



# UNCERTAIN TIMES

TECHNIQUES TO HELP WITH  
ISOLATION, MEANING AND OVERWORK

BY LISA JOHNSON

PSYCHOLOGIST AND ORGANISATIONAL  
WELLBEING CONSULTANT



## ABOUT THE AUTHOR

Use this guide to help support you and your loved ones through this time of uncertainty. Browse the strategies provided and begin to put them into practice this week.

As the Director of Asami Engagement Psychology, Lisa combines over 20 years' experience in complimentary medicine and counselling with a Bachelor of Psychology (Honours and Counselling Major) and Masters of Organisational Psychology. Taking a holistic, complete wellbeing approach; Lisa supports individuals, families, communities and organisations to enhance and enrich their most important asset, health.

With kindness and compassion, Lisa builds trust through engagement. As an active participant in a holistic process to identify the barriers to your health and happiness; Lisa expertly guides you through simple, achievable, empowering and sustainable steps. Helping you to enhance your health so you can start living an enriched life of personal happiness and professional fulfillment.



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## # 1 - QUESTION

Why am I feeling so tired, worried and alone during this time, and what can I do about it?

## ANSWER

Feeling worried can trigger physical symptoms of unrest, and a fight or flight response. This automatic response is part of the sympathetic nervous system which when thrown off balance can impair your digestive function, cognitive thinking and leave you feeling fatigued, alone and unmotivated.

Feeling uncertain about how to react, can be worrisome and isolating. A helpful exercise is to explore past periods of trauma and ask yourself how you coped and survived during these high stress moments.

Rest assured it is completely normal to feel alone during this current world crisis. Boost your spirits by making the daily effort to reconnect with your inner self and others. Seek out positive social media, online chats or phone calls to lift your spirits and theirs!

## SELF-HELP TASK

It is important to practice a daily health enhancing routine in times of stress or unrest. Here are some ideas to help you feel more empowered:

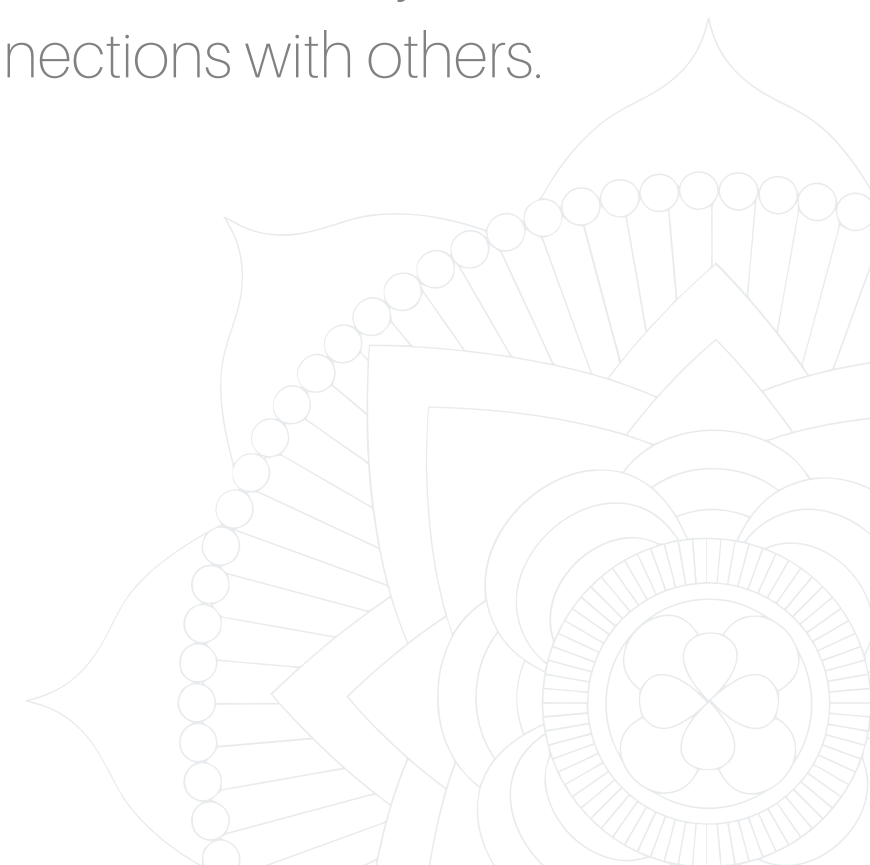
**RESET.** Get up and move throughout the day. Take a step away from what you are doing and remind yourself of what's good in life.

**SLEEP.** Enhance your sleep by practicing a gentle wind down routine. Sleep is so important to our sense of well-being and mood.

**SELF TALK.** Watch your self talk and keep positive.

**HEALTHY EATING.** Keep your digestion function in good order by being mindful at meal time. Remember to BREATHE and reset before eating.

**MINDFULNESS.** Stay in the present moment, and take in your surroundings. Look for the positives around you. Be curious of the world, and actively explore safe connections with others.





## #2 - QUESTION

I am struggling with my identity, sense of purpose and productivity.

What can I do to help myself?

## ANSWER

Strip things back and begin by asking, who am I?

Make a list of your strengths and the unique offerings you can share with the world. Create some goals around this to give yourself some direction, a mission, a sense purpose,. The gift of giving and contribution to the world is highly motivating when you are feeling low. Tune in to your own unique rhythm for productivity.

