

## **Time to smell the roses**

What is the thing that everyone seems to want more of, and no elected government will be able to give us? Well, it's not really a riddle because the answer is 'time'. You may have noticed how often the word "busy" crops up in conversation these days. The more people have to do, the more time spent rushing from one place or one activity to another, the faster time seems to go. And yet, we all have just 24 hours in each day. If you have ever spent the day feeling very ill, anticipating something wonderful or something unpleasant (like major surgery), then you will have experienced how time can slow right down in these situations.

Freud said that mental health is finding a balance of work, love and play. When time and energy are not allowed for all of these areas of our lives, we may become stressed, unhappy and even depressed.

Val McCrae, Counsellor and Life Coach works with clients to help them more effectively balance the time and energy demands of their lives. "It is essential that we all find the time to reflect, to enjoy, to play, to love and laugh" says Val. "and these days, this is not always an easy thing to achieve. Time is to be treasured, appreciated and managed, rather than spent rashly or even wasted."

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