

AUGUST 2020

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Wellbeing

Motivational Mondays

Good afternoon!

We hope you had a great weekend and were able to get out and enjoy some of the lovely sunshine. With the extra daylight each day, the feeling of **spring** is almost in the air!

In today's edition, we encourage you to get up and get moving by supporting upcoming **women's health week** activities and choosing from our daily exercise sessions. The great news announced last week is that our **meditation and yoga programs** have been extended until 18 September 2020! Remember, if you can't make it to one of the live sessions, you can access a recorded session at any time.

We are also pleased to bring you desk stretching exercises from the **UniSports** team, steps to consider to avoid 'Zoom' fatigue, and what you can do to make the most of extra time at home.

Make sure you check out the new **'What's for lunch?' photo challenge** and motivate us with your favourite lunch photos.

Have a great Monday everyone!

Take Steps for women's health

Challenge yourself and make your moves count by joining in the Jean Hailes **'Take Steps'** challenge. This is a great initiative to get moving and to support **Women's Health Week**, which runs from 7-11 September 2020.

The 'Take Steps' challenge has been designed so people of all ages and abilities can take part in it. You can choose your distance goal and cover it your own way, at your own pace! The aim is to collectively make our way around Australia during Women's Health Week.

Given the evolving circumstances and physical distancing restrictions, Jean Hailes wants to inspire and encourage the community to take up a challenge for women's health. This

You can join in with the Library Services staff who have started a team named '[Tour de Fed](#)' or simply register on your own.

Get started now by signing up at takesteps.womenshealthweek.com.au and choosing your challenge distance.

**Please ensure you check and follow the COVID-19 restrictions in your area.*



'What's for lunch?' photo challenge

Get snapping and share photos of the **lunches** that are keeping you motivated! The best lunches will be featured in next week's newsletter. Sharing images of your favourite lunch, or lunchtime recipes, might inspire others in making their lunch options a little healthier!

Send your photos or recipes to Human Resources at hr@federation.edu.au.

Looking for more information on diet and nutrition? Why not [register now for the 'Improving mental health through diet and nutrition' lunch and learn session on Thursday, 3 September 2020.](#)



Video calls are useful, particularly in a pandemic. They have gone from a novelty to a necessity as stay-at-home requirements have made online hook-ups the norm for collaborating at work and even socialising. But it can have very real effects on our brain.

'**Zoom fatigue**' is used to describe the cognitive side effects of too many video meetings that can leave people feeling drained, tired, and even in mild physical pain. The features of video tools like Zoom, Microsoft Teams or Skype, increase cognitive load because several features of these tools take up a lot of conscious capacity. Some of these factors include:

- the absence of non-verbal cues;
- sustained eye contact can be exhausting;
- the intense focus on words;
- anxiety caused by '*what if the kids run in?*'; or
- are they listening or are they frozen?

But it is not all Zoom and gloom.

On the upside, social anxiety is positively correlated with feelings of comfort online. So for people who dread physical meetings, meeting online might be a welcome respite.

With predictions that the new workplace 'normal' will be very different from the old one, it seems that video meetings are here to stay. There are steps we can take to reduce the negative effects of video meetings, including:

- consider if the meeting needs to happen and by video;
- limit the number and duration of meetings in your day;
- block 'meeting free' time in your diary; and
- sometimes a simple phone call is better.

Read the SBS Insights article ['Experts explain why Zoom meetings are so exhausting'](#) for more details.



Desk stretching routines from UniSports

Working from home has meant a big change in the amount of incidental movement for most of us. You may be feeling a lot tighter through your neck, shoulders and lower back. This is due to prolonged periods of sitting and less movement compared to when you are on campus.

The **UniSports** team have produced a series of short stretching videos that can be completed daily from your workstation. These three-minute videos can be used as 'exercise snacks' throughout the day to break up your work time and hopefully relieve tightness through your shoulders, neck and lower back.

Check out the desk stretching routines below from the UniSports team.

- [Routine 1 - Neck and shoulders](#)
- [Routine 2 - Neck, arms and back](#)
- [Routine 3 - Hands and arms](#)
- [Routine 4 - Hands, arms and shoulders](#)



Lunch and learn sessions

We have more great 'lunch and learn' sessions being held this week and next. Have a look at the sessions below and register your interest. **Stay tuned to our newsletters for the announcement of new lunch and learn sessions being added in the coming weeks.**

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.

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

Upcoming sessions include:

1 September 2020 12:30pm - 1:15pm	'The shaka project' - uniting men to start conversations about mental wellbeing, encouraging connection, mateship and
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3 September 2020

12:30pm - 1:15pm

Improving mental health through diet and nutrition*Kelsey Weight, Dietician and Course Coordinator, School of Science, Psychology and Sport***9 September 2020**

12:30pm - 1:15pm

Sleep - how it supports our health and strategies for sleeping well*Professor Gerard Kennedy, School of Science, Psychology and Sport*

Making the most of your time at home

We are spending a lot more of our free time at home. While this might be a silver lining of physical distancing for some, for others, finding what to do with the extra time can be a challenge.

