

AUGUST 2020

[View this email in your browser](#)Health and
Wellbeing

Motivational Mondays

Happy Monday!

We hope you are motivated and ready for the week ahead. In today's newsletter we are happy to bring you great tips on how to boost your motivation, using podcasts as a calming companion, and a reminder to send in photos of you and your family in the 'mask up' photo challenge.

Managers will also find details of a **new webinar** to complement the implementation of the 'mental health and wellness' resources for their teams.

Everyone is encouraged to check out and register for the upcoming 'Lunch and learn' and 'mindfulness and exercise' sessions on offer to all staff.

Boost your motivation

Looking after your mental and physical health is critical as we continue to navigate the current circumstances. At times, you may find yourself feeling less motivated by the daily news, the reduced contact with friends and loved ones, or the uncertainty of when daily life might return to some sort of normal.

Some of the best ways to look after our mental and physical health are to exercise, eat healthy food and keep our minds busy and purposeful. It is important to keep in mind that during uncertain or stressful times, that you are not alone and that this situation will pass.

We have included the article ['6 tips to boost your motivation'](#) from the digital community 'rest less' to assist you in maintaining or regaining your motivation in these time.

Take a few minutes to read the article and focus on these practical tips, including:

- focus on the positives and celebrate the little things;
- stay present;
- stay connected with the people who make you feel good;

flow too!); and

- use this time to find out what really motivates you.

(images sourced from 'rest less: 6 tips to boost your motivation during lockdown')



Podcasts - a great isolation companion

Podcasts are more popular now than ever. With thousands of quality podcasts being recorded and made freely available, they have become an appealing and calming companion in a time where we are being bombarded with daily news and social media.

Available at a time and location that suits you, podcasts are not only good entertainment, but they can also provide education. They are great for when you are doing chores, exercising, or preparing for the next step of your career.

Whether you want to tune into news, culture or comedy, or learn about a specific field of study, there is a podcast out there for you.

Try some of these podcasts to get you started!

- [The Michelle Obama Podcast](#) (conversations with family, friends, and colleagues)
- [Better Than Yesterday, with Osher Günsberg](#) (society and culture)
- [Ladies, We Need To Talk](#) (women's health)
- [The Moth](#) (performing arts)
- [Science Rules! with Bill Nye](#) (science)

You can access podcasts from a range of sources like [PodcastOne](#), [ABC Podcasts](#), [Stitcher](#) or via podcast apps available from the Apple and Android stores.



'Mask up' photo challenge



Keep sharing photos of you and your family masking up! We are receiving great contributions with masks of all types and designs being worn! Our next collage will be shared in the Wellness Wednesday newsletter.

Send your pictures to Human Resources at hr@federation.edu.au

Webinars for managers

To complement the release of the '[Mental health and wellbeing information guide](#)' a webinar has been designed to support managers and supervisors implement the health and wellbeing tools and resources available.

Managers and supervisors can register for these informative webinars, which will provide:

- an engaging and interactive forum to discuss common mental wellbeing strategies being implemented;
- measurement of health and wellbeing resources being used by your employees; and
- how you can contribute to the health and wellbeing of employees to assist them to thrive in the changing landscape.

Webinar sessions will be held on the following dates:

- 20 August, 2:00pm - 3:00pm

[Click here to register](#) for your preferred session. A Microsoft Teams link(s) will be sent following registration.



Get active, Stay healthy

It has been great to see so many people participating in the daily mindfulness and exercise sessions!

Following feedback from staff, we have included an additional mediation session on Thursdays at 4.45pm.

For those yet to try a session, why not join a short session to complement your daily routine! Meditation runs for 15 minutes, all other sessions run for 30 minutes.

Email Human Resources at hr@federation.edu.au with your preferred session(s) and we will forward you the relevant Zoom link(s).

