

ALARM

embrace risk

THE BALANCING ACT



ALARM CONFERENCE 2021

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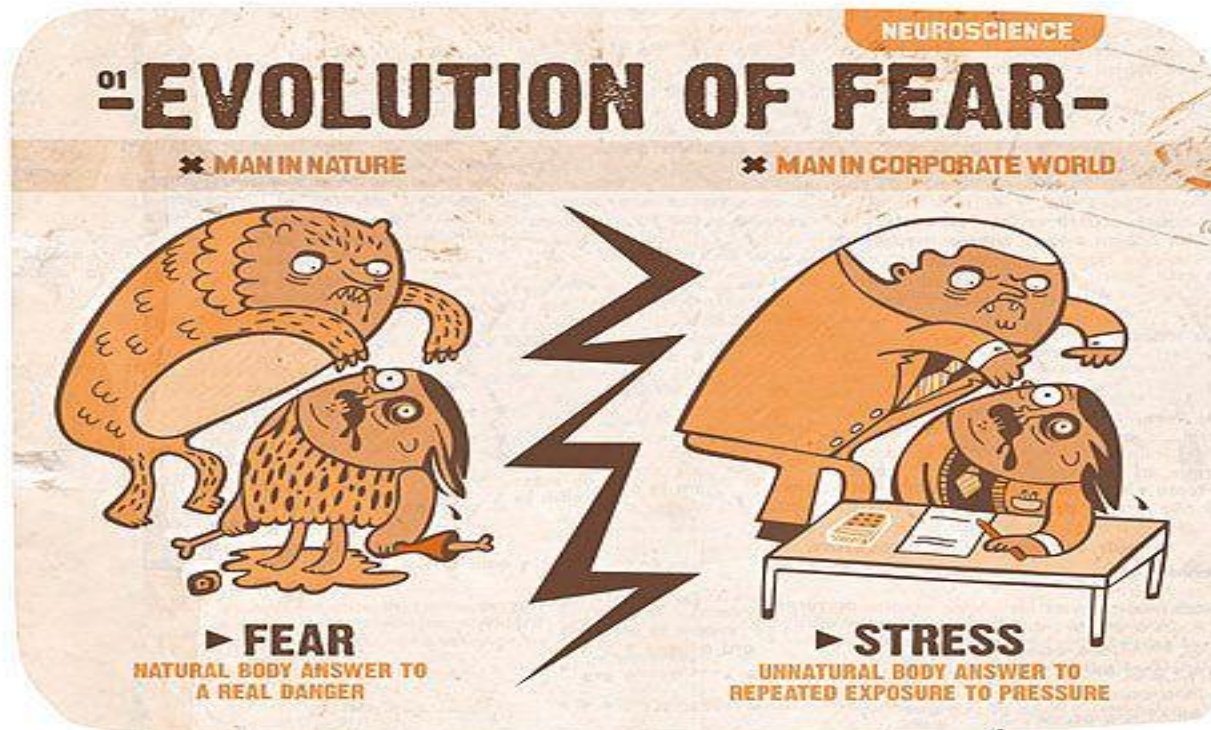


SURVIVING WITH OUR NEW WAY OF LIFE

Gary Oxley

BSc (Hons) PG Dip CBT (Secondary care)