Dr Tim Sharp, founder of The Happiness Institute, says that 'we haven't been through these times before, so it's OK if you feel anxious. Many of us are undergoing changes like working from home and not going out but things can be managed'.

'So much of life is based around achievement and we feel we should always be doing something constructive ... having more time can be an opportunity to do things we have always been too busy to do. We've all wished we had more time to do this and that – now we have that time.'

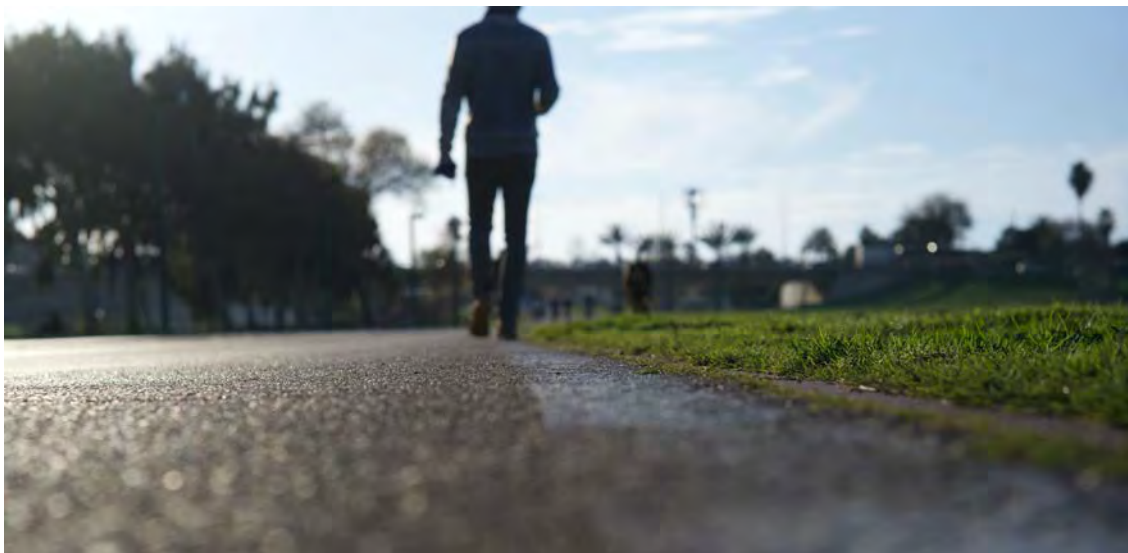
So what can you do with this time?

Check out the strategies below to find new ways to make the most of your time during lockdown. If you haven't tried any of these, try to action at least one this week!

of video call fatigue!).

- **Turn back the clock.** Pull out the board and card games, a great activity for quality family time.
- **Work on your fitness.** Avoiding a walk or run can be easy if you 'don't have time'. Break the habit by scheduling a short walk you know you will enjoy.
- **Tidy up and declutter.** A spring clean can clear the mind, and the house. Start with a small goal and build a sense of achievement.
- **Top up your talents.** Ever wanted to play guitar, take up crochet or speak a new language? Look online for free tutorials to get you started.
- **Get your finances in order.** Take time to look at your superannuation, update your budget or get a better deal on your insurance. You might be surprised how much has changed.
- **Do something enjoyable every day.** Have a dance, read a book, focus on the positive news stories too!

Read the original House of Wellness article '[Coronavirus lockdown: How to make the most of your extra time at home](#)' for further information and ideas for making the most of your time at home.



Health and wellbeing recordings now available

Recordings of the '**lunch and learn**' and **daily exercise sessions** are now available via the Human Resources website, with new sessions to be added this week.

The sessions are available via the Human Resources website under the '[COVID-19 support for staff](#)' page in '[Health and wellbeing](#)'. You will find the recordings under the following headings:

- **Lunch and learn sessions**
 - Finance: what choices can we make to best manage our money
 - Mindfulness, movement and energy enhancing tips to support wellness during isolation
 - Importance of physical exercise to maintain agility while working from home

- Psychological resilience: strategies for strengthening mental health during isolation **to be added this week*

- **Exercise and movement**

- Meditation
- Yoga
- Yo-lates
- Body Stretch
- High Intensity Interval Training (HIIT)
- Pilates **to be added this week*

We continue to receive great feedback from staff on the value and impact of these sessions on their health and wellbeing. Make sure you take time to review the upcoming 'lunch and learn' and daily meditation and exercise sessions.

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



Get active, stay healthy

Don't forget that our meditation and yoga programs have been extended for a further two weeks until 18 September 2020! Make sure you update your calendar and keep up the great work in attending these sessions.

We continue to receive fantastic feedback and support for these programs and thank **Fernwood Ballarat** and our very own **UniSports** team who continue to deliver these valuable programs for our staff.

Looking for some daily movement ideas? Why not join a short session to complement your daily routine! Meditation runs for 15 minutes, all other sessions run for 30 minutes.

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



Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)



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