

OCTOBER 2021

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Happy Wednesday!

Great articles and information in today's newsletter include:

- run for a cause – it's back this November
- mental health month - time for change
- breast cancer awareness - know your pair
- engaging with creative arts
- VicSuper - three weeks of wellbeing webinars
- walking and podcasting with Jo
- culturally appropriate nutrition

We encourage you to continue accessing 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.

Run for a cause – it's back this November

Be a local hero and get active this November in the Federation University 'Run for a Cause' virtual challenge.

Run, walk or roll to help us reach our ambitious target of travelling 50,000 kilometres and raising \$50,000 which will allow us to deliver **1,000 Back to School Vouchers** to local families doing it tough.

Back to School Vouchers provide more than just money. They allow struggling families to provide clothing, resources and equipment to their kids, having a lasting impact not only on their education but on their social and emotional wellbeing.

The more money we raise, the more vouchers we can give to families in need. Last year, demand far exceeded supply and this demand keeps growing. You can help us ensure that no child misses out on the help they need.

Subscribe ~~Past Issues~~ Every kilometre and dollar counts – so, [be a local hero and REGISTER TODAY!](#)

Find out more on the [Run for a Cause web page](#) or [watch this short video for some inspiration.](#)



Mental Health Month - Time for change

We are now half way through Mental Health Month which is a perfect time to take a moment and reflect on those who have made a positive impact on your mental health and wellbeing. Give them a shout out and let them know. It will probably make them feel pretty good too.

It is three weeks since we launched the Time for Change program - a series of self-paced 'badge' modules that are designed to increase knowledge and awareness around:

1. understanding psychological safety;
2. understanding mental health;
3. self-care - putting on your own oxygen mask first; and
4. understanding your role and responsibilities when it comes to supporting mental health at work.

If you haven't already, [sign up here to participate in the Time for Change program.](#)

This week, we encourage you to get a **badge** for self-care – '*Putting on your own oxygen mask first*'. This module is designed to increase awareness of your own challenges and patterns around self-care and includes practical strategies, resources, and activities that you might find useful as part of your routine.

The module also aims to empower you to proactively take control of your own mental health and wellbeing and manage your levels of resilience. You may then start to recognise, appreciate and respond to the challenges that people around you might be facing and empower them to take responsibility for their own self-care too.

[Subscribe](#) [Past Issues](#) The Time for Change **challenge** this week is – ‘*Recharge your energy levels*’.

[Register for the Time for Change program](#) if are interested in completing modules and challenges or looking at the range of mental health articles and resources on the platform.



Activewear roadmap - no words needed

ROADMAP OUT OF ACTIVWEAR

At 70%: continue to wear activewear at home, when shopping and out at picnics.

At 80%: Introduce 'other clothes' when out in public. Wear activewear when at home.

From 1 Dec: Only wear active wear when actually being active

This is subject to change and conditional according to whether your 'other clothes' still fit.

Breast cancer awareness - know your pair

This Breast Cancer Awareness Month, the women (and men) of Australia are being encouraged to take control of their own breast health and master the simple three-step approach to breast checking, '*Look, Feel, Learn*'.

McGrath Foundation CEO, Holly Masters, says that over 20,000 Australians will be diagnosed with breast cancer this year, so it is important that if you find a lump or notice any changes to your breasts that you seek medical attention straight away.

Early detection of breast cancer – while it is still small and confined to the breast – provides the best chance for treatment to be effective. Don't wait for lockdowns or the pandemic to be over!

The [McGrath Foundation](#), have developed these three easy steps to equip women with the tools to better understand their breasts.

- **Look** at the shape and appearance of your breasts and nipples in the mirror with your hands by your sides. Raise your arms above your head and have another look.
- **Feel** all of your breasts and nipples looking for anything that isn't normal for you. Feel from your collarbone to below the bra-line and under your armpit too.
- **Learn** what is normal for you! Breasts come in all different shapes and sizes, so get to know your normal. See your doctor if you notice any changes.

McGrath Breast Care Nurses recommend this process is followed once a month, at the same time each month. The more you examine your breasts, the more you will learn about them and the easier it will become for you to tell if something has changed.

Download the '[if you grow them, know them!](#)' self-check poster to assist with your monthly checks.

[Read the original article 'Get to know your pair' for more information and stories](#) or [visit the McGrath Foundation website](#).



Engaging with creative arts

If you are among the more than 14 million Australians that have been in recent lockdowns, you may have found yourself routinely checking the latest streaming releases, or perhaps watching reruns of your favourite 90s sitcom to escape the stresses of pandemic life.

