

AUGUST 2020

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

Wellness Wednesdays

Welcome to Wellness Wednesday! This week's newsletter contains simple tips on healthy eating, our 'mask up' photo challenge, a collage of staff photos from last week's photo challenge and our weekly 'get active' and 'lunch and learn' sessions.

Please keep taking the time to identify ways you can support your ongoing personal self-care and wellbeing.

Healthy eating

Maintaining healthy eating and drinking habits can be challenging, even under normal circumstances. It is important that we monitor our habits to ensure we maintain our health and wellness.

Use these simple tips each day to assist:

- make sure you maintain a good routine for eating and drinking. Set up your day like any regular working day; with a lunch break, a few smaller breaks and a focus on the most important meal: breakfast.
- eat your meals away from your desk. If possible, have your coffee breaks at the same time each day and take the opportunity to go for a short walk when you do. This can be a substitute for your normal morning walk to the cafeteria!
- keep up your hydration with a bottle of water on your desk. It is a good idea to also have some healthy snacks at the ready!

You can find additional healthy eating tips on the [Better Health Channel](#)



'Mask up' photo challenge

With masks being the new normal across Victoria, this week's photo challenge is to send photos of you and your family **'masking up'** in our community effort to eliminate COVID-19.

Start sending your photos to Human Resources at hr@federation.edu.au for inclusion in next week's newsletter.

Check out these WHO articles for advice on '[How to wear a non-medical fabric mask safely](#)' and '[How to wear a medical mask safely](#)'.



Photo collage

Thank you to all those who stepped up to last week's 'photo challenge'. Here is a collage of you getting out and about and participating in activities that make you happy and keep you



Get active, Stay healthy

It has been great to see so many people participating in the daily mindfulness and exercise sessions!

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 - **Pilates** | 4:45pm - **Meditation**
- Tuesdays - 9:30am - **Meditation**
- 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**

family, friends and the community.



Lunch and learn sessions

Check out the list of upcoming '**lunch and learn**' sessions, including a new session on 'psychological resilience', and register your interest today!

These sessions will provide staff with information and assistance in a range of areas that support their personal and professional needs and interests.

To register, email Human Resources at hr@federation.edu.au with your preferred session(s). A Microsoft Teams link(s) will be sent following registration.

Upcoming sessions include:

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> <i>Ms Rhonda Whitfield, Deputy Chancellor</i>
26 August 2020 12:30pm - 1:15pm *new session*	Psychological resilience: Strategies for strengthening mental health during isolation <i>Associate Professor Dixie Statham, Discipline Lead Psychology</i>

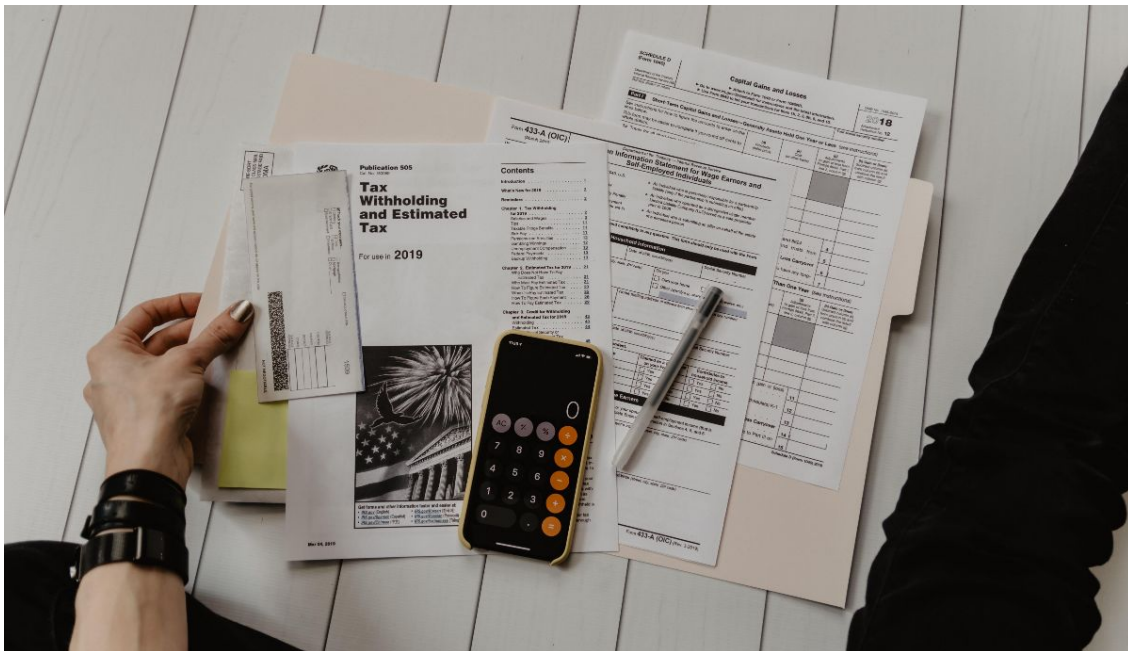
UniSuper is providing members with support and information to help you budget and achieve your financial goals.

The special UniSuper Advice live webcast, *Managing your finances in an uncertain world*, will cover:

- evaluating how you spend your money
- planning where your money goes
- establishing your financial goals
- important decisions to make, and
- how UniSuper can help you.

[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](#)