

SEPTEMBER 2020

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Happy Wednesday!

We hope you've had a great start to the week and included some of our activities and exercises into your daily plan.

If you haven't had a chance already, please take a few minutes to tell us how we're going with the **health and wellbeing initiatives** being delivered. [Complete a short survey to provide feedback](#) and help shape the future initiatives that will be offered.

In today's edition we are pleased to announce '**the culinary companion**' - an initiative where you share your best recipes for us all to enjoy. Other great topics include:

- support for our communities
- BeUpstanding and healthy
- keeping young minds active and engaged
- 'lunch and learn' sessions \*five new ones\*
- the daily exercise and meditation schedule

And don't forget to check out [the 'lunch and learn' session recordings](#) if you missed a session.

**Stay well and have a great Wednesday.**

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## The culinary companion

One of the silver linings in these challenging times has been the increased focus on the importance of physical and mental health including **exercise, sleep and eating routines**. As a community we have come together to connect, share and support one another in a time of need.

Today we are excited to announce the creation of '**the culinary companion**' – a collection of favourite recipes that you have used to remain healthy and active in the kitchen during

So, if you have created a 'COVID classic' in the kitchen or have a long-time family favourite dish to celebrate, **we would like you** to share your recipe suggestions.

We are also giving you the opportunity to bring these recipes to life by naming 'the culinary companion'. Get your thinking cap on and send a suggested title (or two) for the book with your recipes!

### Get started now by

- [downloading and completing the recipe template](#)
- suggesting a great title for the recipe book

Submit your recipes and name suggestions to [hr@federation.edu.au](mailto:hr@federation.edu.au) by **9 October**.



## Support for our communities

Accessing support in a time of need is crucial for everyone. The pandemic has impacted our community as a whole, however this has created unique challenges for our diverse communities. It is important to remember there is support for everyone when they need it.

The Employee Assistance Program (EAP) provides staff with access to **free and confidential counselling and support services** via our provider Converge. The service is available 24-hours-a-day, 7-days-a-week by phoning 1300 OUR EAP (1300 687 327) or 03 8681 2444.

As part of our EAP service, we have specific helplines available to recognise the diverse needs of our community. The specialist helplines include:

- LGBTIQ+ helpline | Phone 1300 542 874
- Aboriginal and Torres Strait Islander Peoples helpline | Phone 1300 287 432
- Aged/Eldercare helpline – for staff who care for someone that is elderly | Phone 1300 035 337
- Disability and Carer's helpline – for staff who care for someone who lives with a disability | Phone 1300 243 543
- Domestic and Family Violence helpline | Phone 1300 338 465

### Further resources and supports

The below links provide additional support information and articles on the impact of the pandemic on our communities.

- [Working from home: A checklist to support your mental health](#)
- [Ways to practise self-care when you have no time or money](#)
- [COVID-19: impacts for LGBTIQ communities and implications for services. A research briefing paper by Rainbow Health Victoria](#)
- [Coronavirus \(COVID-19\) information for Aboriginal and Torres Strait Islander communities](#)
- [Switchboard Victoria](#) – peer driven support services for LGBTIQ+ people
- [Beyondblue Coronavirus Mental Wellbeing Support](#)



## Lunch and learn sessions



The 'lunch and learn' sessions are designed to provide you with information and assistance in a range of areas that support your personal and professional needs and interests.

