



# Cedarwood School

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## Recognise, Reconnect, Refocus



When last have you asked **yourself** “How are you doing?” Often times we are so consumed with our daily activities, the kids, work, your spouse or relatives that you forget to take a moment and reflect on how you are doing. **Recognising** where you’re at emotionally, physically and relationally is vital for your overall well-being. Our behaviour and responses are internal cues that give us an indication of our emotional state of mind, which include, but are not limited to: anger outbursts, excessive complaints, blaming others, negative self-talk or avoidance.

These cues are evidence of ignoring strong initial emotions that have built up for a period of time. It is important to recognise these cues, as it creates an awareness of the underlying cause to such behaviour or responses.

Once you have gained recognition of yourself and your state of mind, you can then start the process of **Reconnection**. The key component to this process is to learn how to *listen* to yourself, rather than dismiss your mind or body signals which are trying to communicate with you. Silencing these signals or emotions can lead to some form of disconnection from yourself. You need to *stop, listen* and *pay attention* to these signals – this is ultimately reconnecting with parts of yourself.



So where do we start? This process begins with **you**. First, you need to ask yourself what have I been disconnected from? This may include questions such as – *when was the last time I did something that I wanted to do for myself? When last have I thought about my personal goals and worked towards achieving them?* The lack of personal fulfilment can be a trigger for many frustrations. Thus, taking care of your personal needs and wants can reduce negative reactions.

It is important to feel and sit with the emotions that may arise from such reflections as this allows for realignment with yourself. Once realigned you are able to place focus on whether you may be disconnected from others. *Have I been so consumed with my work, that I have lost time to bond with my children or family? Or have I been so consumed with my children, that I have lost touch with my social life or the world outside?* Maintaining healthy relationships with others is important for your overall well-being. Therefore, making time to ensure that you sustain these relationships through connection is vital.

The question then is where have you been placing your focus. Do you need to engage in **refocusing** your attention? This process involves shifting your priorities to ensure that you are more focused on the areas of your life that you may have neglected. *Have you been procrastinating in order to avoid challenging tasks? Or have you been engaging in cognitively demanding tasks to avoid confronting situations that cause discomfort or emotional distress?* Refocusing may entail bringing about balance to your home and work life. The process of recognition and reconnection allows you refocus on parts of yourself that have been misaligned.



### What may the three R's look like?

