

JUNE 2021

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## Happy Wednesday!

In today's newsletter you can check out these great articles and information:

- making a positive return to work
- 'lunch and learn' sessions
- work/life transition tactics
- Heads up on diabetes awareness
- baking for your mind, happiness and health.

We encourage you to continue taking the time to identify ways you can support your ongoing self-care and wellbeing.

## Stay well and have a great Wednesday.

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### Making a positive return to work

With many of us having worked from home over the past year, it is only natural that getting back into the routine of working on campus may feel like a challenge. To help you maintain your physical and mental health, VicHealth have sourced a range of expert tips to help guide you on a healthy work life.

#### Feel better by moving more

Regular exercise improves your physical health as well as healthy immune system. Exercise has also been shown to improve concentration in adults and physical activity can help improve mental health and wellbeing, including reducing anxiety levels.

If you can't fit in 30 minutes to an hour of structured exercise, inject small 'movement breaks' of 3-5 minutes into your day. You could also try a walking meeting, or allow for shared coffee breaks that involve walking to a café. These small breaks also help reduce your sitting time!

#### Add tasty, nutritious options to your lunchbox

It can be tricky to eat well at work, especially as our routine changes in the transition back to the campus. Wholefoods and nutrient-rich meals provide a range of benefits from

- wholegrains - such as wholemeal bread or brown rice
- air popped popcorn
- raw, or dry roasted unsalted nuts (keeping in mind allergies)
- if there are facilities to heat and prepare food, consider mini vegetable quiches, or falafel balls with tzatziki.

Check out our 'lunch and learn' recording '[Fast, fuss-free meals for a healthy lifestyle](#)' for healthy meal options presented by Federation TAFE Teacher, Murray Lewis.

### **Balancing our workloads with our personal lives**

We need to keep in mind that we don't sacrifice our personal activities for the sake of our work. Plan ahead to ensure we include nutritious food, plenty of sleep, regular exercise, time with our friends and family, and make time for something fun too!

Tips you can follow to find a balance between personal and professional time include:

- make a plan for your workload in advance, and if the workload is too much, discuss extending deadlines or getting assistance on tasks
- schedule your personal activities to start right after work, such as a phone call with a friend, a walk or a yoga class
- turn off or set up a 'do not disturb' for work emails and alerts (you can try apps like 'Freedom' or 'Offtime') when work hours are over.

### **Simple steps to take when feeling overwhelmed or anxious**

If you start to feel anxious, bring your attention to how you're breathing. A few slow, deep breaths - in through the nose and longer out through the mouth, while relaxing your shoulders, jaw and the muscles around your eyes.

Do whatever helps you to relax – for some that's mindfulness or meditation, for others it might be exercise or watching a comedy, or something else that makes you laugh.

For more helpful tips and advice, read the original VicHealth article '[Back to work? How to make it positive](#)'.

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### **A reminder for all Federation staff when on campus**

When we are on campus it is important that we all follow these basic steps to remain COVIDSafe:

- you must stay at home if you are sick and get tested if you have COVID-19 symptoms
- you must sign in via QR codes in shared public areas, such as food outlets, gyms and libraries
- it is also essential that we maintain strict hygiene measures – this includes using the disinfectant wipes provided to clean equipment and surfaces in classrooms and offices, meeting rooms and communal areas, as well as maintaining physical distancing of 1.5 metres whenever possible.



