



Wellness E-Bulletin

Autumn 2022

This edition features:

- Setting up your workstation
- Social wellbeing
- World No Tobacco Day/World Asthma Day
- Health Awareness Days
- National Sorry Day and community wellbeing
- Getting out in nature
- Healthy lunchtimes at ANU
- ANU supports for staff and students
- Health and Wellness Calendar of events



Your contributions, news and feedback are welcome. To provide your suggestions email whs@anu.edu.au.

Health & Wellness Calendar:

- 1-7 Mar – Hearing Awareness Week
- 10 – 14 Mar – World's Greatest Shave
- 18 Mar – International Day of Action against Bullying and Violence
- 20 Mar – International Day of Happiness
- 25 Mar – March into Yellow – Endometriosis Awareness Day
- 2 April - Go Blue for Autism
- 6 April – Wear Green for Premmies
- 7 April – World Health Day
- 28 April – World Day for Safety and Health at Work
- 3 May – World Asthma Day
- 23 - 29 May – Exercise Right Week
- 26 May – National Sorry Day & start of Reconciliation Week
- 31 May – World no Tobacco Day

(see back page for details on all these events)

Setting up your workstation

As most of us return to campus and settle into the working year, or for those who are starting or continuing flexible work arrangements, it's a good time to double check your workstation setup to make sure it is adjusted well for the work that you do, and to ensure that you are comfortable throughout the day.

Having an appropriate workstation helps to reduce the risk of physical injury that comes from poor postures, but also helps to reduce fatigue and increase our concentration and productivity. It's hard to work at your best with a little niggling ache or other discomfort so whether on campus or not, take a few moments to check your set up considering the following points:

1. When sitting, do you have a well-adjusted and supportive chair? The chair should support your legs as well as supporting the natural curve of the back. Good cushioning on the seat and backrest is important both for comfort and for adequate support. On Acton campus, we have a Chair Trial Room to assist you in selecting a new chair if you find your chair is not meeting your needs. You can make an appointment by emailing whs@anu.edu.au
2. If standing, are you wearing good quality, supportive shoes and ensuring regular movement and postural change?
3. Is your worksurface at the right height for your tasks? For computer based work, the desk should be low enough that when you are typing, your shoulders are relaxed, arms by your side and elbows at 90 degrees (or a little more). For handwriting or other workshop or laboratory tasks the worksurface height may need to be higher to reduce bending through the neck and upper back. This will vary from tasks to task, if unsure, speak to your supervisor, local WHS Officer or your local OSLO (Occupational Strains Liaison Officer)
4. For computer based work, is your screen at the right height? As a guide, when you are sitting upright and looking straight ahead, your eyes should be level with the top tool bar on the screen. For laptop users, this usually means that you will need an external mouse and keyboard to allow you to raise the screen up to an appropriate height.
5. Do you take regular posture breaks? The best posture is the next posture so move away from your workstation and move around for 2-3 minutes every 20 – 30 minutes throughout the day. If you use a sit to stand desk, alternate between sitting and standing on a similar schedule but still make sure to get some movement every 30 minutes.



<https://www.pexels.com/photo/turned-off-silver-imac-389819/>

Resources

ANU Information sheets on workstation setup, sit stand desks, home based workstations and more can be found at - <https://services.anu.edu.au/human-resources/health-safety/injury-prevention-advice/injury-prevention-information-sheets>

Book a workstation assessment with your local OSLO or consider training up to be an OSLO yourself! -

<https://services.anu.edu.au/human-resources/health-safety/occupational-strains-liaison-officer-network>

Download a break timer to remind you to take regular breaks <https://workrave.en.softonic.com/>

Social Wellbeing



Resources

Promoting social and emotional wellbeing at work - <https://www.healthierwork.act.gov.au/supporting-resources/health-information/social-and-emotional-wellbeing/>

About social wellbeing - <https://www.wellbeingtherapyspace.com.au/social-wellbeing/>

