

AUGUST 2020

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

Wellness Wednesdays

What wellness activities have you planned or achieved this week?

Today's edition connects you with recently launched initiatives from Victoria Together, tips for getting through the COVID 'marathon', keeping active with chair yoga, and some great recipe ideas for your own food festival.

Check out the **new sessions** in the 'lunch and learn' series, the manager webinar events, and if you haven't already, register for a daily mindfulness or exercise session!

We encourage you to keep taking the time to identify ways you can support your ongoing self-care and wellbeing. **If you haven't already, why not try something new this week?**

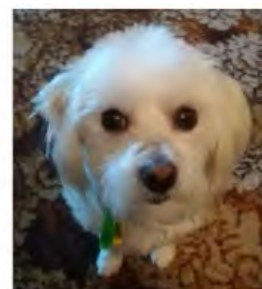
'What makes you smile?' photo challenge

Don't forget to send your pics for the **'What makes you smile'** photo challenge. *There are only two days left!*

Send your pics in now to Human Resources at hr@federation.edu.au for inclusion in next Monday's newsletter.



what makes
you smile?



Keeping safe and connected, together

This initiative includes rebooting the popular [Victoria Together](#) online platform, providing entertainment and connection as we stay home and stay safe. This hub showcases the best of our online experiences, including health and fitness programs, music and film festivals, comedy, kids' activities and an array of other offerings.

In launching the initiative, Premier Daniel Andrews is quoted as saying:

“By spending another Saturday night at home on the couch – you are helping to keep every Victorian safe. As you do, some of our best musicians, comedians, creators and cooks are there to help keep you company.”

To experience everything **Victoria Together** has to offer, visit together.vic.gov.au



The COVID marathon

How did you envision your 2020 to be?

While this year has probably not been the way we had hoped or expected, the COVID-19 pandemic has disrupted life for everyone in so many and varied ways.

Whether it be the physical, psychological, social, or financial effects from the pandemic, many may find the ongoing pandemic a *marathon* and be asking '*when is this going to end?*' What is clear is the need to continue to focus on looking after ourselves.

Here are 3 tips to help you get through this marathon:

- **Acknowledge your experience of the pandemic.** Each person has their own set of hurdles, so try not to compare your situation to that of others, and focus on what you can do to get through.
- **Identify and use your personal strengths.** You may have been through difficult times in the past. What helped you then to face those challenges? Play to the strengths you already have or cultivate some new ones.
- **Give yourself credit and reach out when you need to.** Everyone is coping the best they can with what they have. Look for small wins each day, like tasks you have achieved or tricky situations you got through. Be honest with yourself if you are finding it tough. There is no shame in seeking support from others.

For more details, go to the original article '[The COVID marathon](#)' from 'thiswayup.org.au'.



Chair yoga

Looking for simple exercises to add to your home workout? **Why not try chair yoga!**

Chair yoga is a practice of modifying yoga poses so they can be done while seated in a chair. These modifications make yoga accessible to people who have difficulty standing, lack the mobility to move easily from standing to seated to supine positions, or want a quick break from office work.

Click the image below to watch a chair-based yoga routine you can do anywhere or read the full article '[10 Chair Yoga Poses for Home Practice](#)' for more information on the benefits and how to practice chair yoga.



Plan your own food festival

While the Melbourne Food and Wine Festival scheduled for March 2020 did not go ahead as a physical event, there are plenty of great online experiences available from the festival

Why not plan a night in with your own food festival? Check out the range of free resources and recipes below to get you inspired!

- Melbourne Food and Wine Festival - www.melbournefoodandwine.com.au
- [MFWF Recipes](#) - a collection of recipes from festival stars, chefs and restaurants.
- [Love food, hate waste](#) – recipes, tips and awareness of avoidable food waste.
- [Healthy living](#) – rated recipes from the Better Health Channel.



Lunch and learn sessions

We are pleased to present three new exciting 'lunch and learn' sessions focused on '**men's health**', '**diet and nutrition**' and '**sleep**' that have been added to the series. Register now!

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:

21 August 2020 1:00pm - 1:45pm	Family Violence - building awareness of controlling behaviour <i>Associate Professor Elisa Zentveld, Chair, Academic Board</i> <i>Ms Rhonda Whitfield, Deputy Chancellor</i>
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26 August 2020	Psychological resilience - strategies for strengthening mental
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1 September 2020

12:30pm - 1:15pm

new session**'The shaka project' - uniting men to start conversations about mental wellbeing, encouraging connection, mateship and brotherhood***Mr Sean Weir, Owner SWF Gym, founder of 'the shaka project'***3 September 2020**

12:30pm - 1:15pm

new session**Improving mental health through diet and nutrition***Kelsey Weight, School of Science, Psychology and Sport***9 September 2020**

12:30pm - 1:15pm

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

Webinars for managers

To complement the release of the '[Mental health and wellbeing information guide](#)' a webinar has been designed to support managers and supervisors implement the health and wellbeing tools and resources available.

Managers and supervisors can register for these informative webinars, which will provide:

- an engaging and interactive forum to discuss common mental wellbeing strategies being implemented;
- an overview of staff engagement with the various health and wellbeing resources available; and
- how you can contribute to the health and wellbeing of employees to assist them to thrive in the changing landscape.

Webinar sessions will be held on the following dates:

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



Get active, stay healthy

We continue to receive great feedback from staff attending the daily mindfulness and exercise sessions.

Please note that **Pilates has moved Friday** and **Body Stretch to Monday**. Both classes remain at 12:00pm.

For those yet to try a session, why not join a short session to complement your daily routine! Meditation runs for 15 minutes, all other sessions run for 30 minutes.

Email Human Resources at hr@federation.edu.au with your preferred session(s) and we will forward you the relevant Zoom link(s).

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



UniSuper webinar

UniSuper is inviting members to an interactive webcast that will cover the basics of investing your super, and how to avoid some common investing pitfalls - particularly relevant during times of economic upheaval.

The live webcast, *Investing your Super*, will be held on Tuesday 25 August 2020 at 12:30pm and will cover:

- investment basics like asset classes, diversification, risk and return
- the Government's temporary early access to super scheme
- investing in uncertain times and the importance of thinking long-term
- our range of investment options, including sustainable and environmental options.

[Register here for the webcast](#) (your registration details are kept confidential).

If you are unable to attend the webcast, you can speak to UniSuper Advice on 1800 823 842.

Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)