Image: VicHealth website

## 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 sessions below.

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

### Upcoming sessions include:

<b>7 July 2021</b> 12:30pm – 1:15pm	<b>Your guide to baking fabulous French baguettes</b> <i>Brendan Carter, TAFE Teacher, Baking</i>
<b>14 July 2021</b> 12:30pm – 1:15pm	<b>Understanding diabetes and how to assess your own risk</b> <i>Amy Cowan, Lecturer, Nursing, School of Health</i>
<b>15 July 2021</b> 12:30pm – 1:15pm	<b>Understanding the role and physiology of exercise and nutrition in preventing and managing diabetes</b> <i>Jacqui Pengelly, Lecturer, Clinical Exercise Physiology/Exercise and Sports Sciences, School of Science, Psychology and Sport</i>
<b>29 July 2021</b> 12:30pm – 1:15pm	<b>Your online experience - how it is constructed and understanding ways to master it</b> <i>Dr Evita March, Senior Lecturer, Psychology, School of Science, Psychology and Sport</i>

Missed one of the 'lunch and learn' sessions, or simply want to refresh your memory? You can access the recordings via the 'lunch and learn' section on the Human Resources [Health and wellbeing web page](#).



## Work/life transition tactics

Finding a healthy work/life balance can be a challenge and this has only been compounded during the changing circumstances of the pandemic.

The blurring of boundaries between work and home and the feeling of 24/7 connectivity also impacts other factors that can lead to poor mental health, stress and burnout.

Join SuperFriend as they unpack seven practical tactics which will assist participants with integrating work and life as they navigate the sustained disruption of COVID-19, including:

- transition gap, ask don't assume
- clear boundaries
- trusted external systems
- interference to integration
- concentration and connection; and
- self-advocacy.

[Register for the 'Work/life transition tactics'](#) session to be held on **Tuesday, 13 July 2021 (12:00pm - 1:00pm)**.