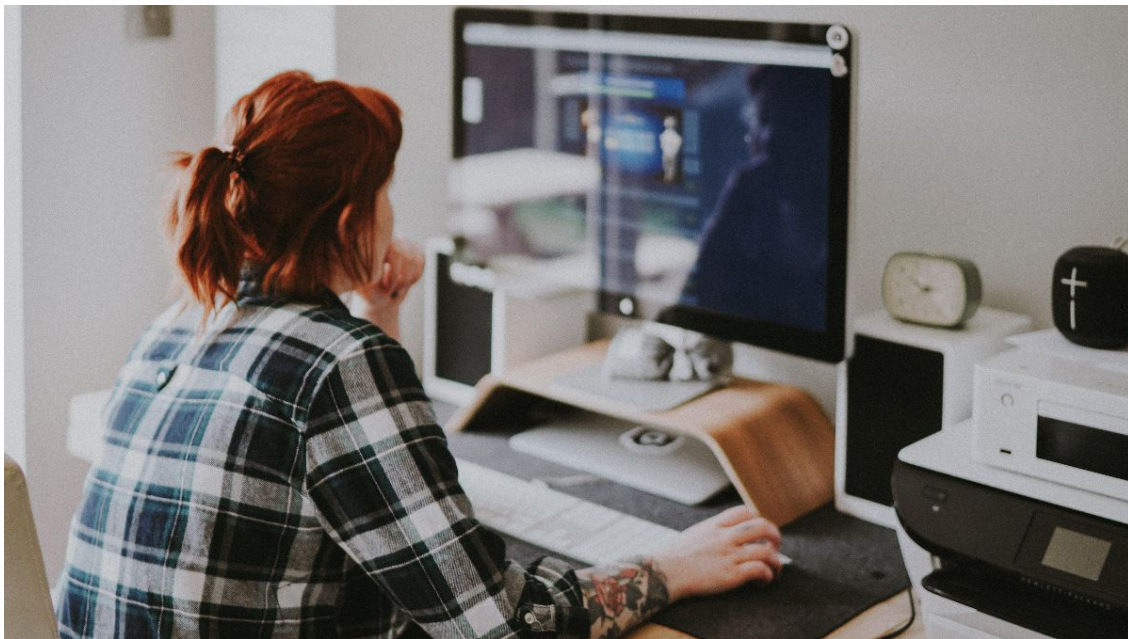
[You can register here for any 'lunch and learn' session.](#) A Microsoft Teams link will be sent following registration.

#### Upcoming sessions include:

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<b>7 October</b> 12:00pm - 1:00pm	<b>Eat, learn, live and grow – spring gardening</b> <i>Peta Watson, TAFE Teacher, Horticulture</i>
<b>15 October</b> 12:30pm - 1:15pm	<b>Gorgeous guts – exploring the link between diet and gut health</b> <i>Kelsey Weight, Dietician and Course Coordinator, School of Science, Psychology and Sport</i>
<b>21 October</b> 12:30pm - 1:15pm	<b>Supporting mental health through connection in the community at work</b> <i>Superintendent Jenny Wilson, Victoria Police</i>
<b>22 October</b> 12:00pm - 1:00pm	<b>The good loaf – your guide to sourdough bread making</b> <i>Brendan Carter, TAFE Teacher, Baking</i>
<b>12 November</b> 12:30pm - 1:15pm	<b>Building your LGBTIQA+ capacity and confidence</b> <i>Andrew Georgiou, Senior Relationship Manager, Pride in Diversity</i>

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## BeUpstanding and healthy

The research is clear – long periods of sitting have negative health consequences.

and often spending long periods sitting down and with less reasons to get up and move around. Even if you exercise regularly, if you sit for long periods throughout the day, you are at increased risk of illness or injury.

We are pleased to advise that we will soon be launching our participation in the **BeUpstanding program**. Developed by the University of Queensland, BeUpstanding aims to help us reduce prolonged periods of sitting through raising awareness and creating a culture where moving more and sitting less becomes our business as usual.

We are currently engaging with Deans and Directors to recruit team champions who can assist in implementing the BeUpstanding program for each area of the University. If you are interested in being involved, please let your Dean or Director know.

In the meantime, we encourage you to use the BeUpstanding tips below to help you sit less during the day.

