

AUGUST 2021

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Happy Wednesday!

In today's newsletter we reflect on the importance and benefits of maintaining motivation and healthy habits through a range of articles that have benefited staff through the challenges of the pandemic. This is as important as ever as we navigate lockdowns and restrictions that are affecting all of our campuses.

Great information and articles in today's newsletter include:

- Living Values staff forum
- boost your motivation
- 'lunch and learn' sessions
- support for our communities
- on-demand health and wellbeing recordings
- how food affects your mood
- Open Day 2021 - new offers for future students
- stay motivated to exercise in winter

If you haven't already, check out the [Health and wellbeing](#) web page for resources and the [Mental health and wellbeing information guide](#) for supportive strategies to allow you to thrive.

Stay well and have a great Wednesday.

Living Values staff forum

You are encouraged to register for a special staff forum on Thursday, 26 August from 2:30pm - 3:30pm where our Living Values Charter will be launched by the VC, Professor Duncan Bentley and the Living Values project team.

This half-hour session, will introduce the Living Values Charter and provide meaning and examples to the values and behaviours that the Charter articulates – enabling us to bring

[Register for the Living Values staff forum on Thursday, 26 August at 2:30pm](#)



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, you are not alone and that this situation will pass.

We have included the article '[8 tips to boost your motivation](#)' from the digital community 'rest less' to assist you in maintaining or regaining your motivation in these times.

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
- find your purpose
- face your fears - acknowledge and accept how you feel
- create small, realistic goals each day and week (but don't be afraid to go with the flow too!)
- explore what really motivates you
- get excited!

(images sourced from 'rest less: 8 tips to boost your motivation')



Lunch and learn sessions

The 'lunch and learn' sessions are designed to provide staff with information and assistance in a range of areas that support their personal and professional needs and interests.

We encourage you to check out and register for the upcoming session below.

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

Upcoming sessions include:

6 September 2021 **Managing the psychosocial symptoms of menopause at work**
12:30pm – 1:15pm *Professor Catherine Hungerford, School of Health*

Remember, if you miss a 'lunch and learn' session you can access recordings and resources from the [Health and wellbeing web page](#). These are generally made available within a few days of the session.

VicSuper health and wellbeing webinars

Throughout August, you are invited to attend VicSuper's 'Workplace Wellbeing Series' which provides daily 45-minute webinar sessions that cover personal and professional wellbeing, resilience, finance, saving, investment and superannuation.

[Check out the daily session details and register via VicSuper's Workplace Wellbeing Series web page.](#)



Support for our communities

Accessing support in a time of need is crucial for everyone. Whilst the pandemic has impacted our community as a whole, it has created unique challenges for our diverse communities. It is important to remember there is support for everyone when they need it.

The University's Employee Assistance Program (EAP) provides you with access to **free and confidential counselling and support services** via our provider Converge. The service is available 24-hours-a-day, 7-days-a-week by phoning 1300 OUR EAP (1300 687 327) or 03 8681 2444.

Specialist EAP helplines

As part of our EAP service, we have specific helplines available to recognise the diverse needs of our community. The specialist helplines include:

- LGBTIQ+ helpline | Phone 1300 542 874
- Aboriginal and Torres Strait Islander Peoples helpline | Phone 1300 287 432
- Aged/Eldercare helpline – for staff who care for someone that is elderly | Phone 1300 035 337
- Disability and Carer's helpline – for staff who care for someone who lives with a disability | Phone 1300 243 543
- Domestic and Family Violence helpline | Phone 1300 338 465

Further resources and supports

The links below provide additional support, information, and articles on the impact of the pandemic on our communities.

- [Working from home: A checklist to support your mental health](#)
- [Ways to practise self-care when you have no time or money](#)
- [COVID-19: impacts for LGBTIQ communities and implications for services. A research briefing paper by Rainbow Health Victoria](#)
- [Coronavirus \(COVID-19\) information for Aboriginal and Torres Strait Islander communities](#)
- [Switchboard Victoria](#) – peer driven support services for LGBTIQ+ people
- [Beyondblue Coronavirus Mental Wellbeing Support](#)



On-demand health and wellbeing recordings

Throughout the ebbs and flows of the pandemic, we have been fortunate to have had a range of experts supporting our health and wellbeing through 'lunch and learn' and 'exercise and movement sessions' to support our personal and professional needs.

We are pleased to have recorded these sessions and remind you that you can continue to get the benefits in a broad range of topics, which are all available via the recordings on the Human Resources [Health and wellbeing](#) web page.

Here is a snapshot of the fantastic sessions and topics available.

Exercise and movement sessions

- [Stream and enjoy a Meditation session](#) (18 minute video, 46MB)
- [Stream and enjoy a UniSports' Body Stretch session](#) (30 minute video, 90MB)
- [Stream and enjoy a UniSports' HIIT session](#) (30 minute video, 120MB)
- [Stream and enjoy a Yoga session](#) (34 minute video, 83MB)
- [Stream and enjoy a Yo-lates session](#) (30 minute video, 75MB)
- [Stream and enjoy a UniSports' Pilates session](#) (33 minute video, 132MB)

Lunch and learn sessions

With over 40 sessions being held over the past 12 months, there is sure to be a session that will be of interest and provide benefits for you personally or professionally. Here is a snapshot of some of the great sessions available.

- [Keeping fit in isolation](#) (34 minute video, 215MB)
- [Improving mental health through diet and nutrition](#) (44 minute video, 83MB)
- [Eat, learn, live and grow - spring gardening](#) (43 minute video, 82MB)
- [How to have a good day – the vital ingredients](#) (53 minute video, 129MB)

minute video, 129MB)

- [Where are we now with COVID-19?](#) (57 minute video, 145MB)



Image: The Conversation website / [BAZA Production/ Shutterstock](#)

How food affects your mood

We all have bacteria in our bodies. In fact, we have more of them than cells and most are good for you. The ones found in your gut not only help you digest food, they work all over your body and can be good for your physical and mental health.