When we talk about social wellbeing we are talking about our connection to other people. Human beings are by nature social creatures, and feeling and nurturing a connection to community, friends or family is an important part of maintaining our health. How we connect and how much time we spend connecting will vary from person to person. Some people love a big face to face crowd or connect through their sports or musical passion and so have struggled with their sense of connection over the past 2 years. Others connect through online communities such as gaming communities, online forums and social media platforms and so may be feeling that they are being taken away from their connections by a return to face to face activities. Whatever your style or personality, maintaining your social connections and respecting the social needs and comfort of those around you is important. For the more socially outgoing understand and be respectful of those with a quieter approach to their community. And for those who are missing the quiet days be gentle with yourself and protect your rest and leisure time to engage in your chosen social connections. For everyone at the start of a new year, we are setting up habits and weekly or daily rhythms that will often persist across the year so when setting up your weekly plans or schedules be sure to consider your needs as a "social animal" and make times or plan occasions to connect with your people in ways that that you can protect and sustain.

World No Tobacco Day and World Asthma Day

31 May is World No Tobacco Day and, World Asthma Day is 1 May! So it's a good time for a reminder that **ANU is a smoke free campus**. The need for a smoke-free campus is driven by recognition that smoking has a significant environmental, health and economic impact in Australia and the WHO theme for this year's World No Tobacco Day is "Tobacco: Threat to our environment." The campaign seeks to raise awareness of the environmental impact of tobacco from cultivation, production, distribution and waste. It will give tobacco users one extra reason to quit. Evidence shows that a smoke-free environment also increases the rate of quitting and reduces the number of people taking up smoking or recommencing smoking if they had previously quit. In maintaining a smoke-free campus the ANU is seeking to encourage and support people to quit smoking and to protect vulnerable members of our community from incidental exposure to tobacco smoke.

The ANU Smoke-Free Policy prohibits the use of all smoking products (including e/cigarettes or "vaping"), anywhere on all of the University's campuses, including buildings, properties, grounds, and workplaces.

World Asthma Day strongly reinforces the need to take conditions like asthma seriously. 389 people died in Australia in 2018 from asthma while globally it is estimated that 1000 people die every day from asthma. It is common knowledge that smoking is invariably harmful to health for the individual smoker and those around them, that the litter it creates is toxic to our wildlife and local environments and that it is a very costly habit in terms of individual use, and the impact on our health system and our environment. So...take a deep clean breath of fresh air, and start a QUIT journey, your University colleagues, the ANU ducks, your lungs and your wallet will be very grateful!! There is a range of free support services available to assist in reducing or quitting smoking and the important thing if you are working towards a quit goal is to keep trying different approaches until you find the one that works for you.



Resources

ANU Smoke Free Campus Webpage:
<https://services.anu.edu.au/human-resources/wellbeing/smoke-free-campus>

ACT Health advice and legislation:
<http://www.health.act.gov.au/public-information/public-health/tobacco-and-smoke-free>

<https://www.health.act.gov.au/about-our-health-system/population-health/smoke-free-environments>

<http://www.legislation.act.gov.au/a/2003-51/default.asp>

Supports to Quit:

[Quitline](http://www.quitnow.gov.au/) - <http://www.quitnow.gov.au/>

My QuitBuddy -
<https://beta.health.gov.au/resources/apps-and-tools/my-quitbuddy-app>

Health Awareness Days

Over the coming months there are a number of health awareness days that your team or local area may wish to promote. Health awareness days give an opportunity not only for increasing awareness or contributing through fundraising to specific causes (very worthwhile goals!!) but can also create a sense of cohesion and camaraderie within teams. As many of our teams have been physically separated for periods over the past two years, using health awareness days as an opportunity to reconnect and to bring the team together with a common cause or passion can help in restoring social bonds that may have been stretched.

Many awareness days do not require any significant planning or preparation to get involved and can be conducted in a very Covid-safe way and in an inclusive way for those who are working or studying in off campus locations.

Of course the primary goal of awareness days is awareness! And by acknowledging and promoting these calendar days you may be giving a voice to a team member who you never knew was struggling with a particular health issue – for themselves or someone they care for. Also, the information that is shared about particular health issues may prompt someone to seek medical advice and thereby access treatment that could save their life. Many awareness days just suggest that people wear or display a particular colour to show support and encourage the sharing of information. Here's a couple of examples from our calendar but see the back page for more ideas of days or events that you and your team might come together for.

