

JUNE 2021

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Happy Wednesday!

In today's newsletter you can check out these great articles and information:

- connecting for men's health - 14 to 20 June
- positive psychology to feel good and flourish
- 'lunch and learn' sessions
- getting vaccinated
- craft your way to good mental wellbeing
- managing your energy more effectively

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

Stay well and have a great Wednesday.

Connecting for men's health - 14 to 20 June

In Australia, **Men's Health Week is being celebrated from 14 to 20 June 2021** and provides a platform for challenging and debating key issues in men's health and to improve health outcomes around the country.

Men's Health Week was started in the United States by the US Congress in 1994 to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Through a series of promotions, events and publicity around Australia, Men's Health Week is designed to provoke thought and discussion about what needs to be done to improve male health and to highlight what it means to be healthy.

The [Men's Health Week website](#) provides a range of resources and community events.

Did you know...?

- 93% of workplace deaths are men
- 3 in 4 suicides are men
- 4 in 5 heart disease deaths are men under 65
- men live 6 years less than women
- men with a waist under 95cm are healthier
- strong social connections keep happy and healthy

The [Australian Men's Health Forum](#) provides support and resources to help understand the facts surrounding men's health challenges - why not challenge yourself to find out more on the [#knowyourmanfacts web page](#)

Thursday, 24 June 2021 (12:30 - 1:15pm)

Prostate cancer awareness - what you need to know

In Australia in 2020, an estimated 16,741 men were diagnosed with prostate cancer. It is the second most common cancer diagnosed in men and the third most common cause of cancer death. One in six men will be diagnosed with prostate cancer before the age of 85.

On **Thursday, 24 June 2021**, *The Hon Jim Lloyd, National Support Groups Executive, Prostate Cancer Foundation of Australia* will present this 'lunch and learn' and provide valuable insight into his experience with prostate cancer and important information on:

- knowing the symptoms
- understanding risk factors and how they can be reduced
- discussing prostate cancer with your medical practitioner.

All staff are encouraged to [register for this important 'lunch and learn' session](#).



[Image - Australian Chiropractors Association website](#)

Positive psychology to feel good and flourish

Collectively we are experiencing grief from the toll the pandemic has had on lives, health, relationships, jobs, and the economy. It is understandable that we can feel overwhelmed, anxious and stressed during these times. However, there is more light on the horizon with restrictions looking like they will ease further. Using **positive psychology** strategies can

Positive psychology focuses on how we can flourish in life. It can teach us a number of things in being able to manage our happiness, emotions and wellbeing.

The Skill Collective, a Western Australian-based psychology service, says that drawing on positive psychology doesn't mean ignoring what's going on in the world and the changes and worries that we're experiencing. It's not pretending that there isn't pain and suffering, and instead painting an overly optimistic perspective. Rather, it's a way for us to flourish during these challenging times, particularly when global mental health is a concern.

Through a positive psychology lens, here are five practical handy tips to use right now:

- **Practice gratitude.** Gratitude is more important now than ever. Training our minds to focus on the positives in the world during these challenging times can help our wellbeing and mental health.
- **Be your own 'bestie' with self-compassion.** Be kind to yourself. Approach how you look after yourself in the way you would support a good friend or loved one.
- **Have fun (and a positive and pleasurable life).** Actively do things that make you happy and lift your mood during these tough times. Get active and get engaged!
- **Play to your strengths.** Positive psychology focuses heavily on building on strengths to boost wellbeing. Identify your strength!
- **Connect with others.** The power of positive relationships and social connections cannot be underestimated at a time when physical distancing has become the norm. Shared experiences of the pandemic can bring us closer together.

Read the original article '[How positive psychology can help in coronavirus times](#)' for more information and strategies.

And, if you're struggling to find the 'feel good factor' at this point in time, make sure you reach out! If you're not coping, be sure to speak to someone – whether that's to a loved one, a trusted friend, our [Employee Assistance Program](#) (EAP), your GP or a health professional.

Stay well, be positive and kind to yourself.



Image - The skill collective

Lunch and learn sessions

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.

We encourage you to check out and register for the upcoming sessions below.

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

Upcoming sessions include:

23 June 2021	Ticking all the boxes at tax time - work from home deductions
12:30pm – 1:15pm	<i>Christine Peacock, Federation Business School</i>

24 June 2021	Prostate cancer - what you need to know
12:30pm – 1:15pm	<i>The Hon Jim Lloyd, National Support Groups Executive, Prostate Cancer Foundation of Australia</i>

Missed one of the 'lunch and learn' sessions, or simply want to refresh your memory? You can access the recordings via the 'lunch and learn' section on the Human Resources [Health and wellbeing web page](#).



