

5 Ways to Reconnect, Recharge and Refocus

Life can sometimes feel like it's moving too fast. Pressures from work, relationships, and everyday responsibilities can build up before we even realise. Relationships Australia WA has created this guide to help you reflect, refocus and feel more centred.

A short wellness-check can help you notice what you need most right now. Ask yourself: Am I feeling calm? Am I doing things that bring me joy? Am I giving myself time to rest? Your answers can guide you toward meaningful change.

Here are five simple ways to reconnect, recharge and refocus:

1. Reconnect with What Matters Most

Take time to reflect on your values, passions and priorities. Think about what gives you a sense of purpose — whether that's relationships, learning, creativity, or community. Journaling or mindfulness exercises can help you reconnect with what truly matters and where you want to focus your energy.

2. Recharge with Rest

Rest is not a luxury; it's essential. Schedule regular breaks, prioritise good sleep, and give yourself permission to slow down. Protecting your energy supports your wellbeing and helps you stay focused and resilient.

3. Refocus Your Attention

When life feels scattered, pause and bring your attention to one thing at a time. Focusing on what's within your control helps reduce stress and restore clarity.

4. Create Everyday Habits for Wellbeing

Small actions done regularly can make a big difference. Write down a few practical steps you can take each week - such as gentle exercise, spending time outdoors or connecting with loved ones. Having a plan helps you stay accountable to your well-being.

5. Reassess and Realign

Your needs and priorities change over time. Check in with yourself often — what worked last month may not work now. Adjust your routines to stay aligned with what supports your health and happiness.

If you're feeling overwhelmed or finding it difficult to cope, don't wait to reach out for help. Speak with your manager, a trusted colleague, or access support through your **Employee Assistance Program (EAP)**.

Seeking help early can make a real difference in your recovery and resilience.

For more information please visit relationshipsaustralia.org.au or call us on **1300 364 277**.