

NOVEMBER 2020

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Happy Wednesday!

In today's newsletter you can check out these great articles:

- [shop local and discover regional](#)
- [your chance to have your say - staff check-in survey](#)
- [take time to be thankful](#)
- [get active, stay healthy with exercise and meditation](#)
- [three 'lunch and learn' sessions remaining in 2020](#)
- [boost your mood with diet](#)

We encourage you to read today's articles and keep taking the time to identify ways you can support your ongoing self-care and wellbeing.

Stay well and have a great Wednesday.

Shop local and discover regional

With holidays on the horizon, you can access a range of products and gifts from various producers across the local region and Victoria. In addition, why not consider your next regional adventure to explore the wonderful parts of Victoria and take advantage of the Victoria Government's campaign to energise our regional economies.

Explore these ideas for shopping locally and discovering our regional areas.

Ballarat twilight Christmas market

The Ballarat Farmers' Market are presenting a Twilight Christmas Market on Friday, 18 December 2020 from 4:00pm to 8:00pm at Zoo Drive, Wendouree. The market will focus on items suitable for Christmas gifts including food, wine, plants, homewares and personal pampering!

will be drawn at 7:30pm, so you might go home with your own bundle of Christmas joy!

- [Twilight Christmas market website](#)
- [Check out more regional farmers' markets locations here](#)

Click for Vic

Make gift giving easy and get the best of local and Victorian products delivered to your door – whether it is a handcrafted gift or hamper, packed with gourmet treats and local products – they can all be sourced from our big backyard via the websites below.

- [Click for Vic website](#)
- [Victorian Country Market](#) – Goldfields region website
- [Eat Drink West](#) – produce and products from across Western Victoria

Experience the best of our regions

The recently announced Victorian Tourism Recovery Package, will provide Victorians who travel to regional areas with up to \$200 to help support the restaurants, pubs, hotels, wineries and small businesses struggling as a result of the pandemic.

Victorians who have booked and spent at least \$400 dollars on accommodation or tickets to attractions and tours can apply for a \$200 voucher for spending money. 120,000 vouchers will be made available from December.

Now is a great time to start exploring your next adventure while the voucher system is being finalised.

- [Explore Victoria's regions](#)



Your chance to have your say!

Federation University is committed to the ongoing safety and welfare of our workforce during the COVID-19 (coronavirus) pandemic.

One of the ways we are checking in to see how we can best support you is by launching a second staff check-in survey. As a valued staff member, we invite and encourage you to participate in this survey.

The survey will close on Sunday, 29 November 2020, is confidential and anonymous, and can be completed by using the [staff check-in survey link](#).

Your participation will ensure we are responding to collective feedback, and that any actions taken reflect your views.

You also have a chance to win a gift voucher! The University has eight gift vouchers on offer as a way to thank you for completing the survey and to support local businesses during this time. [Enter the survey draw for the chance to win a gift voucher](#). Please note you will remain anonymous, your survey responses are not linked to this draw.

Comprehensive FAQs can be viewed on the [COVID-19 staff check-in survey web page](#).



Lunch and learn sessions

[Register here for any 'lunch and learn' session.](#) A Microsoft Teams link will be sent following registration.

Upcoming sessions include:

25 November **The pain of paying - practical ways to redesign your approach to budgeting**
12:30pm - 1:15pm *Dr Richard Iles, Senior Lecturer, Economics/Econometrics*

2 December **Disability Awareness and the Disability and Learning Access Unit (DLAU)**
12:30pm - 1:15pm *Drew Burns, Coordinator, Disability Services, Student Experience and Baden Cutts, Disability Liaison Officer, Student Experience*

10 December **The good loaf – turning your sour culture into bread**
12:00pm - 1:00pm *Brendan Carter, TAFE Teacher, Baking*
NEW DATE



Take time to be thankful

It is important to be appreciative, grateful and thankful for what we have in life, not just as a 'think positive' mantra, but as a key strategy to increase feelings of positive wellbeing.

