

OCTOBER 2020

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Happy Wednesday!

In today's newsletter you can check out these great topics:

- culinary companion – **last call for recipes**
- strengthen your attention and minimise distractions
- BeUpstanding initiative
- the state of music
- 'lunch and learn' sessions
- the daily exercise and meditation schedule

If you haven't already, please take a few minutes to tell us how we're going with the **health and wellbeing initiatives** being delivered. [Complete a short survey to provide feedback](#) and help shape the future initiatives that will be offered.

Stay well and have a great Wednesday.

Culinary companion – last call for recipes

Have you sent in your recipes for the '**culinary companion**'?

If not, now is the time to gather up any great recipes you have to share and add them to the collection of favourite recipes we have used in the kitchen during lockdown.

And by contributing your recipes you also have the chance to name the recipe book!

You can add your recipes simply by:

- [downloading and completing the recipe template](#)
- suggesting a great title for the recipe book

Submit your recipes and name suggestions to hr@federation.edu.au by **16 October**.



Strengthen your attention

Do you find your attention getting hijacked by everything from the stress of day-to-day life to the pinging of your phone? In an age of distraction, where we are bombarded by a waterfall of notifications, alerts, texts, videos, bingeable TV, and more – it is not surprising that our minds often feel like a jumble.

According to Amishi Jha, an Associate Professor of Psychology at the University of Miami, we are not at the mercy of our runaway minds. She has found there are specific exercises we can do to strengthen our ability to pay attention and get your wandering mind back under control – through the practice of mindfulness.

What is mindfulness? It's about paying attention to the present moment with awareness and without emotional reactivity. 'It doesn't require any particular worldview or spiritual or religious belief system,' says Dr Jha. Mindfulness training can be broken down into two major categories: focused attention and open monitoring. They're very different, yet complementary, practices.

In her [TED Talk: How to tame your wandering mind](#), Dr Jha studies how we pay attention: the process by which our brain decides what's important out of the constant stream of information it receives. Both external distractions (like stress) and internal ones (like mind-

Click here to watch the [TED Talk: How to tame your wandering mind](#) or read the article '[4 simple exercises to strengthen your attention and reduce distractibility](#)' to help strengthen your attention.



BeUpstanding

Over the past couple of weeks, we have been recruiting and engaging with 'champions' across the University to help lead the charge to **BeUpstanding**.

As the name suggests, BeUpstanding is about reducing the amount of time that we spend sitting down. We know that sitting for longer than 30 minutes without a mini-break and sitting all day at work (being 'too busy' to take a break) is likely to be detrimental to your health.

Despite this, did you know that **approximately 75%** of the working day is spent sitting?

Your BeUpstanding champion will be sending out further details and a survey link which we encourage you to complete. This will provide every team with a baseline on how much we are moving.

Exercise is great but it doesn't entirely negate the effects of sitting for long periods. Over the next 10 weeks we will share information and hints to help you move more. We will also be calling out for ideas and suggestions on what works best for you and your teams.

If you don't have a champion yet and would like to be involved, please contact [Alan Saunders](#) or [Joanne Fiorenza](#).

Meanwhile here are some tips from the Heart Foundation:

- when watching TV, take some breaks during commercials to walk around the house or do some housework
- replace watching TV in the evening with taking a walk
- try standing while you read a newspaper or check messages on your mobile phone
- take a break every 30 minutes to stand and stretch – set an alarm on your phone or watch to remind you
- stand to do easy tasks at work, such as a stand-up meeting or phone call
- consider using a sit-stand workstation
- choose to do manual tasks where you can, such as washing your car by hand instead of using a drive-through car wash



BeUpstanding™

The state of music

Looking for new music? The [State of Music](#) is a six-episode series created by Mushroom Group in partnership with the Victorian Government's 'Victoria Together' initiative, providing artists and audiences the opportunity to stay connected during the coronavirus lockdown.

Professionally filmed and recorded, each episode features performances from a mixture of household names, legends and emerging stars, including:

- The Rubens
- Abby Dobson
- Joe Camilleri and The Black Sorrows
- Missy Higgins
- Kate Ceberano
- Paul Kelly, and many more!

[Click here to tune in](#) and enjoy a fix of Victorian music discovery!