25 March – March into Yellow – Raising awareness of the health impact of Endometriosis

2 April – Go Blue for Autism – raising awareness and funds for autism research

6 April – Wear Green for Premies – raising awareness of the life long health implications for premie babies and raising funds for further research to support them



National Sorry Day

National Sorry Day is a day to remember and reflect on the Apology made to the Stolen Generation and the ongoing inequity in healthcare access and health outcomes of Indigenous people, particularly those impacted by intergenerational trauma. This day acknowledges and signals deep regret at the impacts past policies had and continue to have on the health and well-being of Aboriginal and Torres Strait Islanders Communities today.

This is also a day of healing. It gives Australians the chance to come together to share their remorse, compassion, and commitment towards healing for the Stolen Generations, their families, and Communities.

As mentioned in our earlier section, human beings are social creatures, and in many Indigenous cultures, social and emotional wellbeing, having strong connections to family and community, are well understood as being critical components of overall (physical and mental) health.

We can all work towards healing and better health for our community through learning about our history, reflecting on the importance of connection to family, community and country and considering how we can all become better connected to these.

The Healing Foundation is one organization that offers guidance on community healing and describes the importance of having a harmonious community. This concept applies not only to indigenous communities but is one to consider for our whole community - that our wellbeing as individuals, is enriched and improved by enhancing the wellbeing of our community. Reconciliation Week gives us further opportunity to do that. To acknowledge our history and then focus on our shared healing to create an equitable, strong and healthy future for our whole community. Consider this National Sorry Day what steps you might take to build a healthier community. Learn more about Reconciliation Week and the actions you could take through the resources listed, reflect on your own connection to community and the lands you live on and support and acknowledge the ongoing journey of healing that our nation is on.



Resources

Australian indigenous Health InfoNet - <https://healthinonet.ecu.edu.au/learn/health-topics/social-and-emotional-wellbeing/>

Reconciliation Australia - <https://www.reconciliation.org.au/>
20 Actions towards reconciliation - <https://nrw.reconciliation.org.au/actions-for-reconciliation/>

Healing Foundation - <https://healingfoundation.org.au/community-healing/>

AHMRC Resources - <https://www.ahmrc.org.au/health-topic/social-and-emotional-wellbeing/>



<https://www.flickr.com/photos/25792994@No4/2436566636>

Getting out in Nature



Resources

ANU Trails and Tours - <https://services.anu.edu.au/campus-environment/trails-tours>

ANU Indigenous Heritage Trail - <https://services.anu.edu.au/campus-environment/heritage/projects/aboriginal-and-torres-strait-islander-heritage-trail>

Nature walks around Canberra - <https://www.act.gov.au/our-canberra/latest-news/2021/october/the-best-nature-walks-around-canberra>

After a mild summer in Canberra we're starting to move into the glorious colour display that is autumn in the capital, and conditions have been perfect for enjoying our natural spaces. As we establish our daily and weekly routines on and around campus, take advantage of the beautiful natural environments that our campuses are embraced by and make some time in nature part of your daily routine.

Getting out in nature gives opportunity for movement and can offer anything from gentle to vigorous physical exercise but being out in a natural space, or even looking at nature has also been shown to have a strong positive impact on our mental health and wellbeing. Sitting by the creek to have your lunch, or going for a stroll through the many wooded paths around campus is one way to get a little "nature time" into your day. Check out the ANU Trails and Tours in the resources for ideas and highlights of walks around campus.

Beyond your lunchtime stroll, our campuses in Canberra and further afield are situated amongst some of the world's most beautiful vistas. Consider a weekend bushwalk suited to your fitness levels, and check out the increasing number of boardwalks available in our parks and national parks for those with access requirements. Take a trip to visit a look-out and just soak in the beauty of the sights, sounds and smells to restore connections to "place" and our natural world. Many of our Indigenous communities have strong connections to country and to place so consider seeking contacts in your local area for guided walks and tours run by local indigenous people who can share a further richness and appreciation of the lands on which you may live or work. As a starting point, here at ANU we have the ANU Indigenous Heritage Trail – check the website for when guided walks may be offered on campus again!

