

eNews November 2021

Welcome to the latest *Ahead for Business* eNewsletter, bringing together resources from the [Ahead for Business](#) digital hub with events and services from our community to support your mental health and wellbeing in small business.

Share this e-newsletter with your networks, and encourage them to [subscribe](#).



Watch our Wellbeing Webinar series

Ahead for Business has been releasing fortnightly webinars designed to support the mental health and wellbeing of small business owners. The final episode has just been released, meaning all four episodes are now available to watch at your convenience. Each covers a different topic, including mental health and stress, talking about mental health, self-care, and creating a mentally healthy small business. The episodes are designed to deliver information that's relevant to you, in a concise, 15-minute video format.

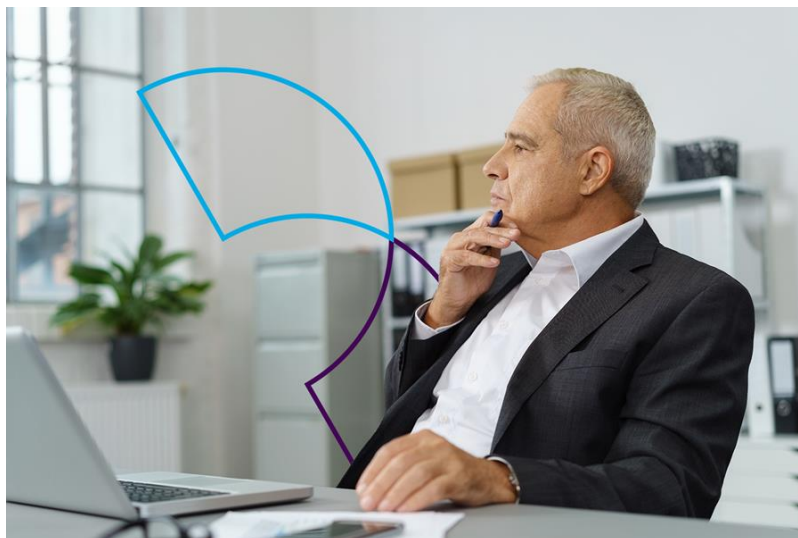
Watch the webinars now!



How are you adapting to the 'new normal'?

Strict lockdowns may be over but that doesn't mean things are back to normal for many businesses across Australia. In fact, re-opening your business may bring new challenges and stresses as you adapt yet again. Make sure you are taking care of yourself and reaching out for support when you need it.

[Read more about navigating out of lockdowns](#)



Modern work and its impact on mental health

In recent years, work has generally become more complex, demanding and fast paced – characteristics that are familiar to small business owners. According to new research by the Black Dog Institute, this changing nature of work has led to a gradual decline in mental health among working Australians. However, there are strategies you can use to improve your mental health, and that of your employees. Take a look at the research paper for some recommendations you can implement in your business.

[Read the research paper here](#)

New forum topic alert!

Head over to the *Ahead for Business* forum and let us know how you have shaped your business throughout COVID, and how these changes have impacted your business.

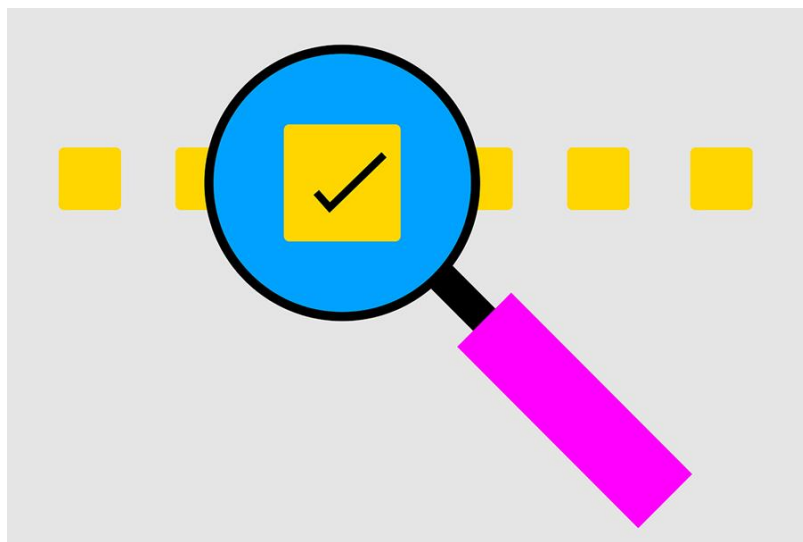
[Chat with others on the forum](#)



[Take the Pulse Check](#)

Workplace pulse check for NSW businesses

The NSW Government has recently launched a Workplace Pulse Check for businesses with more than five employees. It has 11 questions that help businesses gauge how mentally healthy their workplace is. Upon completion, you can see how your business compares to others of the same size, will be provided with some practical actions to help improve your score, and will be able to share results, set goals, and track improvement over time. This is a quick and easy way to see how your business is doing, so head to the website and check it out!



