

## While you are waiting for your appointment

*Welcome, and thank you for booking an appointment with Therapy with Michaela.*

*We have put together some information that you may find useful while waiting for your appointment, to manage your mental health.*

### **Focus on self-care**

When we are struggling, it can be difficult to do many things, but having 5-10 minutes a day to focus on self-care can help improve your mood. Here are some ideas on what to do:

- **Drink** water or tea regularly.
- **Eat** well – try to eat nutritious meals and snacks like vegetables, nuts, fruit, etc.
- **Exercise** – try to do 10 minutes. Go for a short walk, or even just sit outside for a while, maybe with a cup of tea. Make yourself feel present by focusing on and trying to appreciate all the things around you, using all of your senses – sight, scent, sound, touch and taste. Think about which ones make you feel good – is it better to be in a bright room or do you need darkness to properly rest? What about noise – do you like background sounds or need complete quiet?
- **Sleep** – try to get at least 8 hours. Check out [sleep hygiene](#) for how to optimise your rest.
- **Hygiene** – maintain yours by brushing your teeth, having a shower and wearing clean clothes.
- Spend a few minutes **writing** down things that are stressing you, to get them out of your head.
- **Distract** yourself – you can listen to music that makes you feel good and dance along if you feel like it; you can read a book or do a hobby or activity that makes you feel good, whether that's cleaning, fixing your car, having a bath, doing craft, or gardening.
- **Focus** on self-care – self-care is one way to make yourself feel a little, or a lot better. Even spending just a few minutes on these activities can make a difference. And sometimes trying one or more of these things can make you want to do more as your mood slowly rises.
- **Avoid** substances and activities that numb your feelings and may be addictive.
- Write down what you want to speak about in your next psychology **session** and what you are hoping to achieve in your sessions.
- **Connect** with people who care about you and are supportive of you.



### **Managing your feelings**

Often people make an appointment with a psychologist because they are experiencing strong, and at times, overwhelming feelings and emotions. These tips can help manage these while you are waiting for your session.

- See your feelings as something that come and go like a wave, sometimes they are intense and at other times less so. Remind yourself that the feeling will pass.
- Recall times when you have felt like this in the past and got through it, or other hurdles you have overcome. Remind yourself that even though you feel vulnerable or overwhelmed right now, you have strength and skills within you that can help you get through this time.
- For more specific strategies on managing emotions, you can click [here](#) .

### **Managing your relationships**

- Surround yourself with people who make you feel good. Spending some time on your own can be helpful, but knowing that you are not alone is often an important part of recovery.
- Put relationships that have high levels of conflict, or those you are experiencing difficulty with, on the back-burner - you can return to them when you are feeling better.
- Let important people in your life know how you are feeling, so that they understand if you are not your usual self, and can be there for you. People who care about you will want to know what is going on and help, just like you would for them.

### **Online resources**

YouTube has some great videos – here are some you may find useful:

- [Meditation 101](#)
- [breathing for children](#)
- [breathing for adults](#)

There are many apps that can support you – here are some you may find useful:

- [Smiling mind](#)
- [Calm](#)
- [Beyond Now](#)



### **If you are feeling general distress**

Who to contact when you have concerns about mental health, anger management, family violence (using and experiencing), addiction, relationships, stress and wellbeing:

Beyond Blue	1300 224 636	<a href="http://beyondblue.org.au">beyondblue.org.au</a>
MensLine Australia	1300 78 99 78	<a href="http://mensline.org.au">mensline.org.au</a>
13 Yarn	13 92 76	<a href="http://13yarn.org.au">13yarn.org.au</a>
Kids Help line	1800 551 800	<a href="http://kidshelpline.com.au">kidshelpline.com.au</a>
LGBTIQ+	1800 184 527	<a href="http://qlife.org.au">qlife.org.au</a>
Sexual Assault Crisis Line	03 5441 0430 (Mon-Fri 9-5) 1800 806 292 (all other times)	<a href="http://casacv.org.au">casacv.org.au</a>
Family Violence	1800 015 188	<a href="http://safesteps.org.au">safesteps.org.au</a>
1800Respect	1800 737 732	<a href="http://1800respect.org.au">1800respect.org.au</a>
Gamblers Help Line	1800 858 858	<a href="http://gamblinghelponline.org.au">gamblinghelponline.org.au</a>
Direct Line	1800 888 236	<a href="http://directline.org.au">directline.org.au</a>
Lifeline	131 114	<a href="http://lifeline.org.au">lifeline.org.au</a>
Suicide Call Back Service	1300 659 467	
Emergency Services	000	
* if you need an interpreter call 13 14 50 first		

### **Making contact with us**

Due to the nature of psychological work, at times there may be delays in receiving messages you have left. Please do not depend on messages – follow-up with a phone call if you haven't received a response within 24 hours. Michaela will let you know in advance when she is on leave and her voicemail will also indicate so. Michaela does **not** offer a crisis intervention service or 24-hour support. Her working hours (except public holidays) are: Monday - Thursday 9am - 5pm. Contact details: 0415 114 629; [michaela@therapywithmichaela.com](mailto:michaela@therapywithmichaela.com)

Gail, our Mental Health Administrator, manages bookings and provides general information about our services. She is reachable Monday - Friday 9am - 5pm. Contact details: 0451 214 629; [info@therapywithmichaela.com](mailto:info@therapywithmichaela.com)