According to new research, watching film and television is the most popular 'creative activity' undertaken by Australians in lockdown.

However, the study's findings also suggest that listening to a cherished album or belting out a tune in the shower may be better for your mental health than picking up the remote. While the most common creative activity was watching films and TV, it ranked very far down the list in terms of effectiveness at making people feel better.

It was found that listening to music, singing and dancing were the top three most effective activities at making people feel better.

As restrictions begin to ease and we start to engage more with our local areas, you are encouraged to continue finding creative activities that work for you. At the same time as using online and virtual resources, make sure you take time to check out what's happening and support the creative arts industry in your local area – whether that be a visit to a gallery, museum or the local theatre.

Here are some suggestions and inspiration to stay creative in the meantime:

- **Music** – [a variety of live-streamed and recorded performances, interviews and talks on the Together Victoria web page](#)
- **Singing** – get inspired by [Federation University's 'Word of Mouth Chorus' singing their virtual mash-up 'Bridge over Imagined water'](#).
- **Dancing** – [free online classes with Chunky Move](#)

Editor's suggestion: [Register for 'Olivia and guitar' this Friday, 22 October from 4:00pm - 5:00pm](#) and enjoy an hour of chilled acoustic music with Olivia Lay, the 2021/22 winner of *Fed's Got Talent*.

Learn more about the research and findings in the ABC Arts article '[In the midst of a pandemic-fuelled mental health crisis, Australians are embracing the healing benefits of arts](#)'.



VicSuper - three weeks of wellbeing webinars

From 25 October to 12 November, VicSuper and Aware Super are offering all staff access to free wellbeing webinars. And with the year it has been, taking time to focus on your

The 'Workplace Wellbeing Series' includes a range of 45-minute personal and professional development webinars that have been created to empower you to reach for a better future.

Check out the upcoming sessions, which include:

- Empathy in the workplace (28 October)
- Building resilience (25 October and 9 November)
- Emotional intelligence (8 November)
- Working from home effectively (11 November)

[View and register for any of the Workplace Wellbeing sessions.](#)



Walking and podcasting with Jo

In this edition, our Wellbeing and Injury Management Consultant, Joanne Fiorenza, provides her insights into the benefits of her daily walking routine and the perspectives this brings.

Now that the weather is improving, and getting lighter in the mornings and the sun is setting later in the evenings – the timing is perfect to introduce a walk into your daily routine. That might be first thing in the day, at lunch time, after dinner or anytime that suits you best. While 30 minutes is recommended, you might prefer doing a couple of shorter walks. I'll explain why I think 30 minutes is perfect and will explain why it is about much more than the exercise.

I love walking in the morning and have found that doing it as soon as I get out of bed ensures that I don't get distracted. Also, looking like something the cat dragged in is not a valid excuse when hardly anyone will see me. A beanie helps too!

Walks are a great time to listen to podcasts and 30 minutes is usually just the right amount of time to listen to the full podcast. I usually plan my podcast the night before (because that

level of decision making first thing in the morning is just too much), then my EarPods are in and off I go. Given that I have the same weekday route, podcasting works great but if it were a nature walk, then probably not.

It doesn't matter how often I do the same walk, the view is always different and every day I see something wonderful. In her book *Phosphorescence*, Julia Baird describes the wellbeing effects of awe and wonder and I believe that these experiences exist as much in watching a town awaken as in nature or the ocean.

