

AUGUST 2020

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

# Motivational Mondays

## Your weekly motivation tips!

Motivational Mondays are about reminding us to get up and get active in all aspects of life. In the current circumstances, you may at times find yourself lacking motivation. This is only natural as the pandemic has affected our lives in every way, from freedom of movement to the way that we work.

Today's newsletter provides great information, tips and strategies for getting and staying motivated!

Make sure you read and utilise the '[Mental health and wellbeing - Information guide](#)'. The guide is a great resource for maintaining our mental health and wellbeing and navigating 'our work, our lifestyle and our thoughts'. Combined with the content of today's newsletter, the self-care planning resources will provide you a great start to getting motivated!

**Have a happy Monday!**

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## Staying motivated

As we continue to navigate physical distancing and changing restrictions, new ways of working from home and remote teaching will be with us for some time.

Staying motivated can be tricky, but you can continue to thrive by setting new schedules and taking time for self-care. Staying motivated will help refocus your attention away from these stressful changes and towards a more optimistic future.

Use the following tips for staying motivated.

3. get active and get at least 10 minutes exercise each day;
4. schedule virtual get-togethers with friends; and
5. prioritise your mental health.



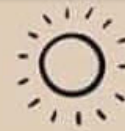
## Happiness chemicals

Happiness is largely a chemical experience. The four main neurochemicals: serotonin, dopamine, oxytocin and endorphins that are generated in the brain are fundamentally responsible for creating the sensations and emotions we have come to associate with 'happiness'.

The good news is, our daily actions can also affect our production of 'happy' neurotransmitters, meaning we can trigger ourselves into being 'happy' with healthy habits!

Take a moment to identify which of the activities you are doing now, and importantly, find others you may be able to include in your day to boost your level of happiness!

# how to hack them



## DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



## OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



## SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



## ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



## Get baking with healthy substitutes

Why not get motivated in the kitchen, practice some self-care and get those reward chemicals flowing by 'iso-baking' your way to happiness!

The kitchen can be a great place to try something new, ease stress, entertain kids or simply feel satisfied with creating something delicious. We need to be mindful that a few sweet treats can quickly add up, turning a healthy distraction into an unhealthy pastime.

Jean Hailes, a not-for-profit organisation dedicated to improving women's health across Australia, has provided a great article with helpful hints, tips and recipes for healthier baking and using substitutes so you can 'have your cake and eat it too'. [Click here to read the Jean Hailes article](#)

### Some other recipe tips include:

- [Smart eating recipes](#)
- [Taste recipe collection](#)

**Got a great recipe you want others to enjoy?** Share your recipe by sending it to Human Resources at [hr@federation.edu.au](mailto:hr@federation.edu.au). This will be shared with your colleagues in the next Motivational Monday newsletter.



## Lunch and Learn sessions

Have you booked in for the upcoming series of 'lunch and learn' sessions?

These sessions have been designed to provide staff with information and support in a range of special interest areas.

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

The special interest areas include:

**5 August 2020**

12:30pm – 1:15pm

**SESSION FILLING  
FAST!**

**Finance: what choices can we make to best manage  
our money**

*Dr Richard Iles, Senior Lecturer, Economics/Econometrics*

**11 August 2020**

12:30pm - 1:15pm

**Mindfulness, movement and energy enhancing tips to  
support wellness during isolation**

*Ms Lee Squire, Director, Fernwood Fitness, Ballarat*

**19 August 2020**

1:00pm - 1:45pm

**Importance of physical exercise to maintain agility while  
working from home**

*Dr Matthew Wallen, Lecturer, Exercise and Sports Science*

**21 August 2020**

1:00pm - 1:45pm

**Family Violence: strategies for finding empowerment when  
working from home**

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



## Week two - Photo Challenge

Keep sending through your photos of you and your family when doing your wellness activities. We'd love to share these successes in our Wellness Wednesday updates.

Please send your photos to Human Resources at [hr@federation.edu.au](mailto:hr@federation.edu.au) for inclusion in the next newsletter.



## Get active, Stay healthy

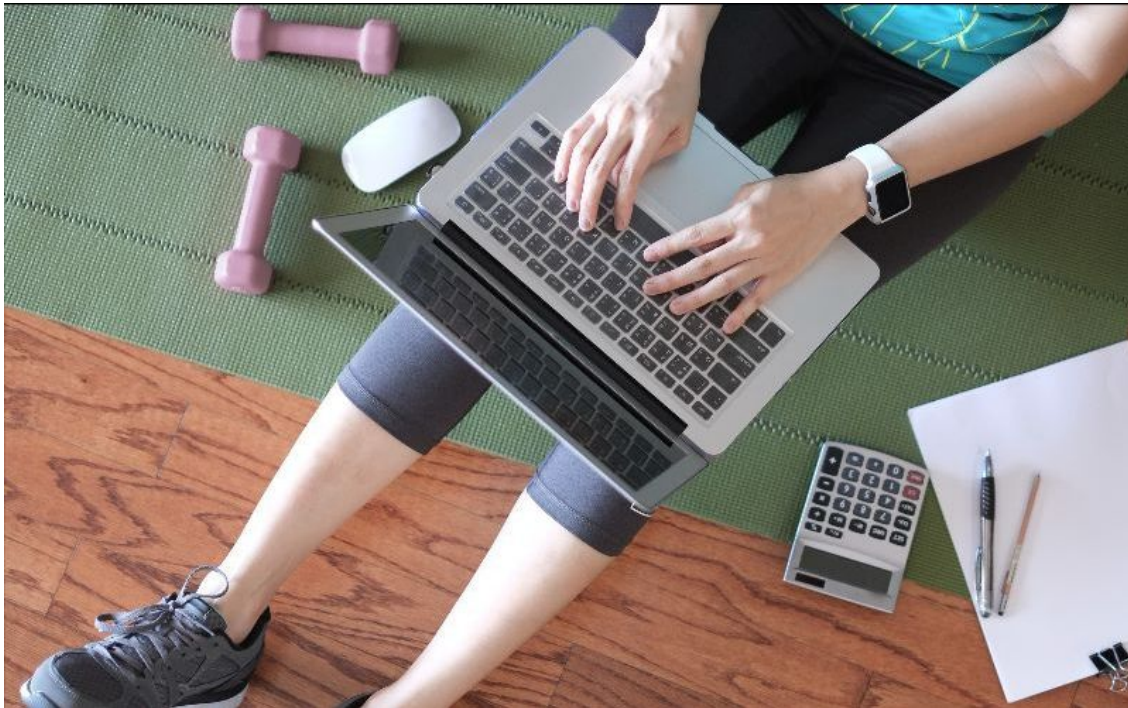
Have you registered your interest for the daily health and fitness programs being offered? Why not try a one of the short session to complement your daily routine! Meditation runs for 15 minutes, all other session run for 30 minutes.

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

- Mondays - 12:00pm - **Pilates** | 4:45pm - **Meditation**

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