

SPEAKER BIO & ABSTRACT

Katy Dib, Principal Psychologist, Elysium Psychology



Katy is an experienced and committed psychologist. Registered with the AHPRA-Psychology Board of Australia since 2007 as a Generalist Psychologist and Supervisor.

She has extensive experience working with children, young people and adults in a wide range of settings including Schools, Universities, Community Organizations, Drug and Alcohol services, Housing Services, Immigration Detention and Private Practice.

Katy is a registered and accredited Youth and Standard Mental Health First Aid (MHFA) instructor. She has also been affiliated with Deakin University as an Associate Lecturer in the School of Psychology.

As well as individual treatment for mental health issues, her company Elysium Psychology focuses on proactively addressing well-being through onsite training for organisations and clinical supervision for staff.

Katy is committed to providing mental health services to the disadvantaged. She has founded a charitable social enterprise, Melbourne Affordable Psychology, that provides low-bono psychology service for individuals who may experience barriers to treatment such a cost, refugee or migrant status or being an international student.

Her proudest personal achievements are her three children, Maiya, Hudson and Maverick and yes, she is a big “*Top Gun*” fan 😊



PresentationTitle: Self-care – How heavy is your glass?

Abstract:

“A Professor of Psychology walked around a room full of students while teaching about stress management. To begin the lecture, the professor grabbed a glass of water.

As the professor raised that glass of water, everyone expected they’d be asked if the glass was half empty or half full as part of the lesson. Instead though, with a smile on their face, the professor asked: ‘How heavy is this glass of water?’

Students called out answers ‘200 grams’ and ‘300 grams’ but he shrugged them off.

The professor replied: ‘The actual weight doesn’t matter. What really matters is how long I’ve been holding it. If I hold it for just a minute, it feels very light. If I hold it for an hour, I’ll have an ache in my arm. If I hold it for a whole day, my arm will feel numb and paralyzed. Any longer than that and I will be very tempted to give up and drop it. In each case, the weight of the glass doesn’t change, but the longer I hold it, the heavier it becomes.’

The professor continued: “The stresses and worries in life are like this glass of water. Carry them for only a short while and they’re manageable. Worry about them a bit longer and they begin to hurt. And if we think about them all day long, or longer, we can begin to feel paralyzed and hopeless – incapable of concentrating or focusing on anything else.” ~ Author Unknown

Ongoing and persistent stress negatively impacts our well-being, placing us at greater risk of mental, physical, social, interpersonal and occupational issues. Managing the impact of work related stress is a behavioural skill. Self-care maximizes our personal and professional potential- leading to improved health and well-being, greater sense of achievement, positive self-worth, positive social engagement, improved interpersonal relationships and occupational success.

The greatest gift you can give someone is else is the gift of care for yourself. We need to look after ourselves to be available for others.

In this interactive workshop you will learn how to “put down your glass”