**CBT (accredited) and EMDR therapist, DBT and
ACT practitioner**





Helps you to get what you want

Leaves you feeling demoralised,
upset, or exhausted

Helps you to solve problems in
your life

Gets in the way of living the life
you want to lead



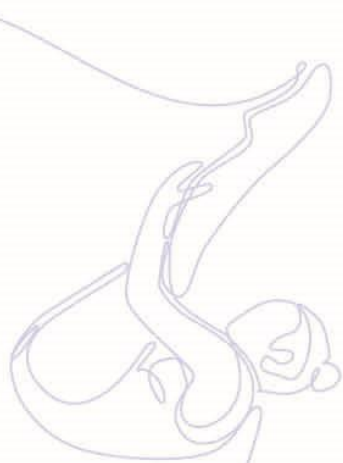


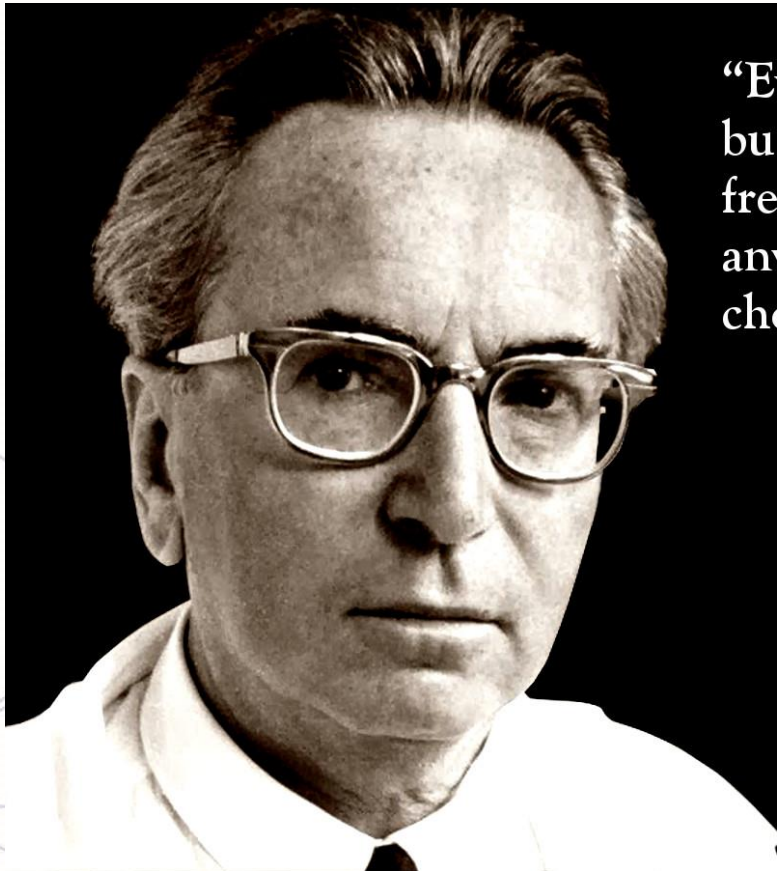
The new norm and the pitfalls





The single most important thing you can do... is take control by REFOCUSING.



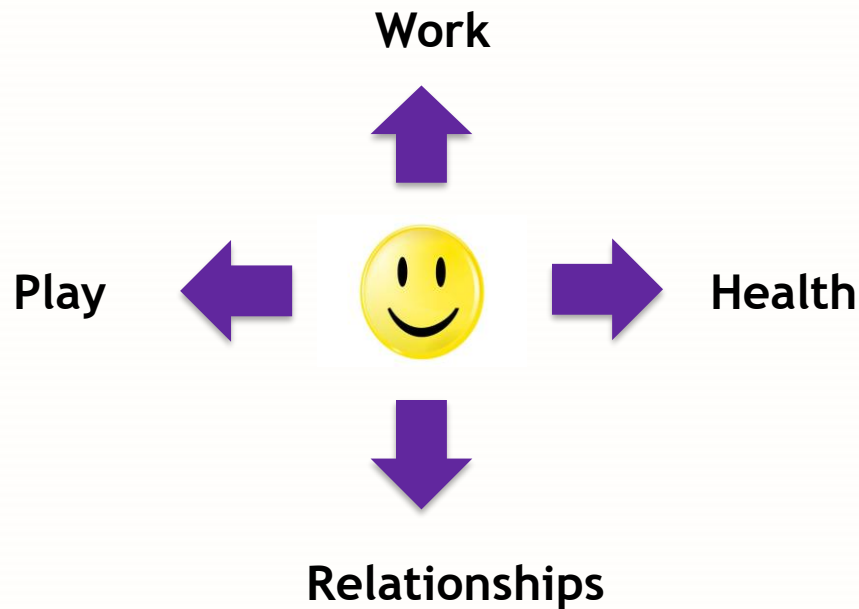


“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl

Man’s search for meaning: an introduction to logotherapy – Purposeful work, Love and Courage in the face of difficulty

