



# ISC' Newsletter

## Covid-19 - Appreciation for Parents

The last few months have been overwhelming and nothing short of a nightmare for most people but especially for parents who have been extensively active at home with their home/office work, job seeking or studying as well as managing children let alone worry about their health and safety. With everything going on, work-home life balance has surely been affected. But as days passed by, parents started adjusting, adapting, and getting creative. That is the beauty of humans, we adapt to challenges and develop our skills in the process. Now with kids back to school, parents are heaving a sigh of relief without giving themselves due credit and not even realising in some cases how much of a success they have been over this pandemic. We at Indian Support Center wish to commend all the parents who survived the adverse situation successfully. Sure, there were low moments through it, but you still did it. You are indeed heroes, so give yourself that much deserved pat on the back.

## HARM PREVENTION - SIGNS LEARN THE 8 BEFORE IT'S TOO LATE

- 1 **INTENSITY** Excessive charm, **LYING** to cover up insecurity, needing to win over your friends and family immediately, **OVER THE TOP** gestures that seem too much too soon, **BOMBARDING** you with numerous texts and emails in a short time, behaving obsessively, insisting that you get serious **IMMEDIATELY.**
- 2 **JEALOUSY** Responding **IRRATIONALLY** when you interact with other people, becoming **ANGRY** when you speak with the opposite sex, persistently **ACCUSING** you of flirting and/or cheating, resenting your time with friends and family or **DEMANDING** to know private details of your life.
- 3 **CONTROL** **TELLING** you what to wear, how to fix your hair, when to speak or what to think, showing up **UNINVITED** at your home/school/job, **CHECKING** your cell phone, emails, facebook, going through your belongings, following you, sexually coercing you or making you **FEEL BAD** about yourself.
- 4 **ISOLATION** **INSISTING** you only spend time with him or her, making you emotionally or psychologically **DEPENDENT**, preventing you from seeing your family or friends, or from going to school or work.
- 5 **SABOTAGE** Making you **MISS** work, school, an interview, test or competition by starting a fight, having a **MELTDOWN** or getting sick, breaking up with you or **HIDING** your keys, wallet, text books or phone, **STEALING** your belongings.
- 6 **CRITICISM** Calling you overweight, **UGLY**, **STUPID** or crazy, ridiculing your beliefs, ambitions or friends, telling you he or she is the only one who really cares about you, **BRAINWASHING** you to feel worthless.
- 7 **BLAME** Making you feel **GUILTY** and responsible for his or her behavior, blaming the world or you for his or her **PROBLEMS**, emotional manipulation, saying "this is your **FAULT.**"
- 8 **ANGER** **OVERREACTING** to small problems, frequently losing control, violent **OUTBURSTS**, having severe mood swings, drinking or partying excessively when upset, making **THREATS**, picking **FIGHTS**, having a history of violent behavior and making you feel **AFRAID.**

## Telehealth - 'My Health record'

Hope by now you have looked at your 'My Health record' contents. If not, please make sure that you login to your health record - call 1800-723 471 or visit <https://www.myhealthrecord.gov.au/for-you-your-family/howtos/log-in> to find out more. Once you have a look at your health record and happy with its contents - revisit the record on a periodic basis. If not, please talk to your health provider to ensure that the record is as current as it should be. Also, help your family members in making sure that their records are current. This is extremely crucial for now or later. Our Trained ISC-DHLP volunteers can assist in case you need help.

[www.indiansupportcenter.org.au/donate](http://www.indiansupportcenter.org.au/donate)

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### Talents, Today Tomorrow

Australia is slowly and steadily crossing over to the other side of this pandemic, and with that comes new opportunities. Here are some pointers to be prepared.

1. **More phone interviews** – Typically used as a primary screening technique, now interviews are conducted in depth via phone calls. So brush up on phone etiquette.
2. **Video interviews** – Responding to pre recorded video interview questions without prior experience can be daunting but practice makes perfect, so work on it.
3. **Skype/Zoom/Facetime interviews** – These interviews can be conducted with a single interviewer or a panel. Trial the technology if unsure and familiarise yourself.
4. **Multiple recruitment agencies** – Where there are large volumes of hiring to be completed in a short period of time, multiple recruitment agencies are involved to oversee parts of the hiring process. So ensure your resumes are same for the same role across recruiters.
5. **Personality Questionnaires** – Most first level screenings will now involve more questionnaires to narrow down on suitable candidates that fit the organisational culture and values. Be prepared.
6. **Written Behavioural Questions** – Some companies and especially the public service job applications collect our responses to close ended and open ended behavioural questions at the application stage. Close ended questions can easily be built into the ATS and soon that will be the case in hiring.

Contact us if you need assistance with getting ready <https://www.indiansupportcenter.org.au/contact/>

### BE A GOOD DIGITAL CITIZEN

- Be considerate and kind in discussions or on social media.
- Remember that everything you post online is permanent.
- Create a strong password and keep it private.
- USE CAUTION WHEN CLICKING LINKS OR DOWNLOADING FILES.
- Report cyberbullies to parents or teachers.
- Never agree to meet an online friend in person—ask your parents first.
- GIVE PROPER CREDIT TO SOURCES.
- Don't share your personal information online.
- GET PERMISSION BEFORE SHARING INFORMATION ABOUT OTHERS.

**Indian Support Center Services**  
 Contact us for the below  
[www.indiansupportcenter.org.au/contact](http://www.indiansupportcenter.org.au/contact)

HARM PREVENTION SERVICES

NEW MIGRANT SUPPORT	JOB SEEKER SUPPORT	DOMESTIC VIOLENCE SUPPORT
SENIOR CITIZEN SUPPORT	DIGITAL HEALTH LITERACY	GENERAL SUPPORT

Today I will

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Start the day with willingness for a positive change

Thoughts & Feels

Star Volunteer

NISHARA SILVA  
Office and Support Admin