



Mandurah

Psychological Services



Bunbury

Psychological Services

Your EAP Team



Julie-Anne Davies

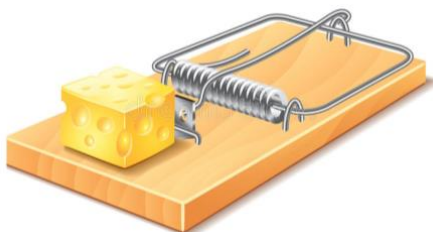
Managing Director and Senior Psychologist

This month's newsletter looks at our relationship with happiness, what it means to us, and the possible downsides. For us here in WA, 2022 certainly brings some challenge and change. With international travel back on the cards, COVID cases rising – how can we best stay realistic, content, and avoid falling into *the happiness trap*?

If you need support with your mental health or wellbeing, please contact us here at Mandurah & Bunbury Psychological Services for an appointment with one of our qualified practitioners who will guide you towards better management of your mental health.

What's the Deal with Happiness, Anyway?

Do our expectations on happiness actually make it harder for us to feel good? One approach to life and mental health is to stop chasing happiness, and rather let it chase us.



This may sound absurd, but often our expectations surrounding happiness are unrealistic and flawed. This can lead to unnecessary stress in the pursuit of happiness. Many of us have learned the unhelpful idea that we should want to be happy as much as possible, but how realistic is that?

Sometimes we need reminders that we shouldn't always be looking on the bright-side of life. It is not how we are designed to function, and it doesn't reflect the reality of life.

Feeling sad is normal despite the idea that psychological suffering is abnormal. Feeling anxious, stressed or sad is just the mind doing what it's designed to do – it is something that we can learn to accept and manage, rather than avoid.

We are taught to avoid negative feelings but life is full of both pleasant and unpleasant feelings. Acceptance of these facts leads to less mental friction than struggling against undesirable feelings.



International Day of Happiness - March 20th

TAKE ACTION

Three ways you can celebrate the International Day of Happiness:

Happier

Do something for your own happiness - make time to do something you really enjoy, get moving outside, learn something new or reconnect with an old passion. Activities that give us a sense of achievement or enjoyment often boost our mood.

Kinder

Do something for someone else - donate to a food bank or charity, call a mate to tell them what you appreciate about them, volunteer in your local community.

Together

Share the International Day Of Happiness with others and help more people get involved with thinking about ways to promote happiness and mental health. Connecting with those we care about is one of the best ways feel fulfilled and content.

What can you do?

- Accept undesirable emotions, even if it means putting up with it and knowing it's a normal part of life.
- Being in the present moment with techniques such as mindfulness can help with the perspective that emotions are temporary, not permanent.
- Life is difficult but dealing with it allows us to have a more meaningful life.
- Focus on what you can control (your actions) rather than what you can't (external environment, other people).
- Shift the emphasis back from feeling good to doing good.
- Get support from our professional psychologists to support you in achieving your wellbeing goals.



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