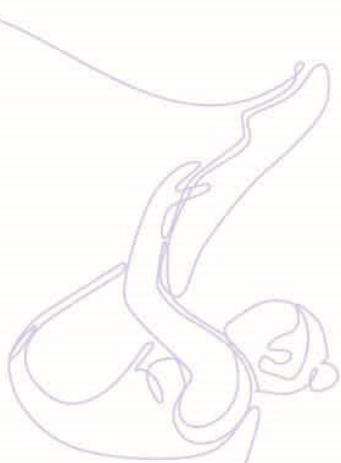
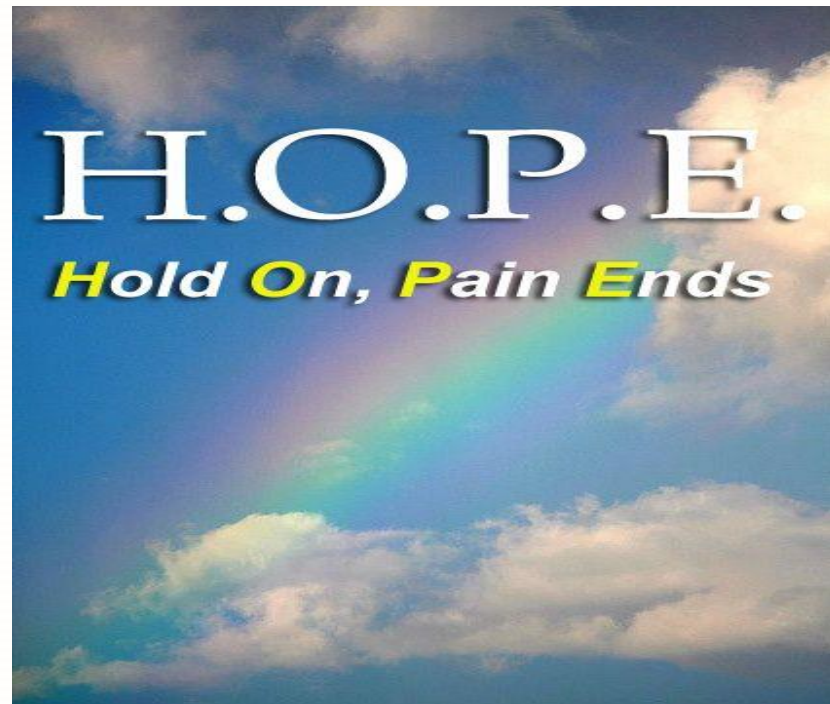
The four key arenas of your life





Is the new normal all bad?

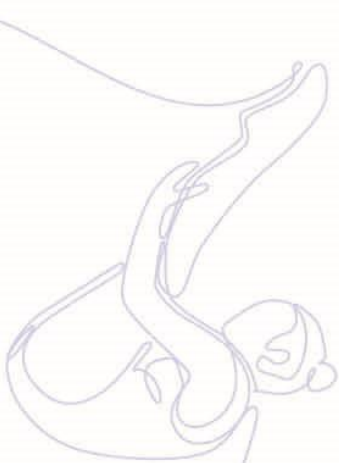


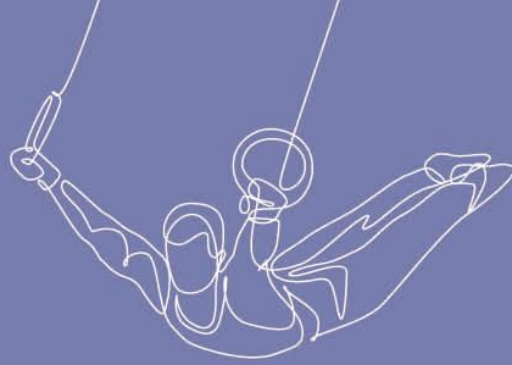




Thanks for listening!

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