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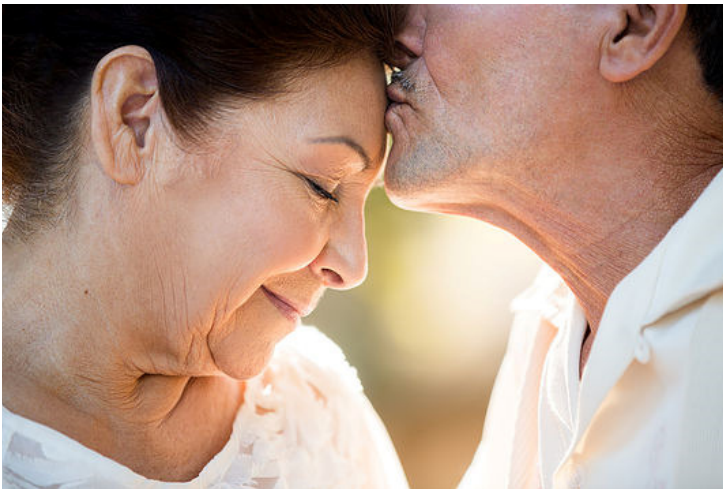


Volume 1, Issue 4

DECEMBER 2020

Survival

Are you OK? - Businesses Recovering from COVID



CoVid 19 hit us all in 2020 with a Global impact that no one could have predicted. We had all seen tragic losses around the world through this pandemic of astronomical proportions. As we near the end of a particularly challenging year for businesses across the globe, we are now taking stock of who is left standing and who did not survive.

At Effective Office Solutions, let us be the ones to see if you are ok. We too watched some of our long standing clients succumb to the heavy burden of lockdown, so we are sending out our love and best wishes to everyone across Australia at this time.

We are hoping that 2021, will allow us to reignite our passions and rise above our low points. Pick ourselves up and dust ourselves off for another year ahead in business.

MENTAL HEALTH FIRST AID

Effective Office Solutions was very sad to learn of the passing of one of our long standing and loyal clients during this year in a tragic accident. Many of our clients have been referred by Mitch, and so it was with great shock when we learned of the tragedy.

As a result many of his close friends and colleagues were impacted, so we felt it particularly important to bring some clarity around Mental Health First Aid in this edition.

There are plenty of people struggling right now with their

mental health, especially with the amount of pressure placed upon us all during 2020.

"So many people are unaware of the warning signs for someone who is struggling with their mental health" says Michelle Power Support Coordinator at RFQ.

"Usually those closest don't recognize things until it is too late." Reach out and ask if they are OK. Be supportive, without judgement or comment. "Thank" Them for sharing their story with you as it takes courage to come forward.

Some things to watch out for are:-

*Increasingly withdrawn especially from social activities

*Unusual Tidying up or getting their affairs in order

*Lack of enjoyment of typically fun things or life in general

*Low motivation or lethargy may indicate a deeper underlying state of depressed emotions

If you or someone you know is experiencing symptoms, please reach out for help

Beyond Blue — 1300 22 4636

Special points of interest:

- RECOVERY FROM COVID!
- MENTAL HEALTH FIRST AID
- RELATIONSHIPS: DYNAMIC DUOS IN BUSINESS SERIES

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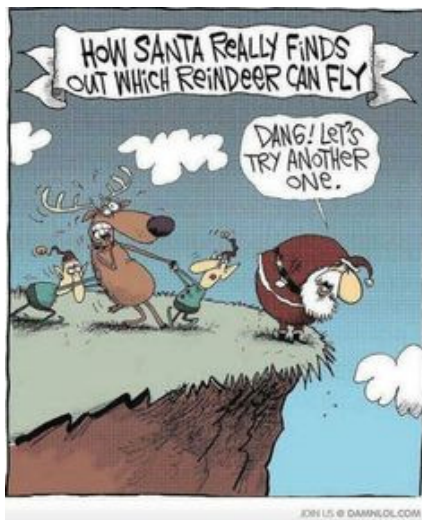
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Giggles



Where are we?

This picture has been taken from a street in a busy city somewhere in Australia. Do you know this place and have you been here?

Previous Issue
Answer: New Zealand
Coromandel



Relationships: Dynamic Duos in Business Series

Relationships for Couples who live and work together in their own business will have undergone a fair bit of stress lately.

Impacts to our romantic world takes a toll when there are stresses such as money and the steady flow of jobs coming in. Our entire business relies upon the stability of work and regular customer payments.

So what happens when everything stops? We have definitely experienced a year like no other, and one of our natural tendencies when under pressure is to take it out on those closest to us. Our partner and our family.

I would like to offer some options that may help with rekindling the romantic spark in the home. While I cannot provide you with more customers, or more money in the meantime, it helps if we can at least remember that you are both in this together, so no point blaming each other.

Firstly, we need to bring ourselves back into balance as best as possible. Yes there will be stress right now, but take a few moments to put that stress down and focus on reconnecting our love and passions for our partner and our family.

To bring back some romance and passion, bring out the Christmas decorations earlier, and light some candles or create some mood lighting around the home in the evening.

Make a nice evening meal and maybe share a bottle of wine, and have an evening WITHOUT technology. Spend time talking, planning or reflecting on a holiday that you both enjoyed or can look forward to, when all the fear of CoVid and other problems are being eased.

You may like camping, or bush walking, so take some time to look at activities that don't cost any money, or very little to achieve. Packing a picnic lunch and going to sit by the water together is a

wonderful change of pace and scenery that can do wonders to heal the soul.

Spend time to tell your partner the things you love the most about them, and Thank them for their efforts and hard work in the business that you both have together.

Join with other couples and have a game night to spark some fun. Plenty of laughter and entertainment helps to relieve some of the stressful thoughts, even if it is just for an hour or two.

To light up the bedroom, get back to flirting with your partner, maybe recreate your first conversation and kiss. Visualising and role playing the moment/s you first fell in love will help to re-establish that bond which brought you both together in the first place.

The main point is to relax and have fun. Nothing is too serious in life that we cannot find time to Live, Laugh and Love together.

Proudly brought to you by Julie Richman
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Christmas Rum Balls

Festive Season Recipes are a great way to get in the mood for the holiday season.

Ingredients

250 gram Arnotts Nice biscuits
395 gram can sweetened condensed milk
1 cup (80g) desiccated coconut
1/4 cup (25g) dutch-processed cocoa powder
1/4 cup (60ml) Bundaberg Rum
1/2 cup (40g) desiccated coconut, (extra)

Method

* Process biscuits until fine crumbs.
* Transfer crumbs to a large bowl; add condensed milk, coconut, sifted cocoa, rind and rum. Stir well to combine.
* Roll mixture into walnut-sized balls. Toss balls in extra coconut.

Place on a tray; cover, refrigerate until firm.
Enjoy.