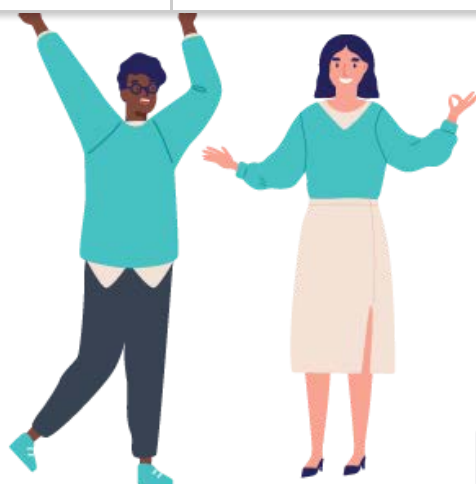
### **Ideas for standing more**

- stand up when the phone rings and/or when talking on the phone
- schedule standing breaks into virtual work meetings
- stand after you write or receive a long email
- set a recurring alarm to remind you to stand every 30 minutes
- stand while you watch virtual presentations, or are engaging in online tutorials or webinars
- if you have a laptop, switch between sitting at the desk or table to standing at the kitchen bench or counter a few times a day.

### **Ideas for moving more**

- schedule exercise or a workout into your day
- drink water often, and use a smaller cup - you'll need to refill your glass more frequently and take more bathroom breaks
- hold meetings on the phone and walk and talk
- create a daily or weekly movement challenge with your colleagues
- if you have stairs – take a stair break a few times a day.

**Stay tuned for more announcements around the launch of the BeUpstanding initiative.**



**BeUpstanding™**

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## Keeping young minds active and engaged

We know spending the school holidays at home can be tough. But thanks to a host of Victorian organisations and initiatives, there's more to do than ever before.

If you are looking for ideas to keep the kids active and engaged, check out these top school holiday activities to do at home.

- [Kids home publishing](#). A series of fun, interactive online lessons a series of experts take you through the various steps for writing, creating, illustrating and publishing your own book at home.
- [Games Talks 2020](#). The Australian Centre for the Moving Image (ACMI) shines a spotlight on the creators behind your favourite video games in this ongoing series.
- [Scienceworks - Play](#). Explore the range of family-friendly activities inspired by items in Museums Victoria's collections and exhibitions!
- [Penguin TV](#). Streaming live into your home every night, it's like the news - but way cuter! Tune in each evening for this live stream of Phillip Island's much-loved Penguin Parade, with expert commentary.
- [Storytime with State Library Victoria](#). Light up your screen with this series of weekly book readings and play featuring Victorian guest authors. You can also catch-up on past episodes!

You can also check out the [Victoria Together School holidays activities](#) website to find a host of other activities to do these school holidays.



## Get active, stay healthy

As part of your **self-care strategy**, make sure you plan your physical and mental wellbeing.

With daily sessions including ZUMBA, Pilates, yoga, meditation, body stretch, and HIIT, we have a great choice of activities to complement your daily routine!

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

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

If you have any pre-existing conditions or are 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.



## Health and wellbeing recordings now available

New '**lunch and learn**' recordings and **daily exercise sessions** are now available.

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

- [Family violence - building awareness of controlling behaviour \(53 minute video, 425MB\)](#)
- [Finance: what choices can we make to best manage our money \(42 minute video, 73MB\)](#)
- [Having connected conversations – there's more to say after R U OK \(45 minute video, 96MB\)](#)
- [Improving mental health through diet and nutrition \(44 minute video, 83MB\)](#)
- [Keeping fit in isolation \(34 minute video, 215MB\)](#)
- [Mindfulness, movement and energy enhancing tips to support wellness during isolation \(47 minute video, 341MB\)](#)
- [Psychological resilience - strategies for strengthening mental health during isolation \(31 minute video, 55MB\)](#)



[encouraging connection, mateship and brotherhood \(45 minute video, 252MB\)](#)

### Exercise and movement

- **Zumba session \*coming soon\***
- [Stream and enjoy a \*\*Meditation\*\* session \(18 minute video, 46MB\)](#)
- [Stream and enjoy a UniSports' \*\*Body Stretch\*\* session \(30 minute video, 90MB\)](#)
- [Stream and enjoy a UniSports' \*\*HIIT\*\* session \(30 minute video, 120MB\)](#)
- [Stream and enjoy a \*\*Yoga\*\* session \(34 minute video, 83MB\)](#)
- [Stream and enjoy a \*\*Yo-lates\*\* session \(30 minute video, 75MB\)](#)
- [Stream and enjoy a UniSports' \*\*Pilates\*\* session \(33 minute video, 132MB\)](#)

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



## Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)



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