

SEPTEMBER 2020

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Happy Wednesday!

Have you submitted your recipes for the '**culinary companion**'? Check out the details below on how you can share your favourite dishes...or that 'COVID classic' you created during lockdown!

In today's newsletter we explore how food affects your mood, including details of our upcoming '[Gorgeous guts – exploring the link between diet and gut health](#)' 'lunch and learn' session.

Other great topics include:

- on-demand fitness classes with UniSports
- love and belonging - the need for social connection
- maintaining your motivation
- 'lunch and learn' sessions *five new ones*
- the daily exercise and meditation schedule

Stay well and have a great Wednesday.

We want your recipes!

Do you love food, cooking and eating? Then why not share your secrets for all to enjoy?

In last week's newsletter we announced the '**culinary companion**' – a collection of your favourite recipes, used to remain healthy and active in the kitchen during this challenging time.

So now is the time to flick through your favourite recipe scrapbook and send them to us. We're also giving you the chance to name the recipe book!

Get started by

Submit your recipes and name suggestions to hr@federation.edu.au by **9 October**.



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:

- instead of vegetable/fruit juice, consider increasing your intake of fresh fruits and vegetables. Frozen fruits without added sugars/additives are a good choice too
- eat enough fibre, and include whole grains and legumes in your diet
- include probiotic-rich foods such as plain yogurt without added sugars
- to reduce sugar intake at breakfast, add cinnamon to plain yogurt with berries, or to oatmeal or chia pudding.
- adding fermented foods such as kefir (unsweetened), sauerkraut, or kimchi can be helpful to maintain a healthy gut
- 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, and consider choosing organic produce.

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 experiencing mood or mental health issues.

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

Looking for more information on diet and gut health? Why not [register now for the 'Gorgeous guts – exploring the link between diet and gut health'](#) 'lunch and learn' session on Thursday, 15 October 2020.



accessed at anytime via the latest version of the FedMoves app.

Delivered by Technogym, the classes feature 3 levels of intensity, are suitable for all fitness levels, and range from 10 to 45 minutes in duration.

These classes are currently free and available to you via the FedMoves app. New classes will be updated every month between now and December.

[Click here for more information on UniSports on-demand classes.](#)



Lunch and learn sessions

Five great new sessions have been added to the 'lunch and learn' series! Check them out and register below.

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

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

Upcoming sessions include:

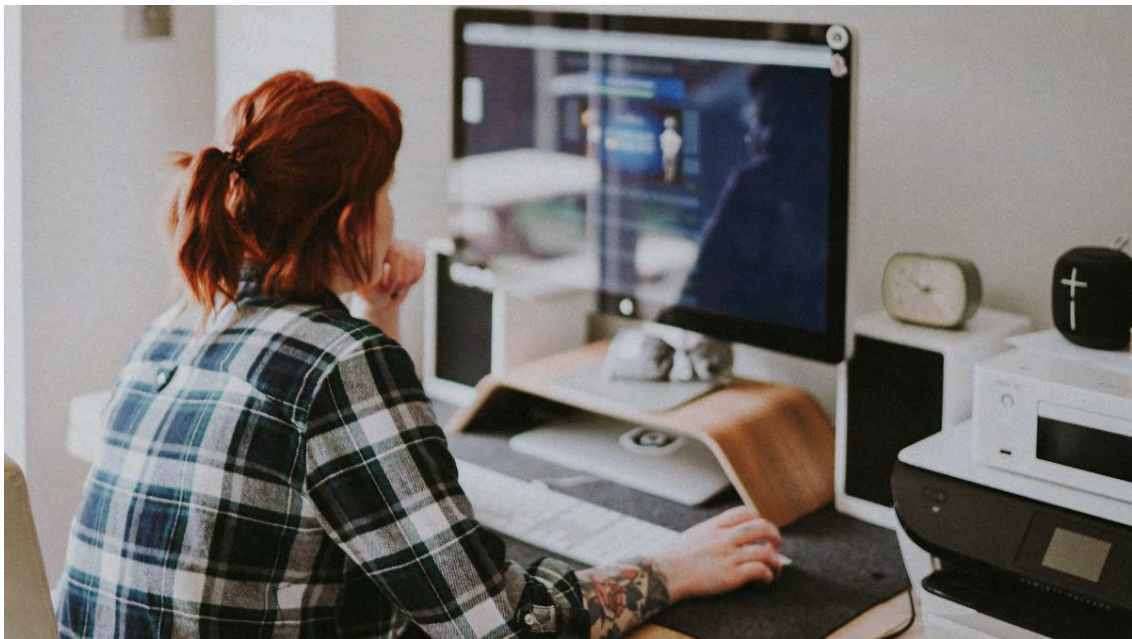
7 October **Eat, learn, live and grow – spring gardening**
12:00pm - 1:00pm *Peta Watson, TAFE Teacher, Horticulture*