Sort out what is important and really needs to be done. Delegate what isn't going to move you forward but can be done by someone else. Focus on what you are most skilled, efficient and get the most pleasure from doing. Productivity is easy when you apply these concepts. Make an effort to be well, stay grounded and deliberate in your daily actions. This will help you achieve and enjoy pursuing your goals, and keeping a sense of purpose.

## SELF-HELP TASK

Part of rediscovering your identity when you feel out of sorts or lost, includes practising the following:

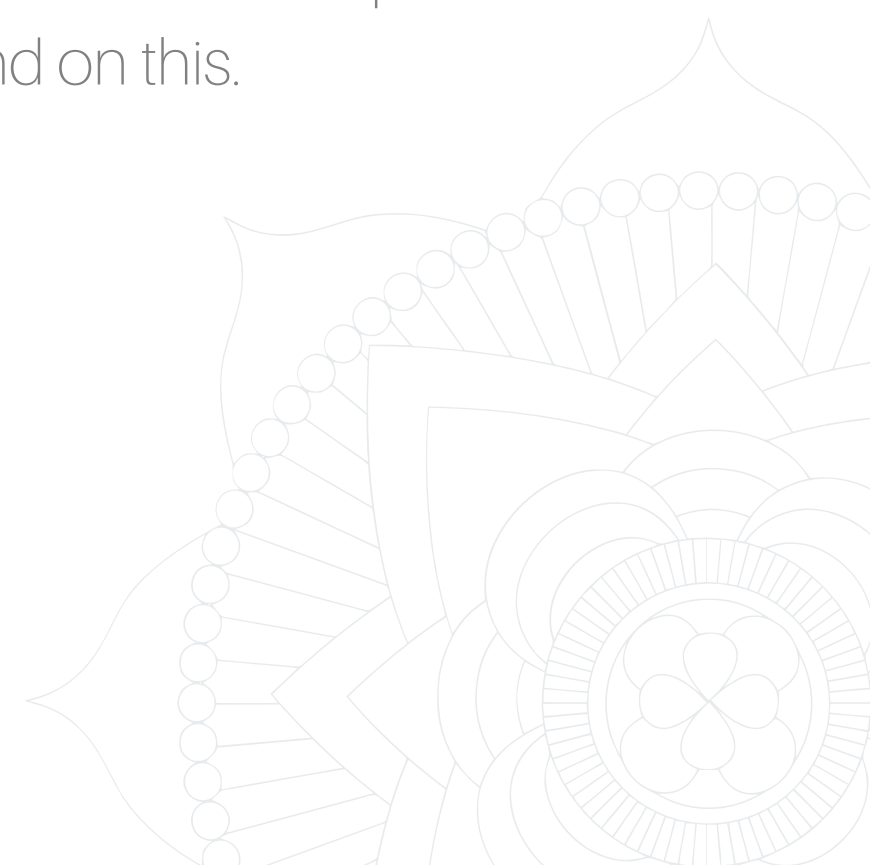
**BE YOU.** Go back to basics and explore your core and real self.

**GIVE.** How can you apply yourself meaningfully and contribute more positively to enhancing your life and life of others right now?

**SHARE.** Delegate tasks and collaborate with others who want to help, or who need the help. Skills share and invite others to do the same with you. Build your support network.

**WHAT'S GOOD.** Gain more focus and pleasure in life by looking at what IS working and IS going well right now. Stay grounded and in the positive aspects of the present.

**BE REAL.** Set realistic and achievable goals that you find enjoyable. Allow yourself to taste success with quick wins, then expand on this.





## #3 - QUESTION

I am suddenly meant to be all things to all people.

What can I do for myself, not just to survive but to grow, learn and thrive?

## ANSWER

Be realistic about your abilities and capabilities. Be an enabler of others, so they can grow and feed themselves.

Teach them to fish, not just provide the fish.

Explore healthy boundaries and how to express them to others. Accept what you can and can't do; practice saying no.

Stick in your lane of talent, interest and skills; collaborate and reach out to others to learn, gain support and grow from each other.

In a crisis, we are forced out of our comfort zone, we have the option to do things differently. This is an exciting time as it can lead to growth and opportunities to prioritise our happiness and increase our understanding.

## SELF-HELP TASK

During times of trouble, there is always an opportunity to rediscover your identity and grow as a person. This might include the following:

**BE REAL.** Being realistic about your abilities; what you can and can't control and what you can achieve right now.

**TEACH.** Share your skills with others so they can grow and support themselves.

**GROW.** Give to yourself. Creating and learning to communicate your healthy boundaries is key.

**BOUNDARIES.** The art and practice of saying "No!"

**COLLABORATE.** Reach out, share and learn from others





**QUIET THE MIND AND THE SOUL  
WILL SPEAK**

**(MA JAYA SATI BHAGAVATI)**

This time represents an opportunity to connect with your intuition, realign your goals and reach for a higher purpose. Through the daily practice of self-care we connect with who we are and why we are here



# THANK YOU!

This is a gift from me to you. I hope these techniques can enrich your life and help you connect with your authentic self. Times of challenge can be opportunities to create space in your life for your next chapter.

If you would like support on your journey you can contact me on **0422 370 890**. Currently, I am offering 50 min telehealth calls for those impacted by the current health crisis.

Please go to <https://asami.net.au/services> for more information.

**BOOK ONLINE**



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