

Feeling overwhelmed? You don't have to change everything...

The Wheel of Life is a great way of checking in with yourself. Times are tough this year and if you feel like you're not coping at times, it can feel like everything is wrong. The wheel of life is helpful deciphering where the problem areas are so as you can assess where your energy is best focused and tackle them one at a time. Usually we'll find it's not *everything* that's wrong and there are always strengths to build on.

The beautiful version of the Wheel of Life featured here is from **Clinton Hoffman's** IF Guide and forms part of our IF Workplaces program, helping men to connect and support each other in male dominated workforces. This tool, of course, works for women too.

How does it work? Rate yourself in each area from 0 (Highly unsatisfied – needs attention) to 10 (Highly satisfied and content). Take 5 minutes to reflect on your high and low scores.

As a psychologist, I love to find user friendly tools that people can use to help them to understand what is happening for them. You don't always need a professional intervention, sometimes you just need to be able to conceptualise what is happening and have a supportive chat with a friend.

Of course, if you feel you need professional assistance, a great place to start is by talking to your GP about support that is available. If you need immediate assistance, you can call the amazing people at Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636. Both services also have a chat function.

