

JULY 2020

[View this email in your browser](#)Health and
Wellbeing

Wellness Wednesdays

Your weekly wellness tips!

Welcome to the first Wellness Wednesday newsletter. Each week you will receive a '**Motivational Monday**' and '**Wellness Wednesday**' newsletter with information, resources and tips to support your health and wellbeing journey.

Please take the time to identify ways you can support your ongoing personal self-care and wellbeing. We also encourage you to send photos of your activities for us to share!

Get active, Stay healthy

As our current circumstances continue to evolve (which continues to include limited physical interaction), incorporating physical activity into your daily routine is more important than ever.

Daily exercise is an easy way to boost both your mental and physical health, and now is the ideal time to try a new activity. As little as 10 minutes of movement a day can help your body and mind feel better!

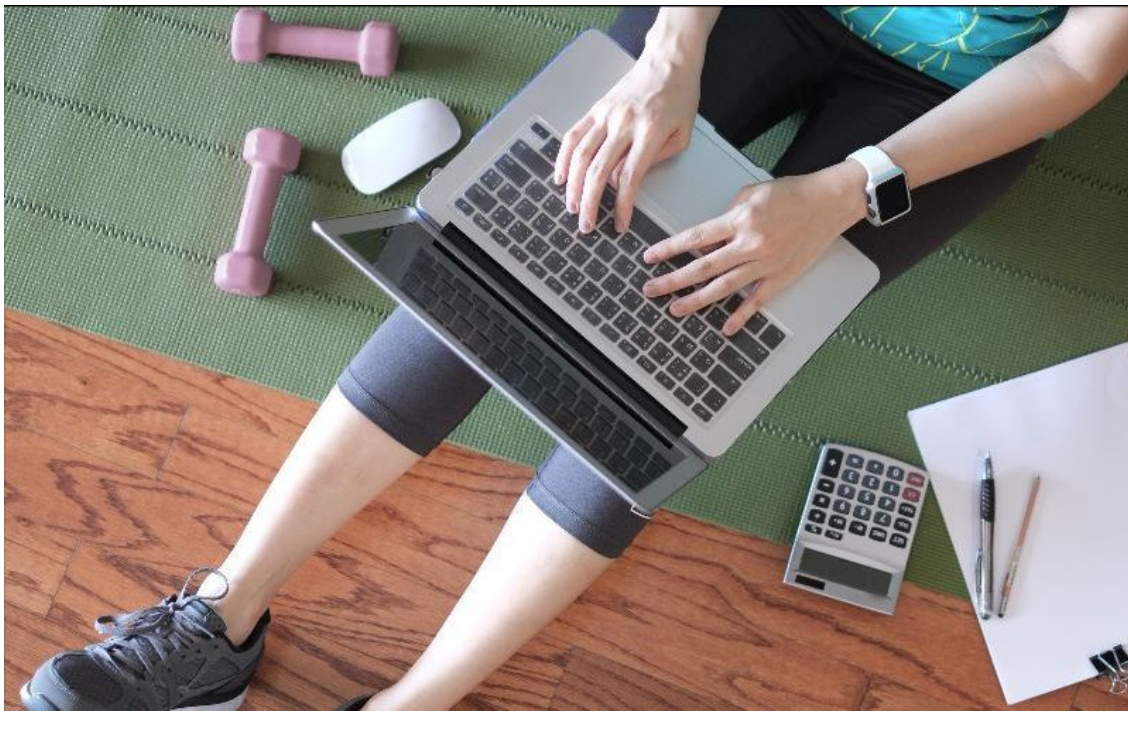
As part of the health and wellbeing initiatives for staff, the University is offering daily programs to assist you in keeping active. Whether it be meditation, yoga, pilates, high intensity interval training (HIIT) or stretch classes, we have something for everybody to try.

Even if you are new to exercise, or feeling a little lost because your normal way of staying fit is not possible, there is something for you. The list of available classes and mindfulness sessions are listed below:

- Wednesdays – 9:15am - **Meditation** | 12:00pm - **HIIT** | 12:30pm - **Yoga**
- Thursdays – 9:15am - **Meditation**
- Fridays – 9:15am - **Yoga** | 12:00pm - **Body Stretch** | 12:30pm - **Meditation**

Browse the available sessions and email Human Resources at hr@federation.edu.au with your preferred sessions and we will forward you the relevant Zoom link.

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.



Week one - Photo Challenge

Getting active and staying active is an important part of our health and wellbeing initiatives. We encourage staff to send Human Resources photos of self-care activities and we will share your success in our Wellness Wednesday newsletter.

Please send your photos to Human Resources at hr@federation.edu.au for inclusion in the next newsletter.



Lunch and Learn sessions

A series of 'lunch and learn' sessions will commence in the first week of August 2020. These sessions will be held over 30-45 minutes packed with information and support in a range of special interest areas.

The special interest areas include:

5 August 2020 12:30pm – 1:15pm	Finance: what choices can we make to best manage our money <i>Dr Richard Iles, Senior Lecturer, Economics/Econometrics</i>
11 August 2020 12:30pm - 1:15pm	Mindfulness, movement and energy enhancing tips to support wellness during isolation <i>Ms Lee Squire, Director, Fernwood Fitness, Ballarat</i>
19 August 2020 1:00pm - 1:45pm	Importance of physical exercise to maintain agility while working from home <i>Dr Matthew Wallen, Lecturer, Exercise and Sports Science</i>
21 August 2020 1:00pm - 1:45pm	Family Violence: strategies for finding empowerment when working from home <i>Associate Professor Elisa Zentveld, Chair, Academic Board</i>

Additional topics and speakers will be added over the coming weeks.

To register your interest, email Human Resources at hr@federation.edu.au and we will send you the Microsoft Teams link to enable you to participate.



Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)



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