

# PLANT YOUR SEEDS

Improve your Wellbeing While you Wait



**PART OF THE  
'WHILE YOU  
WAIT'  
SERIES**

MAXIMISE YOUR  
WELLBEING,  
WHILE YOU WAIT  
FOR SUPPORT



## WHAT IS IT?

All of us will feel overwhelmed at some point in our lives, especially if we face multiple challenges in rapid succession, or we find ourselves falling into the same challenges over and over again. Life is challenging, and the social image of a 'healthy person' is to be 100% ok, 100% of the time; but this just isn't realistic. It's perfectly normal for our mood to fluctuate, for stress to wear us down, and for life to feel overwhelming at times. In the same way that it is normal and ok for us to struggle, it is normal and ok for us to need a helping hand at times.

Getting and waiting for the right support is also challenging, and we at Sound Psychology would love to invite you in to our offices for a 2-hour seminar aimed at building awareness in the processes that keep us healthy, and to learn how to plant the seeds of wellbeing that will give us the tools we need to handle the challenges that arise while you wait.



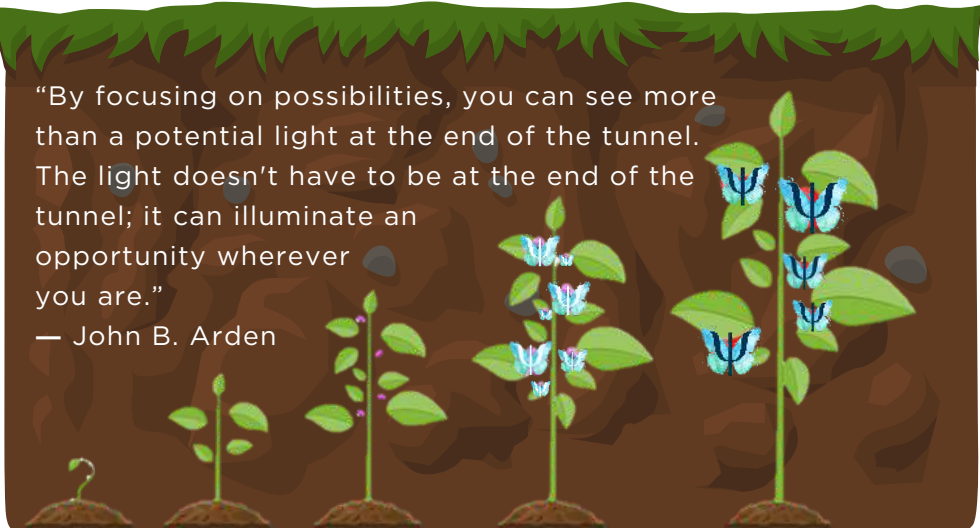
## BEFORE YOU START

What to know and what to ask before you see a therapist

Seeing a therapist, for the first time or as part of an existing journey, leaves a lot of unknown variables to consider. Some that may not be answered until you're sitting on the couch. This can make that time between referral and session even more challenging, especially if you're not entirely sure what you want to get out of therapy yet.

As part of the Seminar, we'll spend some time discussing how to prepare for your own therapy; what to look for in a psychologist to know if they're right for you, what to have in mind for the first session, and how therapy may evolve as sessions progress.

We'll go through some important considerations for yourself and your future therapist, to make sure you can enter into that first session with confidence in how it can work for you.



“By focusing on possibilities, you can see more than a potential light at the end of the tunnel. The light doesn't have to be at the end of the tunnel; it can illuminate an opportunity wherever you are.”

— John B. Arden

## THE SEEDS APPROACH

if you've already taken the steps needed to get some support, you may have been met with a bit of a wait time. This wait can be a challenging period especially considering why you may have sought some help in the first place.

While you wait, it can be useful to build your knowledge on the things you can do right now to improve your overall wellbeing and resilience to help face the continuing and emerging challenges in your life.

This Seminar will Focus on S.E.E.D.S - the lifestyle factors that work together to provide us with psychological and physiological wellbeing. These factors will be covered in more depth during the seminar, giving you the insight and direction to pursue them for yourself:

- Socialise
- Education
- Exercise
- Diet
- Sleep

Register your interest today for our next group- November 2022



Register your interest today! find out more at <https://soundpsychhealth.com.au/group-seminar/> or call us on 08 9528 4490