- Mondays - 12:00pm - **Pilates** | 4:45pm - **Meditation**
- Tuesdays - 9:30am - **Meditation**
- Wednesdays - 9:15am - **Meditation** | 12:00pm - **HIIT** | 12:30pm - **Yoga**
- Thursdays - 9:15am - **Meditation** | 4:45pm - **Meditation **new session!****
- Fridays - 9:15am - **Yoga** | 12:00pm - **Body Stretch** | 12:30pm - **Meditation**

If you have any pre-existing conditions or new to exercising, please follow the advice of your health professional. It is vital that we prioritise the health and safety of ourselves, family, friends and the community.

Lunch and learn sessions

Check out the list of upcoming '**lunch and learn**' sessions, including a new session on

These sessions will provide start with information and assistance in a range of areas that support their personal and professional needs and interests.

[Click here to register](#) for your preferred session(s). A Microsoft Teams link(s) will be sent following registration.

Upcoming sessions include:

11 August 2020 12:30pm - 1:15pm	Mindfulness, movement and energy enhancing tips to support wellness during isolation <i>Ms Lee Squire, Director, Fernwood Fitness, Ballarat</i>
19 August 2020 1:00pm - 1:45pm	Importance of physical exercise to maintain agility while working from home <i>Dr Matthew Wallen, Lecturer, Exercise and Sports Science</i>
21 August 2020 1:00pm - 1:45pm	Family Violence: strategies for finding empowerment when working from home <i>Associate Professor Elisa Zentveld, Chair, Academic Board Ms Rhonda Whitfield, Deputy Chancellor</i>
26 August 2020 12:30pm - 1:15pm *new session*	Psychological resilience: Strategies for strengthening mental health during isolation <i>Associate Professor Dixie Statham, Discipline Lead Psychology</i>

UniSuper finance webcast

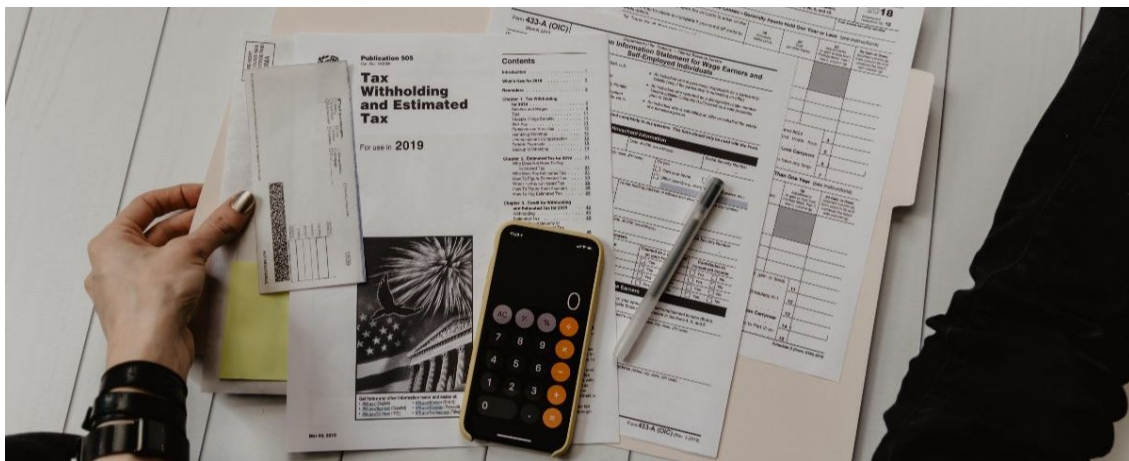
UniSuper is providing members with support and information to help you budget and achieve your financial goals.

The live webcast, *Managing your finances in an uncertain world*, will be held on Wednesday 12 August 2020 at 4:00pm and will cover:

- evaluating how you spend your money
- planning where your money goes
- establishing your financial goals
- important decisions to make, and
- how UniSuper can help you.

[Register here for the webcast](#) (your registration details are kept confidential).

If you are unable to attend the webcast, you can speak to UniSuper Advice on 1800 823 842.



QUICK LINKS

[COVID-19 support for staff](#)

[Mental health and wellbeing - information guide](#)

[Health and wellbeing resources](#)



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