

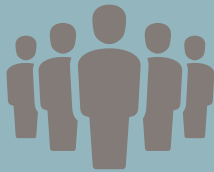
Some quick easy steps to change those times when no matter what you do, things just don't seem to work out right.



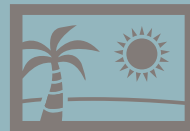
**Change** your physical space/surroundings.



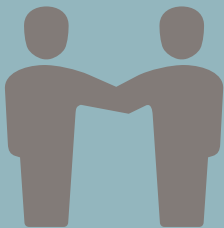
Sit next to **someone different**.



**Engage** with people who make you feel good both professionally and socially



Move to another desk if possible. Put **happiness reminders** on it: family or holiday snaps.



**Reach out** and ask for help e.g. with a counsellor



**Engage** with professionals that can assist in making you feel financially sound and have confidence in the future

**Challenge your brain.** Enrol in a short course in something that interests you.



Have a conversation about something that is **completely irrelevant** to what is going on.



**Dig deep** and find your sense of humour. Making yourself laugh helps take the less serious side of life less present.

**Breathing.** Learning how to breath



**Take time out** and practice some mindfulness. Change your physical space/surroundings.



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