The human microbiome, or gut environment, is a community of different bacteria that has co-evolved with humans to be beneficial to both a person and the bacteria.

When we consider the connection between the brain and the gut, it's important to know that 90% of serotonin receptors are located in the gut. Studies suggest that eating a healthy and balanced diet – such as the Mediterranean diet – and avoiding inflammation-producing foods may be protective against depression. A better diet can help, but it's only one part of treatment.

Suggestions for a healthier gut and improved mood:

- eat whole foods and avoid packaged or processed foods which are high in unwanted additives and preservatives that disrupt the healthy bacteria in the gut
- instead of vegetable/fruit juice, consider increasing your intake of fresh fruits and vegetables
- eat enough fibre, and include whole grains and legumes in your diet
- include probiotic-rich foods such as plain yogurt without added sugars
- eat a balance of seafoods and lean poultry, and less red meat each week
- add a range of colourful fresh fruits and vegetables to your diet.

It is important to note that we should be careful about using food as the only treatment for improving our mood. Professional medical advice should be sought for those who may be

Read the original article [Gut feelings: How food affects your mood](#) from Harvard Medical Publishing for further details.

Looking for more information on diet and gut health?

- check out '[No Money No Time](#)'. Developed by nutrition experts at the University of Newcastle, this is a great resource for facts, recipes, tools and resources to make healthy eating easy
- explore options for eating less meat by [reading about the delicious vegan meal options](#) in this month's Flourish Magazine.

You can also take a look at these great 'lunch and learn' sessions and recipes by Kelsey Weight, Dietician and Course Coordinator, School of Science, Psychology and Sport.

- [Gorgeous guts - exploring the link between diet and gut health](#) (47 minute video, 84MB)
- [Gorgeous guts - granola recipe](#) (pdf, 167kb)
- [Improving mental health through diet and nutrition](#) (44 minute video, 83MB)
- [Improving mental health - recipe ideas](#) (pdf, 511kb)



Open Day 2021 - New offers for future students

New offers have been announced to attract students to Federation, as part of Open Day online which runs from 10:00am to 4:00pm AEST on Sunday, 15 August (with on-campus events to follow).

You can learn more about the new program offerings below. Students can register at federation.edu.au/openday.

New offer initiatives to promote for Open Day 2021

You can be an ambassador for Federation! Tell your friends, family and community about

everything we have on offer, especially those considering tertiary education. Student recruitment has been working hard to develop new promotions and offers to drive increased student numbers in 2022.

- **Early Offer Program** – Year 12's can apply for an early offer guaranteeing them a place in a course, conditional on meeting their ATAR and pre-requisites. Applicants will be nurtured and engaged throughout their VCE.
- **TAFE to HE pathway combined programs** – students get an offer to both the TAFE and higher education programs. The benefit for students include attaining a TAFE qualification before moving into a HE program, and have a clearly defined, structured path to follow to HE entry if they do not meet the usual entry requirements.
- **New Scholarships** – we've hit refresh on a range of scholarships and introduced new ones in 2022. Please encourage prospective students to [apply via our 'Scholarships and grants' web page](#). The new offering includes:
 - Fed Excellence Scholarship
 - Fed Industry Scholarship
 - Fed Success Relocation Grant
 - Fed STEM Women Scholarship
 - Fed Ignite Scholarship focused on priority programs and Schools.
- **Coursework Postgraduate programs** – we're offering a wider range of postgraduate coursework programs via VTAC for direct entry students.
- **Streamline processes to take offer to enrolment** – we're standardising processes to avoid confusion in the offer to enrolment process and working to minimise bottlenecks to get student enrolled more quickly.

Keep an eye out for announcements of a new date for Open Day on campus soon!



Stay motivated to exercise in winter

Starting a new exercise or fitness routine, or maintaining your existing one, in winter can be a challenge at the best of times. With the impact of the current circumstances on our daily routines, keeping active is more important than ever!

If the recent cold weather has become your excuse to avoid exercise, the tips below could assist you to get motivated, and get moving.

- **Focus on the rewards.** It is easy to hit the snooze button on a cold, dark morning. This is why you need to remind yourself of the benefits of exercise.
- **Find the right time.** Each of us have a different daily routine, so it is important to find a time to exercise that works for you.
- **Challenge yourself.** Sign up for a charity walk or fun run – raising funds for a cause you care about is great motivation. Best of all, making a commitment will seriously step up your efforts to achieve a higher level of fitness.
- **Change your tune.** Music can help you stay motivated during a workout, and moving in time to the right kind of tunes may not only keep you going, but also improve your performance.
- **Don't get 'SAD'.** Bad weather and a lack of sunlight can lower the brain's levels of serotonin, the so-called happy hormone. Regular exercise encourages the body to release endorphins, feel-good chemicals that can lift your mood. So keep moving!
- **Prioritise exercise.** Don't think, just do! Exercise should not feel like a chore or something you have to tick off your to-do list.

Read the full article '[Staying motivated to exercise in winter](#)'.

Looking for an exercise challenge? [Sign up a Federation University team in STEPtember](#), Australia's leading health and wellness fundraising event to support people living with cerebral palsy. *Tip: use the promo code **FEDUNI2021** for free registration!*



Quick Links

[Flourish - health and wellbeing e-magazine - August 2021](#)

[Mental health and wellbeing information guide](#)

[Health and wellbeing resources](#)

[COVID-19 support for staff](#)