

Helen Fuller

Dip T, B Ed
Master Soc Sci-Counselling
M.A.C.A. (Clinical)

M 0412 049360

ABN: 66 896 258 863

Individual and Family Counselling

Virtual Reality Therapist

*“Empowerment through sensitive
self awareness.”*

Medindie Gardens, 5081.

Personal Wellbeing

For the Self to thrive, you need a balance of interpersonal relationships, professional achievement and organisation in your life. The interpersonal element is essential.

Look at the way you are orientated to life; do you look optimistically or fall into pessimism?

Live up to YOUR expectations and be conscious of your health and wellbeing, which are a prelude to everything.

Try doing ONE thing at ONCE and finishing it. We often have our minds on several things (accidents occur, stress rises).

Important protective factors:

- Handle demands
- Have belief in your own ability
- Maintain a sense of control
- Develop a positive disposition
- Positive personal and family circumstances
- Personal support and sense of belonging

Happiness is often connected to work. When happier, you tackle problems differently by looking at options. Know when to “shut the shop” and separate from work.

We have 5x the income of grandparents, yet not 5x the happiness!

We need an optimistic view, appreciation and awareness of surprises in life, reception to what may be on offer, curiosity, gratitude (tell yourself 3 things you appreciate in your life each day), like yourself, control only what you **can**, live in the present, set tasks to gain satisfaction, eg physical activity, family or couple time, ability to debrief and the ability to promote personal development.

The debrief is important and reflects on emotions.

www.helenfullercounselling.com.au



Virtual Reality Therapist Australasia Pty Ltd
A subsidiary of Virtual Medicine Pty Ltd