

A psychologist's tips for the question 'am I okay?'

Making time to check in with yourself

Sometimes it might feel like a foreign question if someone asks 'are you okay?' When we are busy, in our heads too much or stressed we can end up feeling disconnected, or on auto-pilot, losing touch with ourselves. We also might not notice what is going on for us until it manifests as physical symptoms, anxiety, insomnia or as anger/ agitation or we feel far removed from our values.

Creating ways to connect with yourself is important for emotional, mental and physical wellness and to notice when you're not okay and need care. Over time, this awareness can lead to more joy, better awareness of emotions and needs, improved well-being and better control over our reactions.

Some ways to ask yourself how you are?

1

Carve out some quiet time to yourself it might be making a cup of tea, going for a walk or just sitting quietly without distractions

2

You can incorporate a short meditation into your self-check-ins to get you in a calm mental space. This practice can help you get to a place where you can think and feel more clearly if you are overwhelmed. See the next page for some handy meditation exercises.



A psychologist's tips for the question 'am I okay?'

3

Journaling can allow you to process your thoughts. A written check in can help us engage our thoughts more clearly. Pay attention to your thoughts - are they negative, worried or in a loop? Do they suggest any negative selfbeliefs or fears? Also pay attention to any emotions that come up and name these if you can.

4

Complete a body scan, paying attention to parts of your body and bodily sensations in a gradual sequence from feet to head. Mentally scan yourself, bringing awareness to every single part of your body - notice any tension, pain, aches, emotions in your body or general discomfort. Are you feeling depleted, tired, or tense?

It is okay if you notice you are not feeling okay. Confidential support is available. To make an appointment with Axis Clinic, please contact us.

Being vulnerable and talking to someone can help us work through our emotions faster and we become more resilient when we embrace what we are feeling.

References

1. Stillness For Stress Relief | 15-Minute Meditation | Yoga With Adriene

<https://www.youtube.com/watch?v=CscxGpr1yw>

2. How to Do a Body Scan Meditation

<https://www.healthline.com/health/body-scan-meditation>

Accessing support for your mental health

For personalised support with a psychologist or therapist, you can contact us on [07 3254 0333](tel:0732540333) to request an appointment through your Employee Assistance Program. For more information visit www.axisclinic.com.au