

AUGUST 2020

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

Motivational Mondays

Welcome to this week's Motivational Monday newsletter.

Today's edition allows us to connect, focus and celebrate diversity, the 'what makes you smile' photo challenge, how to manage healthy eating habits in times of stress and the benefits of a good laugh.

We are also pleased to bring you **three new lunch and learn sessions** on the topics of 'men's health', 'diet and nutrition' and 'sleep'. Check out the updated 'lunch and learn' schedule, the manager webinar events, daily mindfulness or exercise sessions and register your interest today!

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?**

Celebrating diversity

Wear it Purple is an annual event celebrating our support for gender and sexuality diverse people. Everyone has the right to be proud of who they are, and to be safe, supported and empowered.

This year the Vic Allies Network (Victorian Unis) have collaborated to host an exciting week of virtual events. All staff and students are warmly invited to participate.

Check out our **Wear it Purple [program of events](#)** for the week of 24 - 28 August 2020. To register, simply click on the event images below.

You can show your support by wearing **purple** through the week, and download the [Wear it Purple](#) background for your Microsoft Teams meetings.

Let's celebrate our diverse University community!

WEAR IT PURPLE TRIVIA
WEDNESDAY 26
AUGUST | 4.00 PM AEST



JUMP ONLINE WITH FRIENDS OR SOLO

RAINBOW STORIES
THURSDAY 27
AUGUST | 1.00 PM AEST



ZOOM WEBINAR | REGISTER NOW

WEAR.IT.PURPLE | VIC ALLIES NETWORK VIRTUAL EVENTS

THE IMPORTANCE OF ALLIES

FRIDAY 28
AUGUST | 10.45 AM AEST



ZOOM WEBINAR | REGISTER NOW

WEAR.IT.PURPLE | VIC ALLIES NETWORK VIRTUAL EVENTS

BAKE IT PURPLE
BAKE IT, SHOOT IT, POST IT

UP UNTIL FRIDAY
28 AUGUST



#bakeitpurple or #bakeitpurple2020

'What makes you smile?' photo challenge



Get your photos in now for this week's **'What makes you smile'** photo challenge! A reminder to celebrate the things in our lives that bring us **joy, happiness and laughter**.

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

Stress and how it affects the food we eat

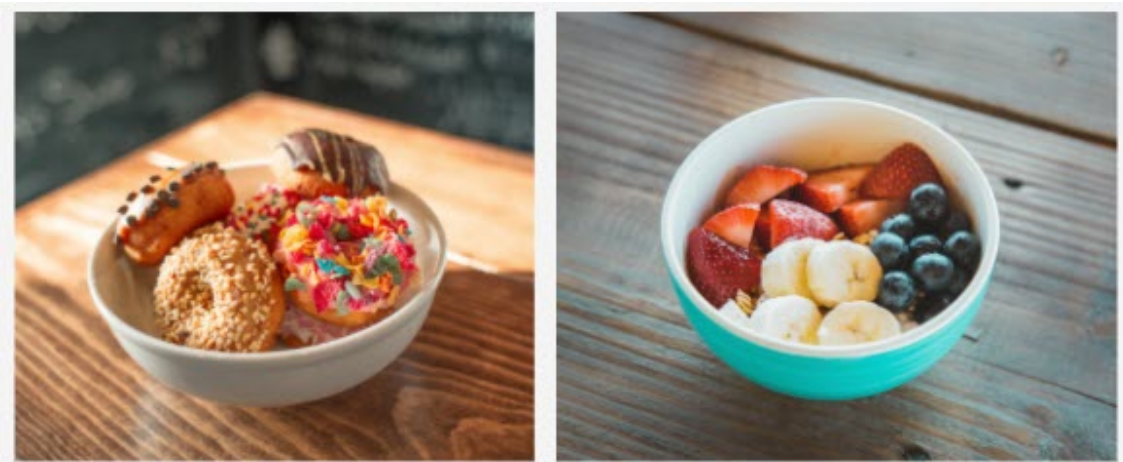
When we feel stressed about work, relationships, or other issues, it is likely the stress is interrupting your dietary behaviours. You may find during times of stress that you lose your appetite or find yourself overeating. During these times, the foods we eat may not be the healthiest option.

According to Professor Susan Torres, of Deakin's School of Exercise and Nutrition Sciences, it is important to understand the effects of stress on our health and dietary behaviours. Professor Torres found that stress is a strong influencer on what we eat and, in turn, what we eat can affect our mental health and our subsequent ability to handle stressful situations.