Practising gratitude makes you feel better – as well as positively contributing to your emotional resilience, improved physical health, career advantages and greater empathy. The practice of gratitude often shifts our focus away from ourselves and towards other people and our communities – leaving us feeling more connected to others.

A simple step towards being more grateful is to list three good things at the end of each day that you were grateful about, this could be as simple as:

- walking the dog with the family.

You could do this individually – or you could do this with your partner/family collectively – for example – at dinner sharing each of your ‘three good things’ with each other.

Experiencing more gratitude is easy and doesn’t take much time. You can also try these ideas and see what works best for you:

- **Keep a gratitude journal.** Take five minutes each day or once a week to think of and write down three things that have happened to you since the previous day or week that you’re glad you experienced.
- **Take pictures.** Set yourself a mission to photograph little things in your everyday life that make you smile.
- **Tell someone you’re grateful to have them in your life.** Whether it’s someone you look up to, or someone who just makes you happy, take the time to tell them you’re glad they’re around.

You don’t have to focus on big and significant things in order to be grateful. You can be grateful for the smallest things, such as the sunshine, your morning coffee, or the fact that you made it to your train on time.

Don’t be picky - appreciate everything, even the small stuff.

Give it a go and reap the benefits!



Get active, stay healthy

Have you checked out the new schedule of meditation and exercise classes? The schedule below started this week, with the final classes for 2020 on Thursday, 10 December.

Join these sessions by using the Zoom links provided below or by emailing us at hr@federation.edu.au.

- Mondays - 4:45pm - **Meditation** ([join here](#))
- Tuesdays - 9:30am - **Meditation** ([join here](#))
- Thursdays - 9:15am - **Meditation** ([join here](#))
- Thursdays - 12:15pm - **Retro aerobics and stretch** ([join here](#))

UniSports group fitness classes continue as normal on Monday, Wednesday and Friday at 12:00pm. [Check out the group fitness page for further details.](#)

If you have any pre-existing conditions or are new to exercising, please follow the advice of



Boost your mood with diet

When we are feeling sad, stressed or tired, it can be a natural impulse to reach for sweet treats or simple carbohydrates to feel better. Eating processed foods such as cakes, chips and lollies may make us feel good for a short time, but a lack of nutrients means they are broken down quickly in the body. This causes a spike in blood sugar levels – making us feel energised initially but then leaving us feeling tired and sluggish.

Feeling good comes from a diet that provides regular amounts of good quality carbohydrates to keep blood glucose levels stable. Carbohydrates include a wide range of foods which are digested into sugar (glucose). These provide energy for the body, which may be why we want to reach for them when feeling tired.

Eating healthy, whole foods like fruit and veggies, wholegrains, dairy, lean meat and seafood, means we're more likely to meet our needs for vitamins, minerals, antioxidants and fibre, which impacts our gut and brain health.

When it comes to a diet that boosts our mood, energy and vitality, overall diet quality is the key. However, there are a number of nutrients of interest when it comes to brain health and mood.

- **B vitamins** - such as those found in whole grains, vegetables and lean meats, are involved in neuronal function and many processes in our brains.
- **Omega-3** - a healthy fat often linked with good mood and brain health. It's found in foods like extra virgin olive oil, oily fish and some nuts.

- **Tryptophan** - serotonin is made with an essential amino acid from the diet called tryptophan. This can be found in foods like tofu, cottage cheese, eggs, chicken, salmon, red meat, chickpeas, almonds and peanuts.

[Check out the full article 'The good mood diet'](#) from Medibank to learn more about using food to feel brighter and more energised.

You can also watch the recent diet and nutrition 'lunch and learn' sessions presented by Kelsey Weight, Dietician and Course Coordinator, School of Science, Psychology and Sport, Federation University:

- [Improving mental health through diet and nutrition \(44 minute video, 83MB\)](#)
- [Gorgeous guts – exploring the link between diet and gut health \(47 minute video, 86MB\)](#)



Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)