

From: [Director HR](#)
To: [FedUniStaff](#); [FedUniAssociates](#)
Subject: Launch of new health and wellbeing initiatives for staff
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Dear colleagues,

Throughout this year, staff have been making a significant effort to manage the hurdles of the COVID-19 pandemic. You have adjusted to new ways of living and working to keep yourselves, your families and your communities safe.

To support you as these challenging times continue, Human Resources have developed new resources and initiatives which will be released over the next six weeks to ensure you are able to better manage your mental health and wellbeing.

Attached is the [Mental health and wellbeing information guide \(pdf, 620kb\)](#) which provides you with guidelines, daily routines and positive approaches to work and problem-solving, to ensure you thrive in a productive and safe work environment.

New online health and fitness programs

From **Thursday, 30 July 2020** for the next several weeks, the university will host online mindfulness sessions, and also offer a range of activities over Zoom including daily meditation, yoga, Pilates, high intensity interval training (HIIT) and stretch classes for you to try.

- 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**

To register your interest, please email hr@federation.edu.au. These sessions will also be recorded for you to access and available on the Human Resources webpage.

On-demand virtual resources

- Yoga by Adriene – free yoga sessions: <https://yogawithadriene.com/free-yoga-videos/>
- Sam Wood – free home workouts:

<https://www.youtube.com/c/SamWoodTV/featured>

You can also explore the following mindfulness apps and resources:

- [My Digital Health: community 'wellbeing' resources](#)
- [Beyond Blue Relaxation Exercises](#)
- [Mindfulness and Wellbeing for Peak Performance learning module](#)

We encourage you to take the time to prioritise your self-care and wellbeing. By incorporating these resources and activities into your daily routine, you will emerge stronger with a positive mindset ready to thrive in your work and personal life.

Stay well,

Deborah Walker

Director
Human Resources