

NOVEMBER 2020

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Happy Wednesday!

Check out today's action packed newsletter with these great articles:

- retro style aerobics - let's get physical!
- tips for 'exercising' stress management
- Movember - men's health and the mo
- four new 'lunch and learn' sessions in the next month!
- NAIDOC Week celebrations
- get active, stay healthy with daily exercise and meditation

Stay well and have a great Wednesday.

Retro style aerobics – let's get physical!

We are pleased to announce virtual '**retro aerobics**' sessions being held for the next three weeks.

Starting this Thursday at 12:15pm, these 30-minute sessions replace Zumba each Thursday and will provide you with a less intense, but still energetic and fun session to get you up and moving.

If you are looking for a movement session that reminds you of the good old days of *Jane Fonda*, *Richard Simmons*, *Jazzercise*, the *Grapevine* or the iconic *NEON leotard*...these are sessions not to miss!

If you have previously registered for Zumba or other exercise sessions, [join here for the retro style aerobic session via Zoom](#). Otherwise, check out the daily exercise and meditation sessions below and email hr@federation.edu.au to register your interest.



Tips for 'exercising' stress management

Exercise plays such an important role in reducing the symptoms of stress, and is often prescribed by medical professionals as part of treatment plans to combat the symptoms of stress, depression and anxiety. Beyond Blue recommends exercising every day to help relax your mind.

When considering exercises, it is beneficial to choose activities you know you will enjoy, and building up intensity as you get back into it. Activities where you can gradually build intensity are bike riding, swimming, weightlifting and boxing. Remember, if something you try is not for you, that's okay, just focus on activities that motivate you to get moving.

For inspiration on easing into exercising and help alleviate some stress, check out these top tips from Fitness Australia.

- **Podcasts.** Search your iTunes, Spotify or any other podcast platform you may use to find something to keep your mind occupied while taking a walk outdoors. The list

clearing your mind or just want to take a break from the endless tasks on your list, practicing mindfulness can work wonders.

- **Walk and talk.** If you are not able to walk with a friend, you can still have them with you 'virtually'. Phone or Facetime a friend and encourage them to get outside too!
- **Reset.** With our existing routines being interrupted this year, you may find the new habits you've fallen into are not working as well as you would like. Take some time to plan out your week and prioritise yourself by scheduling time to exercise or stretch each day.
- **Goal setting.** Set goals for yourself that encompass both your physical and mental wellbeing. One way is to get clear on what you want to achieve and state your intentions.

Click here to read the full article '[5 tips for exercising stress management](#)' from Fitness Australia.



Movember - men's health and the mo

Welcome to Movember, where men are encouraged to grow a 'mo' to help raise awareness of men's health. Those who raise funds as part of their 'mo' growing efforts are helping fund groundbreaking health projects across mental health and suicide prevention, prostate cancer and testicular cancer.

Movember is the leading charity changing the face of men's health and by 2030 aims to reduce the number of men dying prematurely by 25%. Key themes for this year's Movember are to raise awareness of:

- **prostate cancer** - 1 in 6 Australian men will be diagnosed with prostate cancer in their lifetime

3 out of 4 suicides in Australia are by men

70% of men say their friends can rely on them for support, but only 48% say that they rely on their friends. In other words: we're here for our mates, but worried about asking for help for ourselves. Reaching out is crucial.

If someone doesn't seem quite okay, check in and let them know that you notice. You don't need to be an expert to start a conversation. Using the four simple steps – 'ALEC' – you can navigate a conversation with a friend who might be doing it tough.

- Ask
- Listen
- Encourage action
- Check

[Access useful resources on reaching out and staying connected here](#)

Take action and stay connected. As COVID restrictions begin to ease, what better time to check in, meet a friend for a walk and talk, bike ride, fishing, golf, meal, market, gallery, outdoor movie, or whatever else takes your fancy. Spending time with people who make you feel happy is great for your mental health, and theirs.

[Go to the Movember website to learn more about how you can take part.](#)



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Lunch and learn sessions

Four new 'lunch and learn' sessions have now been added to the series for the coming month! Make sure you check out the upcoming sessions and register below.

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

Upcoming sessions include:

5 November	How to boost productivity and manage disruptions while working
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11 November 12:00pm - 12:45pm *NEW*	Feedback - why we need it, and why we need to give it <i>Wendy Hall, Organisational Development Consultant specialising in the neuroscience of leadership</i>
12 November 12:30pm - 1:15pm	Building your LGBTIQA+ capacity and confidence <i>Andrew Georgiou, Senior Relationship Manager, Pride in Diversity</i>
18 November 12:30pm - 1:15pm *NEW*	Optimising your LinkedIn profile for success <i>John Wenborne, Senior Account Director, LinkedIn and Erica Fitch, Lead Customer Success manager (ANZ), LinkedIn</i>
2 December 12:30pm - 1:15pm	Disability Awareness and the Disability and Learning Access Unit (DLAU) <i>Drew Burns, Coordinator, Disability Services, Student Experience and Baden Cutts, Disability Liaison Officer, Student Experience</i>
3 December 12:00pm - 1:00pm *NEW*	The good loaf – turning your sour culture into bread <i>Brendan Carter, TAFE Teacher, Baking</i>



NAIDOC Week celebrations

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life.

Held from 8-15 November 2020, NAIDOC Week is a great opportunity to celebrate, by participating in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.

To celebrate, **Federation University** have free virtual events throughout the week for the staff and student community - make sure you register early as spaces are limited.

- Monday, 9 November (1:00pm - 2:00pm)
[Register for the Cultural Rap Music workshop](#)
- Tuesday, 10 November (1:00pm - 3:00pm)
[Register for the Cultural Art Therapy workshop](#)
- Wednesday, 11 November (1:00pm - 2:00pm)
[Register for the Cultural Rap Music workshop](#)
- Thursday, 12 November (1:00pm - 3:00pm)
[Register for the Cultural Art Therapy workshop](#)
- Friday, 13 November (1:00pm - 3:00pm)
[Register for the overview of Victorian Aboriginal Languages workshop](#)

Further information will be announced promoting these events for you to get involved. You can also keep an eye on the '[Indigenous matters](#)' webpage for further updates.

[Visit the City of Ballarat to see their schedule of virtual events](#)

Learn more about [NAIDOC history](#) and how to get involved at the naidoc.org.au website.



Get active, stay healthy

With daily sessions now including retro aerobics, ZUMBA, Pilates, yoga, meditation, body stretch, and HIIT, **all you need is between 15-30 minutes** to add these activities into your daily routine.

Email Human Resources at hr@federation.edu.au with your preferred session(s) and we will send 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** | 12:15pm - **Retro aerobics** | 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.



Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)