- find healthier options that fit in with your lifestyle
- prepare your meals on a Sunday, making sure a good mix of vegetables, meat and carbohydrates
- avoid the shops when you are stressed (we are more likely to pick up quick and easy options that may not be as healthy)

Feel free to read the article '[Why you eat unhealthy food when you're stressed](#)' to learn more. You can also access these resources and tips to plan healthy eating options.

- [Body + Soul mindful food techniques](#)
- [How to eat healthy food on a budget during lockdown](#)



Just for laughs

A good laugh has great short-term effects. According to the Mayo Clinic article [Stress relief from laughter? It's no joke](#) when you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body, including:

- **stimulating many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **activating and relieving your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **soothing tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Check out the resources below to learn more and add some laughter to your day.

- ['Why we laugh'](#) TED talk by Professor Sophie Scott from University College London
- [The 10 Funniest Comedy Podcasts](#) (you might not be listening to yet)
- [Easey Comedy](#) - weekly comedy hosted by Adam Hills



Lunch and learn sessions

We are pleased to present three new exciting 'lunch and learn' sessions focused on **'men's health'**, **'diet and nutrition'** and **'sleep'** that have been added to the series. Register now!

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.

Upcoming sessions include:

19 August 2020 1:00pm - 1:45pm	Importance of physical exercise to maintain agility while working from home <i>Dr Matthew Wallen, Lecturer, Exercise and Sports Science</i>
21 August 2020 1:00pm - 1:45pm	Family Violence - building awareness of controlling behaviour' <i>Associate Professor Elisa Zentveld, Chair, Academic Board</i> <i>Ms Rhonda Whitfield, Deputy Chancellor</i>
26 August 2020 12:30pm - 1:15pm	Psychological resilience - strategies for strengthening mental health during isolation <i>Associate Professor Dixie Statham, Discipline Lead Psychology</i>
1 September 2020 12:30pm - 1:15pm *new session*	'The shaka project' - uniting men to start conversations about mental wellbeing, encouraging connection, mateship and brotherhood <i>Mr Sean Weir, Owner SWF Gym, founder of 'the shaka project'</i>
3 September 2020 12:30pm - 1:15pm *new session*	Improving mental health through diet and nutrition <i>Kelsey Weight, School of Science, Psychology and Sport</i>
9 September 2020 12:30pm - 1:15pm *new session*	Sleep - How it supports our health and strategies for sleeping well <i>Professor Gerard Kennedy, School of Science, Psychology and Sport</i>



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
- how you can contribute to the health and wellbeing of employees to assist them to thrive in the changing landscape.

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.

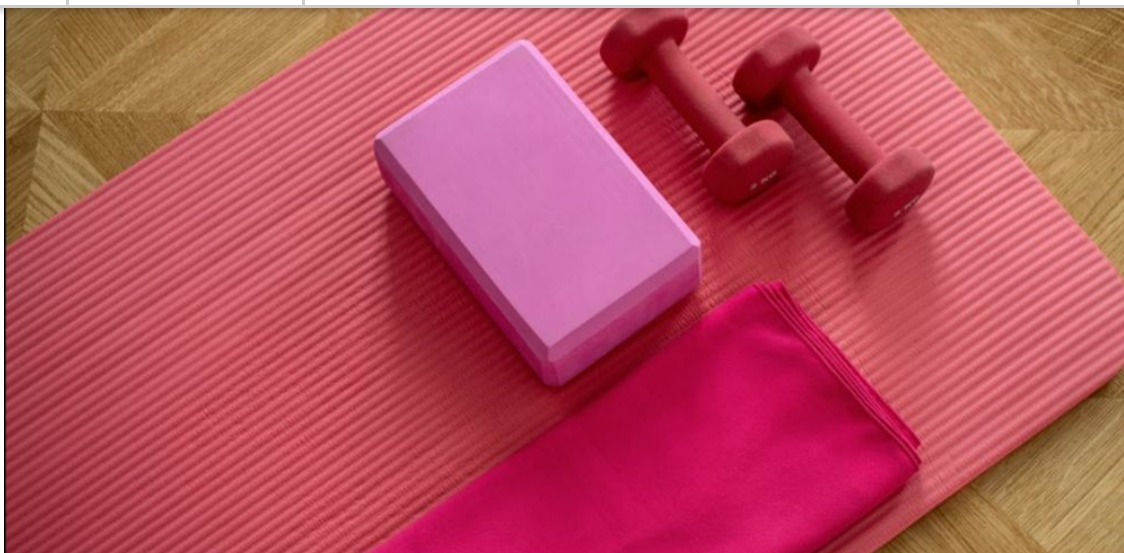
Please note that **Pilates has moved Friday** and **Body Stretch to Monday**. Both classes remain at 12:00pm.

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, family, friends and the community.



Quick Links

[COVID-19 support for staff](#)

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

[Health and wellbeing resources](#)



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