counselors are fully qualified and experienced Psychologists, Social Workers and Counsellors.

Counselling is free for employees and is also available for family members who are living under the same roof.

Self or management referral or voluntary attendance.

Manager Assistance - support for managers is also available.

Download 'OurEAP' phone app for ACCESS right at your fingertips!



Locations

Adelaide
45 Wakefield Street

Bedford Park
5 Laffer Drive

Salisbury
33 Carey Street

Noarlunga Centre
Alexander Kelly Drive

Other Locations

Mount Gambier
Mount Barker
Murray Bridge
Whyalla
Port Pirie
Riverland/Renmark
Wallaroo
Kadina



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Phone:

(08) 8215 6799 or 1300 66 77 00

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