



COVID-19 update

The health and safety of staff and clients is our top priority

Thursday 1 October 2020

[Staff updates page](#) | [Health and Wellbeing Team initiatives](#)

Stripped-back staff updates

As of next week, the COVID-19 updates will be sent out on Thursdays only.

Take care Thursdays

When it feels like there's a lot on your own plate, it can sometimes seem overwhelming to reach out and support other people. But feeling connected to the people around you plays an important part in your mental wellbeing too. Positive interactions stimulate the production of a feel-good chemical in your brain, boosting your mood.

Try getting in touch with an old friend, call your mother, or do a little something to brighten a colleague's day. It doesn't have to be much to help make a big difference. Queensland Health have been sharing other ideas on social media (like [sending a message of encouragement](#) or [small acts of kindness](#)) and [online](#).

Chit chat with the CEO

Feel free to drop in and chat with me [via Teams](#) on Wednesday 7 October from 11.30–12noon. You are welcome to ask me about anything. Hopefully I will have a ready response — if not, I will follow up for you.

Support local

Today is the inaugural [National Buy Aussie Day](#) — a day to recognise and support our small businesses who've been dealt a tough hand in 2020. You may like to share some of your favourite locals on Yammer with us all.

Vicki