

AUGUST 2020

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Welcome to this week's Wellness Wednesday newsletter!

Today we have an information packed edition, including being 'mindful' (not mind full), healthy work from home practices, a new men's health 'lunch and learn' session, webinars for managers and 'theatre for your ears' thanks to the Melbourne Theatre Company. We are also releasing the 'mask up' photo collage...and this week's photo challenge **'What makes you smile?'**

We are receiving great feedback from staff on the daily mindfulness and exercise sessions and our 'lunch and learn' series. Check out the sessions below and register if you haven't already. UniSports have also announced the return of exercise sessions for kids!

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

Mindful or mind full?

We hear about mindfulness a lot these days, especially when we are talking about wellbeing. But what does the term mean?

According to Josh Bersin, a world-known industry analyst, educator, and thought leader in Human Resources, being mindful means being aware and in control of what we think (and what we do not want to think). It allows us to actively notice new things—within ourselves and in the world. It helps us make sure our minds do not get too full of thoughts or information that create noise, negative emotions, or other distractions that can take over.

Mindfulness can no longer be considered a 'nice-to-have' for working professionals. It is a 'must-have': a way to keep our brains healthy, increase calmness, support self-regulation, and protect ourselves from stress.

The resources below provide you with information on the benefits of mindfulness and identifying ways of incorporating mindfulness activities into your day.

- Try this two minute [mindful meditation](#)
- [Smiling mind](#) - website and free smartphone app with mindfulness meditations
- [Black dog](#) - mindfulness techniques to practice



Healthy work practices

As we continue working from our home office spaces, new aches and pains may appear no matter how ergonomically correct you have made your workspace. In addition to a good workspace setup, healthy posture and *movement* are important for our health and wellbeing.

When working from home we can become more sedentary, moving less than we did previously. It is unlikely you are getting the incidental exercise or *movement* associated with grabbing a coffee, popping up to speak to someone on a different floor, or catching public transport.

Take some time to do a check-in on your work habits and make sure you:

- have your workstation setup correctly;
- maintain healthy posture; and
- include breaks and *movement* .

The ELMO module '[Building blocks for working virtually](#)' contains tips and healthy practices when working virtually. Use this as a resource when you do your check-in. Make sure you celebrate the things you are doing well and action those you can improve.

You can also check out this article from ABC Health and Wellbeing on '[Working from home during coronavirus shutdown](#)' for more great tips.



Theatre for your ears

Getting involved in arts and cultural activities can be a welcome break from working from home and has multiple benefits for your health and wellbeing. You can stay connected and support our arts and culture sector by getting creative from the comfort of your home.

The Melbourne Theatre Company (MTC) now brings great dramatic texts brought to life by some of your favourite stage actors. **It's theatre for your ears.**

Through the ['MTC Audio Lab'](#) you can access a new series of audio dramas which features a collection of speeches, texts and poems designed for spoken performance from the 1800s to today. **Happy listening!**



This week's photo challenge is to elicit some happiness and send in photos of the things that make you **'smile'**.

It is an important reminder to celebrate the things in our lives that bring us joy, happiness and laughter.

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



Mask up - photo collage

A huge thank you to all those who stepped up to last week's 'mask up' photo challenge. Here is the collage of colleagues getting out and about in masks.

Well done also to the Human Resources team for masking up in their weekly team catch-up!



Lunch and learn sessions

Check out the new 'lunch and learn' session on **men's mental health**.

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.

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

*Associate Professor Elisa Zentveld, Chair, Academic Board
Ms Rhonda Whitfield, Deputy Chancellor*

26 August 2020
12:30pm - 1:15pm

Psychological resilience: strategies for strengthening mental health during isolation

Associate Professor Dixie Statham, Discipline Lead Psychology

1 September 2020
12:30pm - 1:15pm

'The shaka project' - uniting men to start conversations about mental wellbeing, encouraging connection, mateship and brotherhood

new session

Mr Sean Weir, Owner SWF Gym, founder of 'the shaka project'



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.