Kick start mental health in your business with check-ups

The past 18 months have been unpredictable and full of ups and downs, which may have impacted your mental health. As we transition out of COVID restrictions and lockdowns, it's a good idea to check in on your own mental health and business stress, and create a plan for maintaining your wellbeing for the year ahead. Take a look at the self-check-ups you can do for free on the *Ahead for Business* digital hub, which will help you identify how you can improve your wellbeing.

Do some check ups!



EFTPOS and Beyond Blue supporting small business

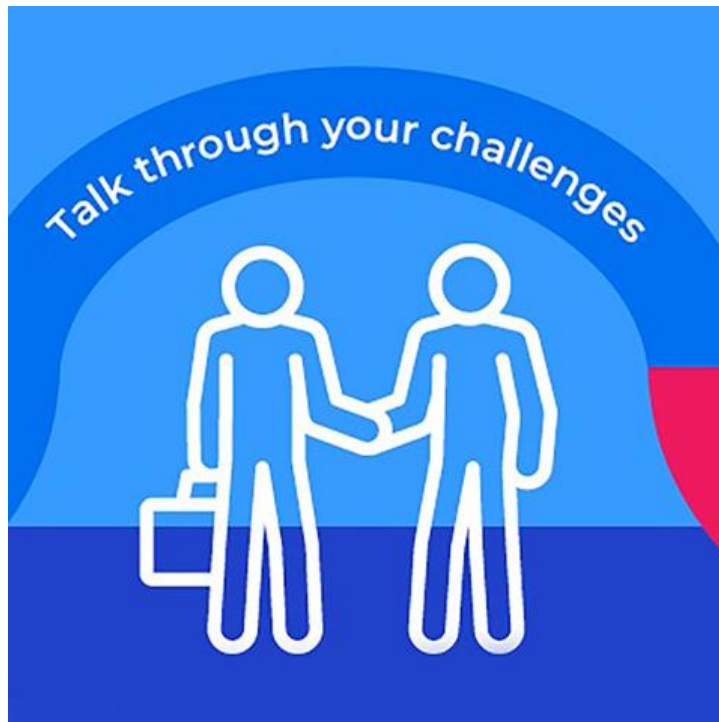
EFTPOS has partnered with Beyond Blue to raise awareness about one of small business's largest stresses and negative influences on mental health – finance. Beyond Blue will be strengthening its resources and NewAccess support service accordingly, with a focus on coping with financial uncertainty.

[Learn more](#)

NSW Government resource kits for businesses

The NSW Government has recently updated its resource kits that are designed to provide practical advice to help businesses, leaders and others to create a mentally healthy workplace. You can find information specific to small business, as well as educational information and practical tools and templates.

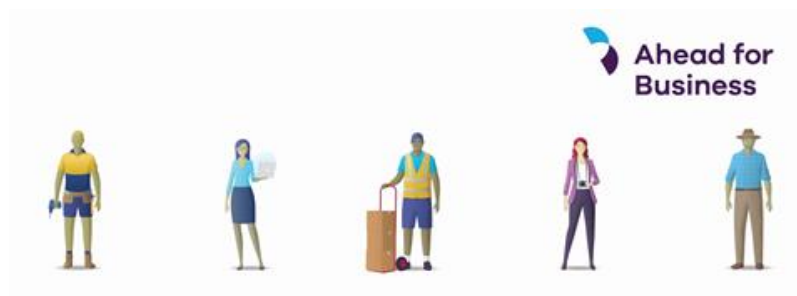
[Check out the resource kits](#)



NewAccess by Beyond Blue

Did you know that 68 per cent of small business owners who go through Beyond Blues' NewAccess program recover? If you are a small business owner in need of support, enquire about NewAccess, a free and confidential mental health coaching program specifically designed for small business owners.

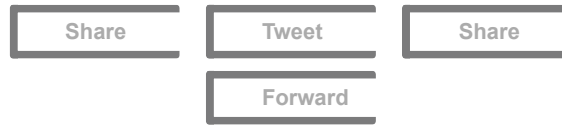
[Find out more and register](#)



We're on Facebook!

Did you know that Ahead for Business is on Facebook? Like our page to receive updates on small business news, mental health resources for small business owners, and to see when we upload new content to our digital hub.

[Go to our page!](#)



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