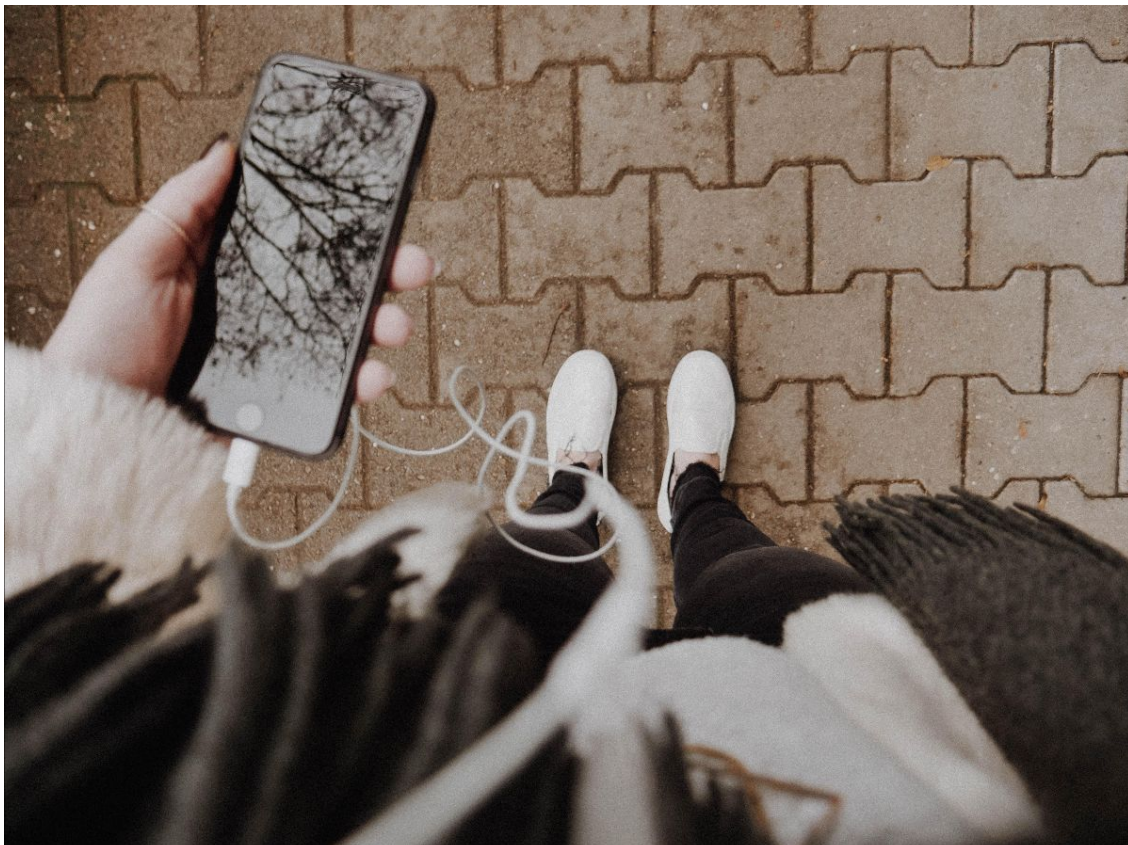
An unexpected benefit has been the casual connections that have formed with strangers on my walks. There is even a podcast on this, called 'The peculiar power of talking to strangers (from the podcast, *All in the Mind*)'. These people have become part of my community and daily routine – we acknowledge when one of us is ahead of or behind schedule, there are two named Dave, there is an 'Abbey Road' family who unintentionally crossed a zebra crossing in a row – with a dog (was one of the coolest things I have ever seen), the dog walkers I intersect with and another woman, just like me.

These are the people I look for on my morning walk. Our smiles and short exchanges offer a regular sugar hit of lightness and their roles in my life are as important as those in my 'inner circle'. Beyond this, I am inspired by other people's gardens and from a wellbeing perspective, I always feel great and glad that I walked, regardless of how unmotivated I was to get out of bed.

In that time, I've also listened to countless great stories and podcasts, some of which I have shared below. I would love to hear what other people are listening to. Just email j.fiorenza@federation.edu.au and we can share them in an upcoming Wellness Wednesday newsletter.

Jo's current favourite podcasts include:

- [Work Life with Adam Grant](#)
- [The Anxious Achiever](#)
- [In Good Health](#)
- [Writers @ Stanton](#)
- [The Moth](#)



Culturally appropriate nutrition

Federation University's student support staff are supporting international students through a webinar series that explores nutrition, why we need it and what foods will fuel study and a healthy lifestyle. The webinars have been developed with culture and budget in mind.

Delivered in two parts by Kelsey Weight, Nutrition Academic and Accredited Practising Dietitian, the session include:

- **Part 1** - 'Nutrition to thrive' was held on 13 October 2021 and focused on the nutrients we need and the foods to fuel study and lifestyle (this will be available on FedFlix soon).
- **Part 2** - 'Nutrition to thrive, budgeting and beyond' is being held on Wednesday, 27 October and looks at cost-effective ways to meet your nutrition needs and simple, delicious, low-cost meal and snack ideas.

[Participants can join Part 2 of the series, via Microsoft Teams, on Wednesday, 27 October 2021 at 3:00pm \(Melbourne time\).](#)

The webinar series is presented by Federation University with thanks to their project partners Study Melbourne, Australian Catholic University and Soup Bus Ballarat.

Contact International Student Support at Federation University (international.ss@federation.edu.au) if you have any questions.



Quick Links

[Mental health and wellbeing information guide](#)

[Health and wellbeing resources](#)

[COVID-19 support for staff](#)



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Our mailing address is:

hr@federation.edu.au