Getting vaccinated

The Australian Government's COVID-19 vaccination rollout is voluntary, and free for everyone in Australia.

With vaccination the most effective way to protect against infectious diseases, and COVID-19 spreading quickly and widely, the national vaccination rollout aims to protect you – and the community – by slowing the spread of the disease.

Complete the [Vaccine Eligibility Checker to find out when you can get vaccinated](#).

If you choose to get vaccinated, the University will provide time release; there is no requirement to take leave or make up the time to do this.

Ballarat Health Services is supporting the Victorian Government in speeding up the national vaccination program rollout through the Vaccination Clinic at the Mercure Hotel (613 Main Road, Ballarat):

- call **1800 675 398** to **book your vaccination**; or
- [find out if you can attend without an appointment](#).

To find out further information about getting a COVID-19 vaccination based on your location:

- **In Victoria**
COVID-19 vaccination eligibility has been extended to anyone 40 years or older.
[Find Victoria-wide vaccine booking details](#)
- **Queensland**
People in certain priority groups, and people aged between aged 40-49 can now register for the COVID-19 vaccine.
[Register for the COVID-19 vaccine at a Queensland Health vaccination location](#)

The logo features the text "COVID-19" in a bold, blue, sans-serif font. Below it, the word "VACCINATION" is written in a lighter blue, all-caps, sans-serif font. A large, orange checkmark is positioned to the left of the "V" in "VACCINATION", partially overlapping the "O" in "COVID-19". The entire logo is centered within a white rectangular area that is framed by a light blue border.

Craft your way to good mental wellbeing

Whether you are creating your own designs, or you simply enjoy looking at it, arts and craft can be both relaxing and inspiring. And if you want to get hands on, you will find it is a great way to express your personality and emotions.

Conveying your artistic side has been found to be therapeutic and [studies have shown](#) that it can be very useful to treat a range of mental health conditions, including post-traumatic stress disorder, depression and anxiety.

The good thing is that you don't have to be a natural talent either – it is the process itself that helps with healing, improving self-esteem, relieving stress and coping with illness or disability – not the end result.

Here are some art mediums you can explore:

Painting

Perfect for beginners, experienced artists, and just about everyone in between – with the right paints and inks on hand, you can bring your artistic vision to life using a variety of surfaces. Painting is proven to expand creative growth while enhancing motor skills, problem-solving abilities, improving memory and promoting stress relief.

Drawing

Much like painting, drawing has many benefits, however because you're often using more detail than you would with a paintbrush, these benefits can increase dramatically. Drawing as art therapy improves your memory and communication skills – if you can't express your emotions, draw it instead.

Textile crafting

Whether its needlework or woodwork, quilting or sculpting, crafting is also beneficial for your overall health. Studies have been done on the benefits of knitting and quilting in particular, with results finding those who took up these crafts were challenged more, and found the experience to be uplifting and a great builder of self-esteem.

Collage

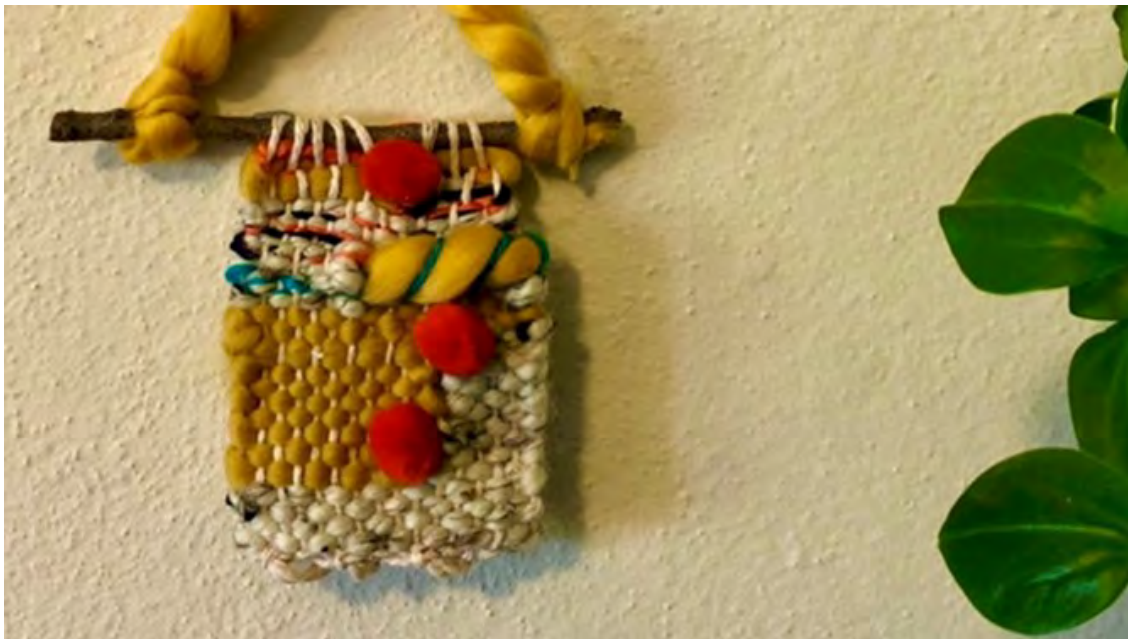
Collage is a great way to open the mind to something different – it's easy to do and is just about creating art that matters to you. It could be as simple as cutting out and gluing images to a page, or you might want to add in other elements or accessories to your