Lunch and learn sessions

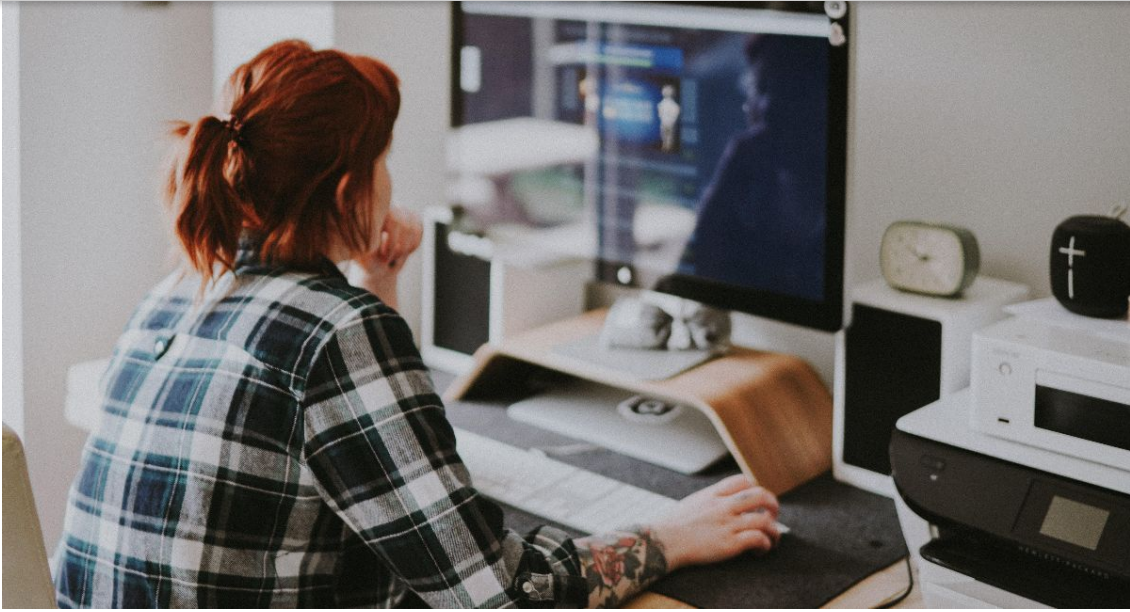
We have five great 'lunch and learn' sessions in the upcoming month! Check them out and register below.

The 'lunch and learn' sessions are designed to provide you with information and assistance in a range of areas that support your personal and professional needs and interests.

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

Upcoming sessions include:

7 October 12:00pm - 1:00pm	Eat, learn, live and grow – spring gardening <i>Peta Watson, TAFE Teacher, Horticulture</i>
15 October 12:30pm - 1:15pm	Gorgeous guts – exploring the link between diet and gut health <i>Kelsey Weight, Dietician and Course Coordinator, School of Science, Psychology and Sport</i>
21 October 12:30pm - 1:15pm	Supporting mental health through connection in the community and at work <i>Superintendent Jenny Wilson, Victoria Police</i>
22 October 12:00pm - 1:00pm	The good loaf – your guide to sourdough bread making <i>Brendan Carter, TAFE Teacher, Baking</i>
12 November 12:30pm - 1:15pm	Building your LGBTIQ+ capacity and confidence <i>Andrew Georgiou, Senior Relationship Manager, Pride in Diversity</i>



Get active, stay healthy

With daily sessions including ZUMBA, Pilates, yoga, meditation, body stretch, and HIIT, we have a great choice of activities to complement your daily routine!

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** | 4:45pm - **Meditation**
- Tuesdays - 9:30am - **Meditation** | 12:00pm - **ZUMBA**
- Wednesdays - 9:15am - **Meditation** | 12:00pm - **HIIT** | 12:30pm - **Yoga**
- Thursdays - 9:15am - **Meditation** | 12:00pm - **ZUMBA** | 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.



Health and wellbeing recordings now available

The following sessions are available on the Human Resources '[Health and wellbeing](#)' webpage. You will find the recordings under the following headings:

Lunch and learn sessions

- [Family violence - building awareness of controlling behaviour \(53 minute video, 425MB\)](#)
- [Finance: what choices can we make to best manage our money \(42 minute video, 73MB\)](#)
- [Having connected conversations – there's more to say after R U OK \(45 minute video, 96MB\)](#)
- [Improving mental health through diet and nutrition \(44 minute video, 83MB\)](#)
- [Keeping fit in isolation \(34 minute video, 215MB\)](#)
- [Mindfulness, movement and energy enhancing tips to support wellness during isolation \(47 minute video, 341MB\)](#)
- [Psychological resilience - strategies for strengthening mental health during isolation \(31 minute video, 55MB\)](#)
- [Sleep - How it supports our health and strategies for sleeping well \(50 minute video, 92MB\)](#)
- [The shaka project - Uniting men to start conversations about mental wellbeing, encouraging connection, mateship and brotherhood \(45 minute video, 252MB\)](#)

- [Stream and enjoy a **Meditation** session \(18 minute video, 46MB\)](#)
- [Stream and enjoy a UniSports' **Body Stretch** session \(30 minute video, 90MB\)](#)
- [Stream and enjoy a UniSports' **HIIT** session \(30 minute video, 120MB\)](#)
- [Stream and enjoy a **Yoga** session \(34 minute video, 83MB\)](#)
- [Stream and enjoy a **Yo-lates** session \(30 minute video, 75MB\)](#)
- [Stream and enjoy a UniSports' **Pilates** session \(33 minute video, 132MB\)](#)

Future session recordings will continue to be added and made available on the Human Resources website for you to access.



Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)



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