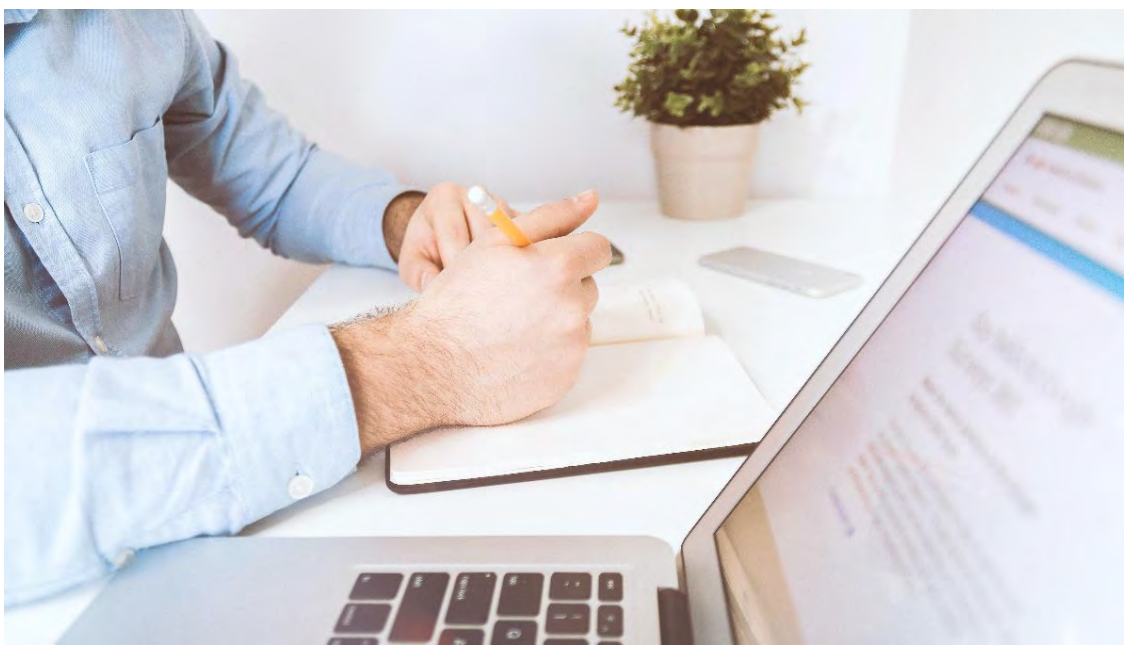
Managers and supervisors can register for these informative webinars, which will provide:

- 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

Webinar sessions will be held on the following dates:

- 18 August, 11:30am - 12:30pm
- 19 August, 3:00pm - 4:00pm
- 20 August, 2:00pm - 3:00pm

[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.

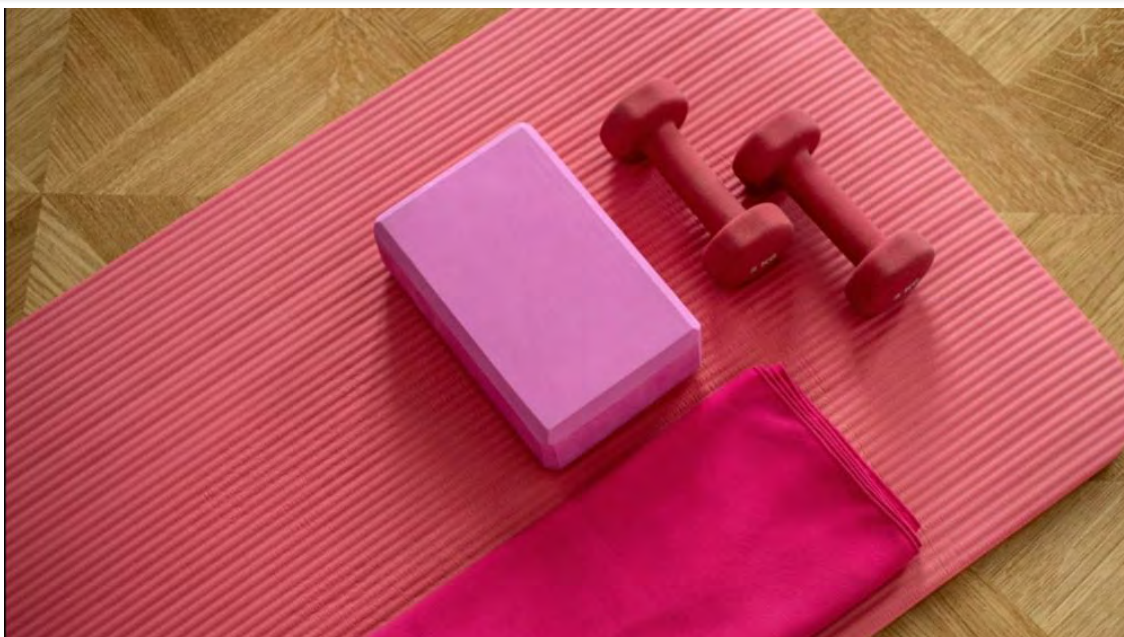
Please note that **Pilates has moved Friday** and **Body Stretch to Monday**. Both classes remain at 12:00pm.

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.

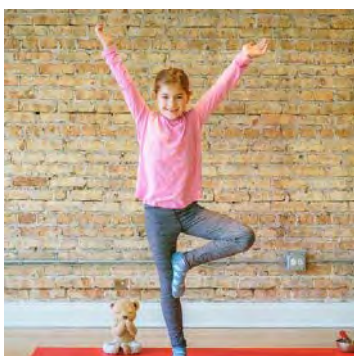
Email Human Resources at hr@federation.edu.au with your preferred session(s) and we will forward you the relevant Zoom link(s).

- 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,



UniSports - kids fitness classes



UniSports have announced the return of children's fitness classes to their virtual group fitness timetable.

The 20 minute classes will be held via Zoom on Tuesday's and Thursday's at 3:00pm and are suitable for children under 12.

For access details, please [click here](#).

Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)

