



Tips to keep you airborne!



How's it going?
September 2022

Here we are marking yet another national R U OK day in Australia, a day to look out for one another as we all navigate the slings and arrows of this fascinating journey called life.

It's timely too that the results of a national study of mental health and wellbeing (the first of its kind since 2007) were released in July this year, revealing that roughly one in five of us in any given year is likely to suffer from a mental health disorder (21.4%).

Looking solely at anxiety, 21% of women and 12.4% of men experienced anxiety in the past 12 months (as opposed to 17.9% and 10.8% respectively for 2007), pointing to the fact that not everyone is always OK.



Today is primarily about others, but here's a question...when is the last time you had a quick squiz in the mirror to check whether you're OK or not OK?

Leadership starts from within, remember...

So, how's it going today? OK or not OK?



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If not, what could you do to tip the scales in favour of feeling a tad better?

Here's simple, solution-focused, self-help tip to do so:

1. Give yourself a SUDs (Subjective Unit of Discomfort) rating on a scale of zero to ten, where 0 = no good and 10 = great
2. Now ask yourself if you've ever felt better than this (most likely you have)
3. Next, tune into that time and ask yourself what you were doing differently e.g., going to bed earlier, eating healthier, drinking less caffeine/alcohol, exercising more etc.

Hey presto...you've now got a blueprint for moving those scales in a positive direction. There's no re-inventing the wheel, it's already tried and tested; you know it works.

So, what are you waiting for?

Go on...look in the mirror, work up some SUDs, set your GPS to your desired outcome, work out the best route forward, get yourself in gear, and put your foot on the accelerator.

Wellbeing...it's a choice.

Did I mention that it would be easy?
No.

What's the alternative?

Your choice.

Till next time, here's to choosing wisely,

Caroline

PS - If you're ready, work with me directly to see how you, and/or any of your team can benefit from tipping your scales in a more positive direction.

Hit the reply button to this email with "yes, more information please".

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