



OUR PEOPLE MATTER

Well, would you look at that – it's nearly Christmas! Your local shopping centre is probably already blasting festive tunes, while strings of tinsel litter dimly lit store windows.

While the holiday season is undoubtedly the highlight of the year, it can also be a stressful time while you try to juggle finances, social outings and work schedules.

We've all felt the stress of trying to navigate a bustling shopping centre carpark, or juggle twenty calendar commitments over the short four weeks of December.

That's why this Christmas, we want you to remember to look after yourself and take some time to unwind. We've already dealt with a lot of stress in 2020, so make this holiday season a period to destress, eat good food and enjoy good company.

RECOMMENDATIONS FOR OUR PEOPLE, BY OUR PEOPLE

Below, we've shared our recommendations for what to do, watch, read or listen and digest this month:



We bet you've got loads of plans this holiday season. Decorating cookies, eating said cookies, watching an array of nostalgic Christmas films...

But have you considered learning about investing?

Sure, it may not be the first thing that comes to mind when you think *Christmas*, but with some extra spare time on your hands, why not take the opportunity to learn about where your savings could be going?

QSuper wants you to learn about socially responsible investing. Since July 2020, QSuper has managed its own [Socially Responsible](#) investment option, focusing on environmental and social considerations.

There are many terms and descriptions associated with investment strategies that are labelled as "socially responsible". However, socially responsible investing does not necessarily mean investing only in products or businesses that work in the environmental, sustainability or social fields. Rather, the key to QSuper's socially responsible investment approach is considering the impacts of an investment as well as the financial performance. Most companies and investments have negative and positive impacts on people and the planet.

The QSuper [Socially Responsible investment option](#) seeks to contribute positively to the environmental and social challenges QSuper members have identified and prioritised.

To learn more about socially responsible investing, follow this [link](#).



Love them or hate them, there's nothing like Christmas carols to get you in the holiday mood.

Spotify and Apple Music both have an abundance of playlists to get you in the Christmas spirit. Or, if you don't have a music subscription, you can jump on YouTube to find playlists like this one [here](#).

There are also usually local carol events for families to enjoy (which might look a little different this year due to COVID-19). Jump on your local council page to see if there's a carolling event near you.



This month, we're focusing on food variety (and no, we're not talking about assorted *Celebrations* chocolate flavours). With great weather making its appearance in time for Christmas, it's hard to go past a good meal on the barbeque.

Using the BBQ is a great way to improve the variety of your meals. Try putting cobs of corn, whole mushrooms, strips of capsicum, zucchini, chicken breast, prawns, salmon or steak on the BBQ - the list is endless and delicious!

It's recommended you eat at least 30 different foods during the week. Studies show people who eat a wide variety of food are healthier, live longer and have reduced risk of developing heart disease, cancer and diabetes. Importantly, good food variety keeps your meals interesting and enjoyable so if you haven't branched out in your dining selection lately, try cooking something new this week!