

AUGUST 2020

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

# Motivational Mondays

Welcome to this week's Motivational Monday newsletter.

Today we share images from the **'what makes you smile'** photo challenge, tips for staying motivated during winter, and a new campaign supporting local produce and products. We are also excited to announce that the meditation and exercise sessions will now be extended into September. Find out more detail below!

Now is a great time to check out the updated 'lunch and learn' schedule, the **'Wear it purple'** week events, and register your interest in one of our daily exercise sessions.

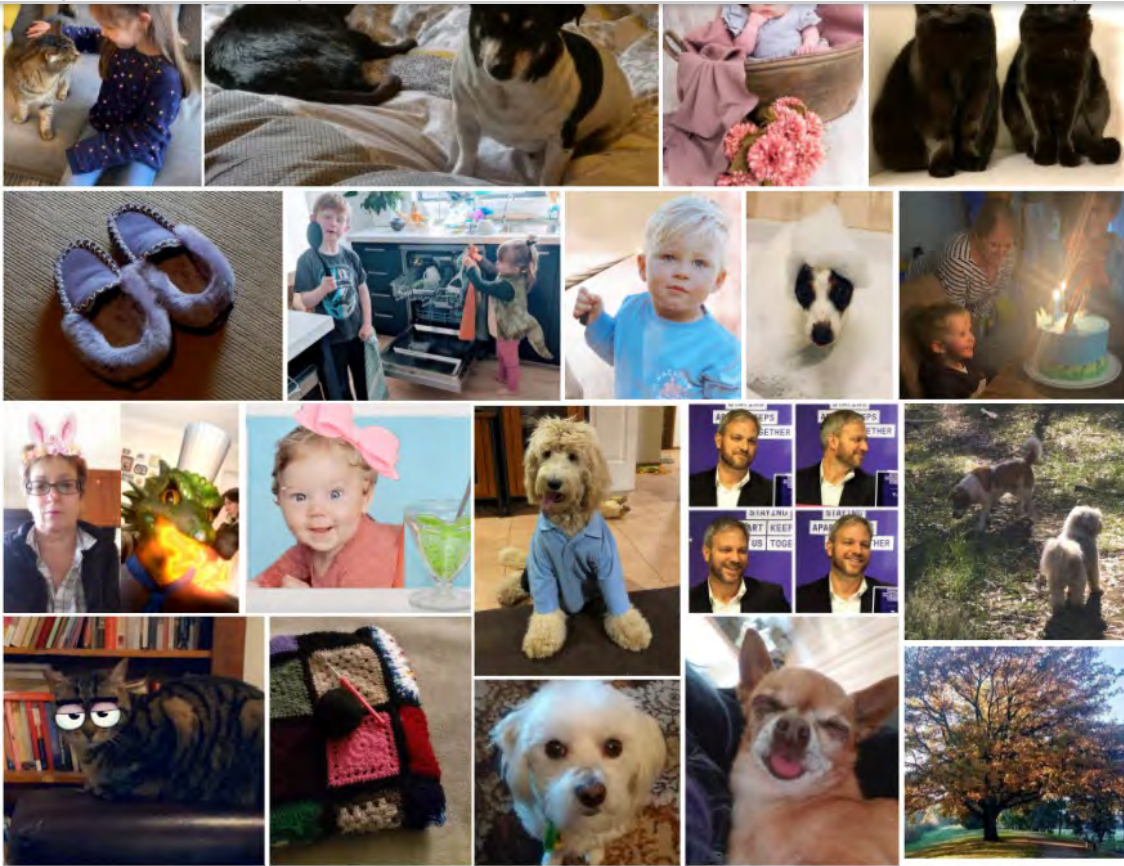
We encourage you to keep taking the time to identify ways you can support your ongoing self-care and wellbeing. **If you haven't already, why not try something new this week?**

---

## What makes you smile? Photo collage

Thank you to everyone who shared their photos for the 'what makes you smile' photo challenge. Our collage below includes great photos of the people, pets and activities that remind us to celebrate the things in our lives that bring us joy, happiness and laughter.

**Keep smiling!**



## Stay motivated to exercise in winter

Starting a new exercise or fitness routine, or maintaining your existing one, in winter can be a challenge at the best of times. With the impact of the current circumstances on our daily routines, keeping active is more important than ever!

If the recent cold weather has become your excuse to avoid exercise, the tips below could assist you to get motivated, and get moving.

