

eNews December 2020

Welcome to the first edition of the *Ahead for Business* eNewsletter. The new [Ahead for Business digital hub](#) launched in August this year and includes many resources a variety of articles, toolkits, podcasts, Q&As and case studies designed to help small business owners with their mental health and wellbeing.



Self-care in the holiday season

2020 has been an incredibly challenging year for small business owners. For many businesses the Christmas and new year period is one the most busy and stressful times of the year, and now includes the increased pressures of adhering to COVID-19 restrictions. It is important to keep your stress around the holiday season under control. By looking after yourself, you are also looking after your business. Find out how you can implement self-care activities to overcome some of the negatives this busy season can bring.

[Learn more](#)

***Ahead for Business* focus groups on now**

A series of focus groups are being held this month to gain insights into mental health supports from those working in the Australian entertainment and family day care industries. Feedback from these discussions will help develop mental health resources, tools and training on *Ahead for Business*, designed specifically for those working in these industries. Focus groups will be running from now until Friday, 18 December. For more information and to sign up, visit the link below.

[Learn more](#)



Mentally Healthy Workplaces

The National Mental Health Commission, in conjunction with the Mentally Healthy Workplace Alliance and the *Ahead for Business* team has created a series of evidence-based, easy-to-use guides to support the mental health and wellbeing of Australian workers and to encourage mentally healthy workplaces during, and after COVID-19.

[Learn more and download the resources](#)

***Ahead for Business* forum**

The *Ahead for Business* online forum is a place where you can connect with like-minded business owners, share and discuss experiences and learn from others.

[Connect today.](#)

Coronavirus Mental Wellbeing Support Service

Beyond Blue has created a variety of services for all Australian who are struggling to cope during the COVID-19 pandemic including phone and web chat support.

[Access the free services](#)



New adverse events resources

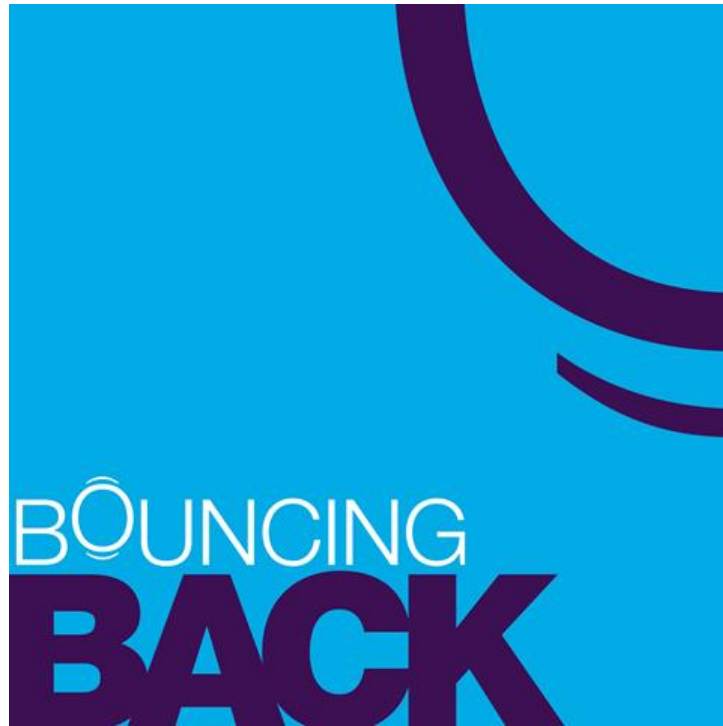
The *Ahead for Business* adverse events section has recently been updated. Many of the new resources are particularly relevant coming into summer and are developed to improve your mental health so you and your business remain healthy throughout any adverse event that may come your way.

[Learn more](#)

Bouncing Back podcast series

Listen to a six-part podcast series designed to share the voices of small business owners and how they tackle challenges. Each episode covers a unique topic, including self-doubt, finances, stress, relationships, business growth and the next steps your business should take.

[Learn more](#)



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