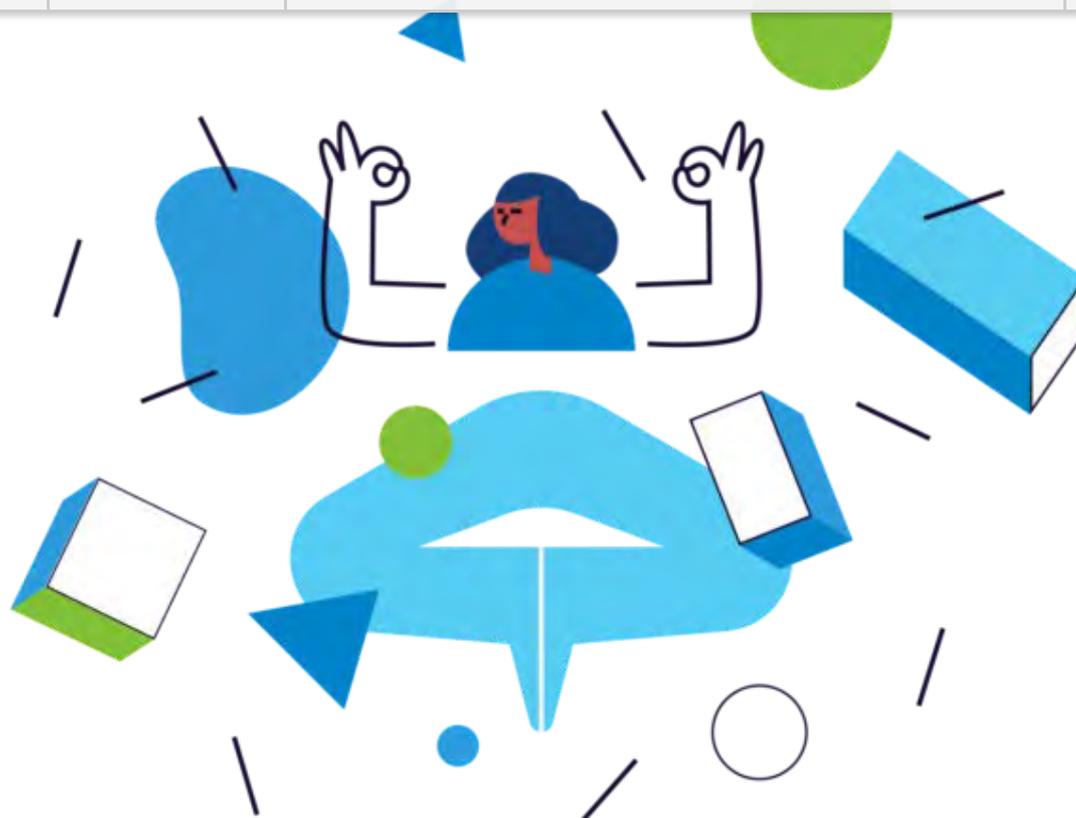


Image - SuperFriend website

## Heads up on diabetes awareness

[National Diabetes Week 2021](#) runs from 11–17 July and we will be using this week to raise awareness of diabetes risks, prevention, support and also the experience of people with diabetes.

Unfortunately, more than 4 in 5 people with diabetes have experienced ‘diabetes stigma’. This is when they are blamed for having diabetes, while managing their diabetes (such as injecting insulin in public) and when they experience the affects and complications of diabetes such as low blood sugar.

This National Diabetes Week, let’s have a conversation about the real impact diabetes stigma can have on a person’s mental and emotional wellbeing.

You can learn more by going to the [Diabetes Australia](#) website or by [registering for one of our upcoming ‘lunch and learn’ sessions](#), including:

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**14 July 2021**      **Understanding diabetes and how to assess your own risk**

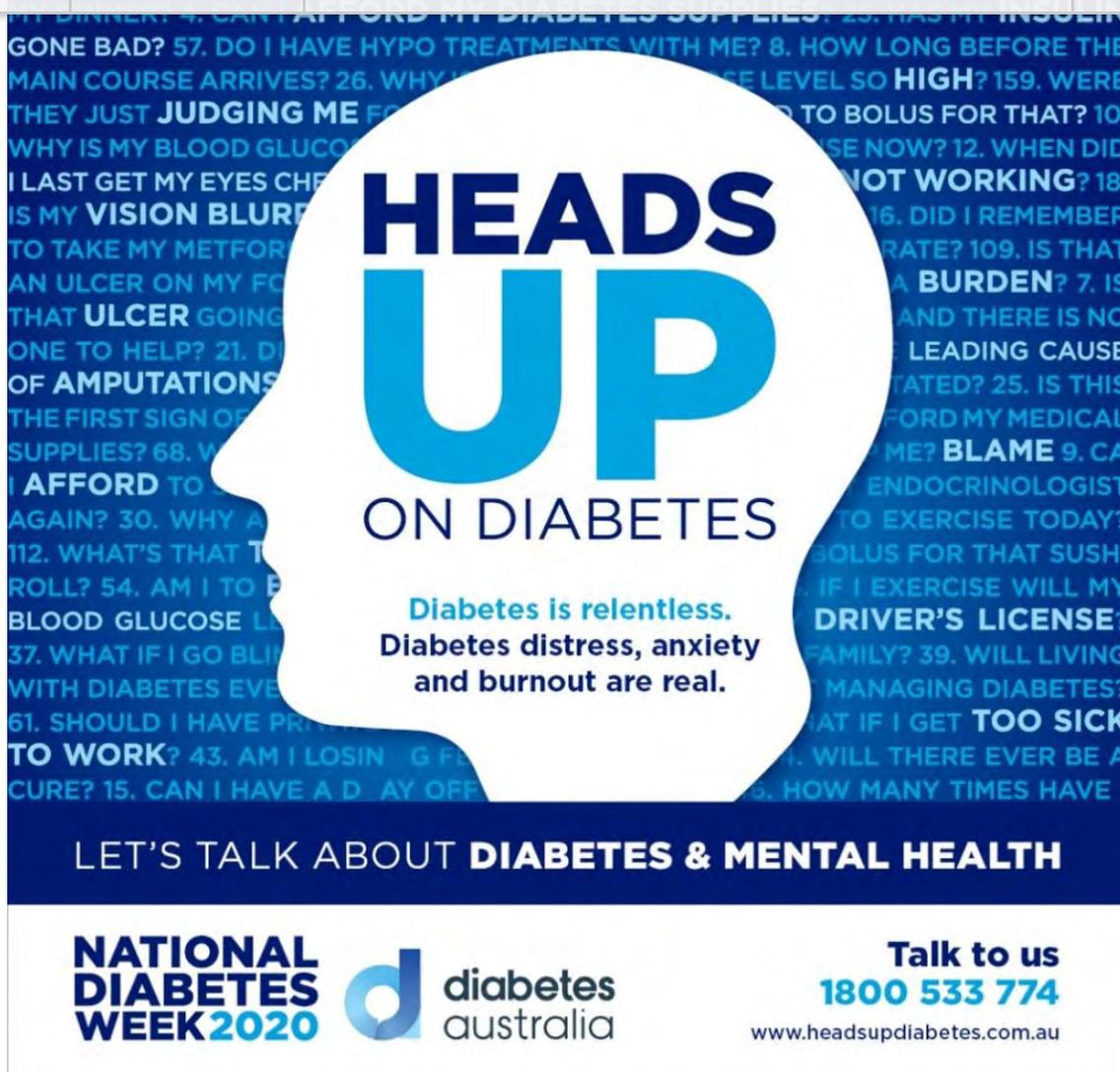
12:30pm – 1:15pm      *Amy Cowan, Lecturer, Nursing, School of Health*