- **Focus on the rewards.** It is so easy to hit the snooze button on a cold dark morning. This is why you need to remind yourself of the benefits of exercise. Whether you are exercising to manage stress in a healthier way or to increase your energy and fitness, stay focused by writing down your goals on paper and keep it where you will see them every day.
- **Find the right time.** Each of us has a different daily routine, so it is important to find a time to exercise that works for you. If your to-do list always gets the better of you, an early morning session may be your best option.
- **Challenge yourself.** Sign up for a charity walk or fun run - raising funds for a cause you care about is great motivation. Best of all, making a commitment will seriously step up your efforts to achieve a higher level of fitness.
- **Change your tune.** Music can help you stay motivated during a workout, and moving in time to the right kind of tunes may not only keep you going, but also improve your performance.
- **Don't get 'SAD'.** Bad weather and a lack of sunlight can lower the brain's levels of serotonin, the so-called happy hormone. This imbalance can trigger seasonal

endorphins, feel-good chemicals that can lift your mood. So keep moving!

- **Prioritise exercise.** Don't think — just do! Exercise should not feel like a chore or something you have to tick off your to-do list. Start making it a non-negotiable activity that is simply part of your daily routine.

Read the full article '[Staying motivated to exercise in winter](#)'.

**Looking for an exercise challenge?** Why not sign up for [STEPtember](#), Australia's leading health and wellness fundraising event to support people living with cerebral palsy.



## 'Click for Vic' and support local

As we stay home to stay safe, a new campaign will encourage Victorians to experience some of our state's best produce and products – right from the comfort of our own home.

Premier Daniel Andrews has launched '**Click for Vic**', a new campaign to connect Victorians with local producers, creators and businesses across the state. Victoria is home to some of the best fresh food, galleries and homewares in the world - this campaign connects us to many small producers affected by the pandemic.

As employees of a proud regional university, we encourage you to support the businesses you know and love, and explore some new products and experiences to enjoy at home. It's all about buying local and embracing Victorian.

The [Click for Vic](#) website allows you to explore hundreds of proudly Victorian businesses that bring you hundreds of options including ready-made or chef prepared meals, fresh produce, coffee products, and the [Victorian Country Market](#).

Described as '*the best Victoria has to offer in one huge market*', the Victorian Country Market brings direct to your door an extensive selection of fresh produce and artisan products from our world class farmers and producers.

Support local businesses and local jobs by browsing the resources below.

- [Click for Vic](#) website
- [Victorian Country Market](#) - Goldfields region
- [We love Ballarat regional produce](#) (Facebook page supporting local producers)



## Celebrating diversity

**Wear it Purple** week starts today in support of gender and sexuality diverse people. Everyone has the right to be proud of who they are, and to be safe, supported and empowered.

The Vic Allies Network (Victorian Unis) have collaborated to host an exciting week of virtual events in which you are all warmly invited to participate.

Check out our **Wear it Purple** [program of events](#) for the week and simply click the links to register.

**Let's celebrate our diverse University community!**



## Lunch and learn sessions

Check out the new 'lunch and learn' sessions focused on '**men's health**', '**diet and nutrition**' and '**sleep**' that have been added to the series. Register now!

The series of 'lunch and learn' sessions is designed to provide staff with information and assistance in a range of areas that support their personal and professional needs and interests as we navigate the current circumstances.

following registration.

### Upcoming sessions include:

**26 August 2020**

12:30pm - 1:15pm

**Psychological resilience - strategies for strengthening mental health during isolation**

*Associate Professor Dixie Statham, Discipline Leader, 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'*

**3 September 2020**

12:30pm - 1:15pm

**Improving mental health through diet and nutrition**

*Ms Kelsey Weight, Dietician and Course Coordinator, School of Science, Psychology and Sport*

**\*new session\***

**9 September 2020**

12:30pm - 1:15pm

**Sleep - How it supports our health and strategies for sleeping well**

**\*new session\***

*Professor Gerard Kennedy, School of Science, Psychology and Sport*



## Get active, stay healthy

We are pleased to announce that our meditation and yoga programs have been extended for a further two weeks until 18 September 2020.

We continue to receive fantastic feedback and support for these programs and thank **Fernwood Ballarat** and our very own **UniSports** team who continue to deliver these valuable programs for our staff.

routine! Meditation runs for 15 minutes, all other sessions run for 30 minutes.

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 \*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, family, friends and the community.



## Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)

