



"KEEPING IT REAL"

NEWSLETTER  
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## October is Mental Health Awareness month

Mental Health has been a big topic lately, particularly throughout the lengthy lockdowns imposed upon us. We asked the staff at Wollerman Shacklock what they do to manage their mental health. Have a look at what they said!

### Mental Health Awareness month!

Breathe and give yourself permission to leave this for 3 days. By then the answer will come or whatever problem it is won't seem so big.

Creating a space to relax – My backyard at night with fairy lights, laying in my hammock and music on.

Every morning I sit quietly, ground myself, quiet my mind and set my intentions for the day ahead before getting up to start the day! It makes a massive difference and sets the tone for the day!

Do something that makes you happy – for example for me its music whether listening to something upbeat or singing.

### WS Staff Tips and Tricks to look after your mental health!

Doing something that makes me laugh or making someone else laugh/smile.

### Mental Health Awareness month!

Taking my puppy to the dog park in the morning on Saturdays, the fresh air helps with my mood for the day.

Journal/brain dump at night (rids of anything that's plaguing my mind), setting my intentions for the following day and writing down 5 things I'm grateful for (this helps me set a positive mindset for the following day and reminds me of the little things we can often take for granted)

Make a list of things I can control and things I can do. With being told what we can and cant do so much this year, it calms me down ticking of things I can control.

I like to put a timer on for 15 mins and write down everything on my mind. It helps to get thoughts out of your head onto paper

### More WS Staff Tips and Tricks to look after your mental health!

I try new things outside of work to find and take my mind off the lockdowns. One week I might try meditating and another week golf etc

Breathe deeply and think of 5 things I am grateful for – to have a bed to sleep in, a warm shower, running water. You will be surprised how quickly this can boost your mood.

## Blog

Do you know that GST can apply to some residential property sales? To find out if it applies to you, have a read of our latest blog below!

[Read me!](#)



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### Phone Scams!

As a result of the continued lockdowns, we rely more and more on technology to carry out a lot of our daily tasks. With this, there has been a rise in the amount of scams that have come about. Some can be easily missed. Have a read of the article below to find out more about phone scams that could impact you!

## Click here!



## Are you purchasing a property during lockdown?

With the current Victorian restrictions, in-person inspections for properties have been cancelled. Agents are able to conduct remote inspections. But do you know what happens if you purchase a property without actually inspecting it in person? Click the image below to find out more so you can have certainty if you are looking to buy!

### WHAT TO EXPECT....

#### WHEN YOU DONT INSPECT?!



The risks associated  
and what you  
could really be buying.

To find out more, click on the link below:



## CLICK HERE

