



## An opportunity to reset

*The end of the calendar year presents us with an opportunity to reflect on recent past experiences, ‘the year that was’, and to begin looking forward to the next year, ‘the year ahead’.*

It would be fair to acknowledge the pandemic continued to provide everyone with repeated disruption, and as a result it has affected our mental health. Feelings of uncertainty, worry and anxiety result in higher stress levels and it is likely that we continue to question our capacity to cope with the ongoing crisis. The Australian Bureau of Statistics reports that feelings associated with psychological distress have been maintained during the pandemic, with one in five (20%) Australians experiencing high levels of unhelpful emotions, noting higher levels in states that experienced longer pandemic imposed restrictions such as lockdowns.

*Prioritising our personal emotional wellbeing recovery has never been so important: good mental health is crucial in order to be the best version of ourselves. The following three-stage process can help us seize the end of year opportunity and reset ourselves for 2022.*



### Reflect

Take the time to acknowledge and celebrate the successes or moments that brought you a sense of satisfaction during the year. Acknowledge the challenges and how you overcame them to reveal insights into your personal development.



### Re-imagine

Use the opportunity to review and rebuild your own approach to address personal wellbeing challenges.



### Reset

In times of uncertainty, resetting yourself mentally - with a focus on personal growth, positive healthy behaviours, and a mindset of optimism and inspiration - is essential to preparing yourself for the best of the year ahead.

*There are many tools available to assist us with management of our mental wellbeing. Some include:*



#### Journaling

Useful for organising thoughts, self-reflection and goal setting.



#### Affirmations

The practice of positive thinking and self-empowerment through repeated self-talk; and



#### Mindfulness

Habitual activity of achieving focus and awareness of ones thoughts and feelings in the present moment.

#### Handling hassles

is the LGIS Self Development Guide which presents a structured program of activities to build your capabilities around techniques of focussing attention, challenging unhelpful thinking, and using breathing to calm emotions. Available and supported through the LGIS HR Risk team, you can access the guide and tailored services to improve resilience, effectiveness, productivity and customer service.

# The gift of time

Christmas is almost here and the mad rush to get presents and gifts for everyone can be overwhelming. Not only can it be stressful, but it can also become very expensive. Why not give a gift that is proven to improve happiness for both the gift giver and the gift recipient. Researchers have found that people experience more positive emotions when they spend money on time saving services compared to spending money on material things. So why not gift time to your loved ones this holiday season.

By taking something off their plate, you give them the capacity to do more of the things they want to do, not the things they have to do. Some examples of time giving are –

### The gift of a clean house

- ▶ Cleaning can be time consuming, so why not purchase a one-time clean for someone

### The gift of gardening

- ▶ For the person who spends all weekend weeding and mowing. Allow them to enjoy their garden, rather than weeding all day.

### The gift of a home cooked meal

- ▶ A meal with none of the hard work, and maybe even no cleaning up after

### The gift of peace and quiet

- ▶ Think about how you can gift someone some time for themselves

### The gift of quality time

- ▶ Experiences rather than things – try to spend quality time with your loved ones rather than purchasing material things. A meal out or an adventure together with the aim of creating memories forever.



*Each hour gifted is not just an hour saved from chores, but an hour gained for the something they wish to pursue (and don't have time for), which can have positive health benefits including increased happiness and decreased stress levels.*

## Crayfish rice paper rolls

Looking for a fresh festive lunch option, or something to impress the family and friends at a summer dinner party? Enjoy these simple and tasty rice paper rolls.

**Time – 30 min prep**

**Serves 6 - 12**

### Ingredients

- ▶ 12 x rice paper spring roll wrappers
- ▶ 12 x large mint leaves
- ▶ 12 x large coriander leaves
- ▶ 300g pre-cooked crayfish
- ▶ 1 x Lebanese cucumber, peeled, deseeded and cut into matchsticks
- ▶ 160g x mango, sliced

### For the dipping sauce

- ▶ 1 x tbsp each soy sauce, sesame oil and Thai fish sauce
- ▶ Juice of 2 limes

### Method

- ▶ Prepare the rice paper wrappers as per the pack instructions. Lay them out on a damp clean tea towel, add mint and coriander leaf, portion of crayfish, cucumber and mango, and roll up.
- ▶ Repeat for all 12 rice paper rolls.
- ▶ Mix together the dipping sauce ingredients and serve in a bowl alongside the rolls.

### Recipe Tips

- ▶ Cooked king prawns are a great substitute if you can't get your hands on crayfish
- ▶ Bulk the recipe with cooked and cooled vermicelli noodles
- ▶ Search "How to wrap a rice paper roll" online for helpful videos



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