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**15 July 2021**      **Understanding the role and physiology of exercise and nutrition in preventing and managing diabetes**

*Jacqui Pengelly, Lecturer, Clinical Exercise Physiology/Exercise and Sports Sciences, School of Science, Psychology and Sport*

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**HEADS UP**  
**ON DIABETES**

Diabetes is relentless.  
Diabetes distress, anxiety  
and burnout are real.

LET'S TALK ABOUT **DIABETES & MENTAL HEALTH**

**NATIONAL DIABETES WEEK 2020**

 diabetes australia

**Talk to us**  
**1800 533 774**  
[www.headsupdiabetes.com.au](http://www.headsupdiabetes.com.au)

## Baking for your mind, happiness and health

There is something about the smell of baking bread that creates a feeling of comfort and cosiness – and the very act of making something with your hands can improve your mental health.

Baking bread can form part of a mindful practice called ‘grounding’, where you use an activity to help you connect with the current moment. Studies have shown that baking has many therapeutic qualities and can help to relieve stress.

### How to bake mindfully

We can be easily consumed by our expectation to ‘produce’ results in our job and career and neglect the benefits of having a creative outlet in our life.

Baking is a perfect way to create and practice mindfulness. To successfully bake bread, a cake or some biscuits, we need to pay close attention to the recipe and the process. This need for focus can help quieten our internal chatter, and can therefore be very therapeutic.

### Baking to relieve stress

Spending time baking can provide you with a creative outlet and a way to calm down,

just mixing up some dough, and creating a sense that everything will be okay.

### **Baking can build up your self esteem**

Baking provides good practice in 'waiting' and 'patience' and then having a product at the end – you get a sense of satisfaction because you've created something.

Baking can also have a quick pay off. Yes, you have to wait for things to bake, but within an hour, you can go from ingredients to a finished product! Sometimes if you are feeling a bit defeated, quick wins like that, which show you that you can produce something good, can be a small but important stepping stone in making you feel more confident to tackle a bigger thing

Read the original article '[How mindful baking can improve your mood and reduce stress](#)' for further tips.

### **'Lunch and learn' – Your guide to baking fabulous French baguettes**

Brendan Carter, TAFE Teacher, Baking returns in this eagerly anticipated sequel to the popular sourdough 'lunch and learn' held last year, to teach us how to bake fabulous French baguettes (just in time for Bastille Day!).

[Register now for the 'Your guide to baking fabulous French baguettes' session](#) being held on 7 July 2021, from 12:30pm - 1:15pm.



## Quick Links

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[Mental health and wellbeing information guide](#)

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