15 October **Gorgeous guts – exploring the link between diet and gut health**

21 October **Supporting mental health through connection in the community and at work**
12:30pm - 1:15pm *Superintendent Jenny Wilson, Victoria Police*

22 October **The good loaf – your guide to sourdough bread making**
12:00pm - 1:00pm *Brendan Carter, TAFE Teacher, Baking*

12 November **Building your LGBTIQ+ capacity and confidence**
12:30pm - 1:15pm *Andrew Georgiou, Senior Relationship Manager, Pride in Diversity*



Love and belonging

Love and belonging describes the human need for social connection. The [Pandemic Kindness Movement](#), a project lead by Australian clinicians, highlights our 'love and belonging' needs are met through relationships with others that are based on inclusion and acceptance. COVID-19 is challenging relationships across our society. We keep our distance physically, which means keeping connected emotionally is more important than ever.

It is important to remember that we each have great strength, and we can bring out the best in ourselves and others when we are more aware of the practical ways we can build a deeper sense of belonging.

Love and belonging is built on the foundation of safety – when we are free from the fear of harm or judgement we can connect with people with compassion and kindness. This creates the relationships with people that allows us to feel grateful and valued – to experience esteem.

- [Podcasts, poetry and meditation - a care package for care givers](#). A collection of podcasts, poetry and meditations to support care givers during this time of crisis
- [TED Talk: The human skills we need in an unpredictable world](#). Margaret Heffernan discusses how relying on technology to make us efficient reduces the skills we have to confront the unexpected
- [Taking care of our colleagues](#). Watch this short video of Professor Michael West, Senior Visiting Fellow at The Kings Fund, who shares his warm advice about how to support colleagues during the pandemic
- [The art & science of looking up](#). Discover why the simple act of looking up and out transforms our brains, bodies, relationships and experiences of the world
- [Compassion revolution podcast](#). This 10-minute weekly podcast focuses on compassion, love and kindness.

[The Pandemic Kindness Movement webpages](#) are created by clinicians across Australia and hosted by the NSW Agency for Clinical Innovation (ACI).



Maintaining your motivation

For some, maintaining motivation is becoming an increasing challenge, as they feel they are slogging through life limited by the pandemic. With regional areas experiencing an easing of restrictions, our thoughts shift to colleagues, friends, and family in areas still under lockdown and tighter restrictions.

Just like other challenges in life, the pandemic will eventually pass, and we will adapt and

Some simple strategies include:

- **Set small daily goals.** Setting daily goals can help you to make your day as productive as possible, but be realistic with the goals you set
- **Plan your day to include work and relaxation time.** By planning when you will work and when you will relax, can help you to manage a healthy work-life balance at home
- **Schedule virtual get-togethers with friends.** Physical distancing doesn't mean you have to stop and say goodbye to your social life! If you haven't already, schedule a virtual get-together with friends. Why not try a theme for a Friday night catch-up?
- **Prioritise your mental health.** It is vital you take care of your stress and anxiety at this time. If you are not feeling motivated, check in on what might be blocking you. Make sure you get a bit of exercise into each day and eat a balanced diet
- **Be okay with not being highly productive right now.** You may find some days you are highly motivated and get through more tasks than you had planned, but other days you have less focus. It is okay, nothing is normal right now, and we all need to listen to ourselves.

Though this pandemic can feel like it will be endless, it will eventually pass. Staying motivated can help refocus our attention away from these stressful changes and towards a more hopeful future.

If you are looking for more detail on these tips, read the original article '[Six ways to keep motivated during the COVID-19 pandemic](#)'.



Get active, stay healthy

As part of your **self-care strategy**, make sure you plan your physical and mental wellbeing.

With daily sessions including ZUMBA, Pilates, yoga, meditation, body stretch, and HIIT, we have a great choice of activities to complement your daily routine!

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

If you have any pre-existing conditions or are 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.



Health and wellbeing recordings now available

New '**lunch and learn**' recordings and **daily exercise sessions** are now available.

The sessions are available on the Human Resources '[Health and wellbeing](#)' webpage. You will find the recordings under the following headings:

Lunch and learn sessions

- [Family violence - building awareness of controlling behaviour \(53 minute video, 425MB\)](#)
- [Finance: what choices can we make to best manage our money \(42 minute video, 73MB\)](#)
- [Having connected conversations – there's more to say after R U OK \(45 minute video, 96MB\)](#)
- [Improving mental health through diet and nutrition \(44 minute video, 83MB\)](#)
- [Keeping fit in isolation \(34 minute video, 215MB\)](#)
- [Mindfulness, movement and energy enhancing tips to support wellness during isolation \(47 minute video, 341MB\)](#)
- [Psychological resilience - strategies for strengthening mental health during isolation \(31 minute video, 55MB\)](#)
- [Sleep - How it supports our health and strategies for sleeping well \(50 minute video, 92MB\)](#)

Exercise and movement

- [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 \(33 minute video, 132MB\).](#)

Future session recordings will continue to be added and made available on the Human Resources website for you to access.



Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)



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