

Qlders turn to side hustles to fund \$340 weekly income shortfall

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A survey by Amazon Australia and marketing company YouGov found Sunshine State residents were [struggling to make ends meet](#) as the cost of everything from electricity and food to rent and mortgages skyrocketed, with 13.5 per cent admitting to having multiple jobs, while 52 per cent were looking at taking on an extra role in the next six months.

Doing it the toughest have been high income earners, with those earning over \$100,000 the most likely to seek out additional revenue opportunities (48 per cent), while nearly half of Aussies earning more than \$150,000 per year felt their current income wasn't enough to keep up with rising living costs.



Isobel Dear with some of the wares she stocks at the Love Me Again Fashion Markets in Milton as her side hustle to her regular marketing job. Picture: Lachie Millard

“The escalating costs of living have eroded real income, leaving many struggling to maintain their lifestyle or feed their families on a single income,” Griffith University senior lecturer in organisational behaviour and human resources Carys Chan said.

She said side hustles were becoming a “financial necessity in today’s tough economic climate”, but were also increasing as people looked to pandemic-proof and diversify their income and chase their passions for financial returns.

However, Ms Chan warned while a second income stream could have benefits such as offering an insurance policy against retrenchment and could lead to a career transition, they also had their challenges.

“The can lead to burnout due to overwork and a lack of downtime for rest and recovery,” she said.

“The additional income can also have tax implications that individuals may not be prepared for and thus not worth the additional effort and time.”

Joe Murphy from Cowell Clarke Commercial Lawyers said side hustles were also [creating problems for employers](#).

“The challenges include loss of productivity and performance, potential loss of confidential and proprietary information, potential damage to the business’ reputation and the liability for the health and safety of the ‘side hustlers’ and anyone who is put at risk due to their fatigue and resulting inattention,” he said.

Mr Murphy warned bosses faced considerable legal issues around managing the health and safety risks of employees working two or more jobs, with the potential for an increase in lawsuits.

“If an employee suffers burnout or a safety incident, the primary employer could quite likely find themselves liable when the risk has arisen wholly, or partly, due to the employee’s side hustle,” he said.



Victoria Hilner is working as an Amazon Flex driver on the side to pay her bills. Picture: Liam Kidston

Brisbane mum-of-two Isobel Dear works in marketing and started circular fashion markets [Love Me Again](#) as a side hustle four years ago to earn some extra money and combine her passions for fashion, events, marketing and community.

She said working both jobs gave her balance and helped re-energise her, but was also gruelling – especially around two young children.

“It’s really hard to juggle around a full-time job because it is your passion when you start it you put so much effort into it,” she said.

For her, it also wasn’t as immediately financially lucrative as she had hoped, with it taking four years for the markets to turn a profit.

“We really have to look at the energy output versus what we make from it so we know that it’s worth it,” she said. “It has to be sustainable.”

The business, however, has become a great side hustle for many of its regular stallholders, with women choosing to sell their clothes at Love Me Again to earn some extra cash.

“It’s a little side gig that can earn \$500-\$1000 in a morning,” she said.

Meanwhile, North Brisbane-based Victoria Hilner has been doing three to four shifts a week delivering packages for Amazon Flex to support her family amid her career change from finance to aviation.

“I have a finance business on the side, but now that I am studying and training to become a helicopter pilot, it’s not producing enough income as I haven’t had the time to focus on the business,” she said.

“I also have three young kids, so I needed something like Flex to fill in the cash flow gaps that meant I could pick and choose when I work to fit the rest of my schedule.”

TIPS FOR THOSE CONSIDERING A SIDE HUSTLE

1. Find out if your primary employer has a side hustle policy and if you will be in breach of it
2. Consider how your primary employer would react when they found out about your side hustle
3. Consider if there any conflicts of interest between your primary employer and side hustle
4. Consider whether you can do both jobs safely week-in week-out
5. Set clear boundaries between work and personal time and establish a realistic schedule with buffer time for rest and recovery
6. Use time management tools and delegate tasks where reasonable and possible
7. If possible, communicate openly with both employers and manage expectations
8. Communicate with loved ones to manage expectations and garner support
9. Keep an open mind, stay flexible, and find a sustainable balance
10. Never sacrifice your own wellbeing (be it physical, emotional or mental) for financial gain.