

healthfocus

clinical psychology services

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It's Spring!

Hello everyone,

A very happy Spring to everyone!

"To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter... to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring – these are some of the rewards of the simple life." -- John Burroughs.

In this newsletter we have focused on the theme of "little things".

Sometimes, especially during this busy time of the year, we can forget the little things.

I encourage everyone to take a moment to consider "contentment". Contentment is a state of mind with a feeling of peace and fulfilment. When content, we focus on the things that we have rather than those we do not, appreciating the good things around us, our health. To be content is to be happy and enjoy the "little things" in life.

Monique Armstrong-Burgin has written an insightful and helpful piece about boosting relationship satisfaction, which draws attention to "little things".

Thank you to Monique for tips on boosting relationships.

We look forward to hearing from you and being of service to our clients and referrers.

-- the Healthfocus team

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Our Services

Healthfocus aims to provide the best evidence based psychological care for our clients across several areas.

We help clients recovering under the Workers' Compensation cases, Motor Vehicle Accident and Employee Assistance Programmes in assessment and treatment, as well as through Medicare subsidised psychological counselling through the Better Access to Mental Health Care initiative in conjunction with Medical Doctors.

Our psychologists are trained to work with clients facing depression, trauma, adjustment, anxiety, pain, and interpersonal changes and challenges.

Dr Lien, Dr Bartova and Dr Lee have extensive experience working with patients in the Workers' Compensation, and Motor Vehicle Accidents.

Ms Armstrong-Burgin, Dr Lee and Dr Bartova are experienced with working with young children, teenagers, and young adults, as well as with adults and older adults, including clients with disabilities.

We offer a multi-lingual service, including Chinese, Czech, and Slovak.

Boosting Your Relationship Satisfaction

by Monique Armstrong-Burgin

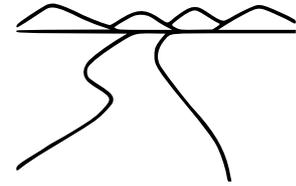
The season of Spring often carries themes of renewal, hope and growth.

Many individuals and couples attend counselling in an effort to improve their relationships.

Often clients will come up with detailed and elaborate solutions including holidays away and “date nights” as examples of ways to restore or revive their connections.

Although admirable, in reality it’s usually the “little things” that can lead to the most extraordinary outcomes. This seems to be particularly the case when couples are trying to balance work, family and extracurricular pursuits.

For couples intent on reconnecting here are some suggestions have been credited for strengthening relationship harmony...



“Perfect happiness is a beautiful sunset, the giggle of a grandchild, the first snowfall. It’s the little things that make happy moments, not the grand events. Joy comes in sips, not gulps.”

~ Sharon Draper

“You can’t jump from little things to big things. It just takes time and patience.”

~ Nadia Comaneci

It’s the little things in life that matter the most. Appreciate what you have. Be grateful.

LiveLifeHappy.com

“...the little things...”

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