Arts and crafts are not only a lot of fun, but they're also good for your mental wellbeing, and keep in mind – it's never too late to start a new hobby.

Learn more by reading the original article '[Create and Heal! 4 surprising health benefits of art therapy](#)' on the [Australian Women's Health website](#).

Tapestry with Nadia Toukhsati

If you are looking to try a new textile art, why not give tapestry a try? [Watch this two-part video series by local Melbourne artist Nadia Toukhsati](#). You can experiment with loops, fringes, braids and other simple-to-follow techniques. No experience needed and all ages are welcome!



[Image – City of Melbourne website](#)

Managing your energy more effectively

When faced with new goals, it is easy to jump in with both feet. But having staying power to sustain this initial energy is difficult. Many of us may eventually disengage, others can push themselves so hard that they burn out, while others might waver between the two.

The key to success at work and in life isn't really starting strong, it's staying strong. And one of the keys to having that staying power is the idea of self-regulation. This requires operating within lower and upper boundaries of activity by predetermining the minimum and maximum amount of action you will take toward a specific goal within a certain span of time (such as a day or a week).

Time management coach, Elizabeth Grace Saunders, suggests four steps to creating staying power.

Set upper and lower boundaries

The idea of goal setting is popular. But not many individuals take the time to write out the steps that they will take to achieve their goals – and fewer take the time to define their daily 'upper' and 'lower' boundaries for each of their goals.

For example, if you are writing a project report, you might decide to write no less than 30

Understand your tendency

When facing a goal, do you tend to get into a high-drive gear and try to remain there 24/7? Do you operate at a low-drive level most of the time, often having to scurry to the finish line at the last minute? Do you find yourself wavering between extremes where one day you compulsively work until the wee hours of the night, and the next day you crash and do very little?

Depending on your tendency, you can proceed in one of the following three ways:

- *high drive* – you need to give yourself permission to be human, to rest and to have real downtime.
- *low drive* – keep a close eye on whether or not you're staying above your lower limit. You want to ensure that you're doing at least the minimum before chilling out (as tempting as that may seem).
- *fluctuating drive* – you will need to keep an eye on both boundaries. Avoiding going over your upper limit should prevent you from falling below your lower limit the next day.

Build in rest and recovery

As humans, we are designed for cycles of activity and rest. That is why we sleep at night, why weekends are an essential part of a productive workweek, and why even elite athletes can't workout every waking hour.

If you are a high-drive individual, you'll need to remain especially conscious about giving yourself planned times of rest and recovery. If you operate at a low-drive level, make sure you've at least hit your lower boundary of activity before taking a break. And if your drive fluctuates, you'll need to remember to have rest and recovery on the days when you feel on top of the world and like you can work 24/7, so that you don't crash the next day.

Give yourself breathing room

To have staying power, you need to keep your work within sustainable boundaries – and you need to work at a sustainable pace. There are days when back-to-back meetings are necessary or when you need to go from task to task to task. But for most people, this strategy doesn't have long-term viability.

Where possible, have at least a few hours in a day where you're not in meetings. And even better, if you can block out larger chunks of time for accomplishing bigger projects, you can give yourself permission to really be immersed in the work without the pressure of a tight time window.

Read the original article ['4 ways to manage your energy more effectively' by Elizabeth Grace Saunders](#) to get more detail on useful strategies.



Image - Harvard Business Review - Illustration by Fabrizio Lenci

Quick Links

[Flourish - health and wellbeing e-magazine - June 2021](#)

[iMindTime - provides you with a range of different mindfulness exercises to try out over six brief sessions](#)

[Mental health and wellbeing information guide](#)

[Health and wellbeing resources](#)

[COVID-19 support for staff](#)



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