Healthy Lunchtimes at ANU

We all know the importance of taking regular posture breaks (2-3min mini-breaks) frequently throughout the day to support good physical health at work. But our lunch breaks are still a very important and different kind of break that promotes good physical and mental health at work and reduces feelings of fatigue that can be carried home!

Often when we are busy or feeling pressured, looking after our own health and wellbeing is one of the first things to be discarded, when of course, in those times it is so important to maintain! Ensuring a strong and regular routine of breaks supports physical wellbeing and mental wellbeing. Taking a break can increase productivity, creativity and enjoyment in our work tasks. Getting some movement and fresh air during these breaks can be very helpful in terms of getting oxygen and nutrients flowing through our system again which not only helps our physical health but supports optimal brain function too.

We don't have to use our lunchbreaks solely for consuming food. We can use this time for exercise – a walk along the creek, or a swim at Club Lime or some of the many classes and facilities at ANU Sport. Getting a mental rest from work tasks, some exercise, getting out in nature and connecting with colleagues or friend at the gym – what a way to multitask your wellbeing!

As with most aspects of our health and wellbeing having a bit of a plan is the key to success so here are a couple of quick tips to having a healthy lunchtime break:

1. Block out your lunch break time in your calendar and be protective of that “appointment with your own health”. Move it a little if you have to but keep it in your daily schedule.
2. Keep it real. Don't overcommit and set yourself up to fail. Start with small changes to your daily routine that you can stick with and build from there.
3. Plan ahead, as one example, if you're going to go for a walk at lunchtimes, pack comfortable shoes, sunscreen and a hat so there's no excuses!
4. Make yourself accountable. Book into a class, or schedule a picnic with a friend or colleague so you have someone else that you're accountable to turn up for. This can be particularly helpful as you're starting any new habits.
5. Make it enjoyable. This is your time for your health so work out what you need to feel good on your break. Is it a workout that you need or is it some quiet time by the creek?



Resources

Club Lime ANU –
<https://www.clublime.com.au/ourclubs/?id=e6ca506e-5056-b8ce-dffa-5a79aea356a3>

ANU Sport – <https://anu-sport.com.au/>

ANU Trails -
<https://services.anu.edu.au/ca/mpus-environment/trails-tours>

Supports for staff and students



ANU Employee Assistance Programs (EAP):

Staff and their immediate families are entitled to 4 free sessions (and more can be negotiated if required) per year

Relationships Australia:

Phone (02) 6122 7100

Website: www.relationships.com.au

Assure:

Phone: 1800 808 374

Website: www.assureprograms.com.au

Assistance for managers: Managers are encouraged to approach their local Human Resources (HR) Manager for assistance initially, then HR Division and/or the Adviser to Staff. Assure also offer a Manager Support Program (MSP) on **1800 505 015**.

ANU Advisor to Staff

Phone: Chancelry (+61) - 02 6125 3616 Counselling Centre (+61) - 02 6125 2442

Email: Staff.Adviser@anu.edu.au or Gail.Frank@anu.edu.au

ANU Counselling: Free service, no referral required.

<https://www.anu.edu.au/students/health-safety-wellbeing/counselling/anu-counselling/appointments>

ANU Psychology Clinic: By referral and appointment only. Fees apply but at a reduced rate. Ph:+61 2 6125 8498; Email: psychology.clinic@anu.edu.au

ANU Thrive: Student led programs for wellbeing
<https://www.anu.edu.au/students/contacts/anu-thrive>

ANU Chaplaincy: Multi-Faith service.
<https://www.anu.edu.au/students/contacts/chaplaincy>

Respectful Relationships Unit:
<https://www.anu.edu.au/students/contacts/respectful-relationships-unit>

Academic Skills Can assist with time management, study/workload planning
<https://www.anu.edu.au/students/contacts/academic-skills>

Access and Inclusion: For students with medical needs and/or disabilities:
<http://www.anu.edu.au/students/contacts/access-inclusion>

Coming Events

1-7 March - National Hearing Week	
	World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world. The theme for 2022 is "To hear for life, listen with care". It coincides with Hearing Awareness Week in Australia. Hearing loss affects 70% of people over the age of 70 and it has a huge impact on quality of life; It is more common than heart disease, cancer and diabetes.
March – March into Yellow – Endometriosis Awareness	
	March is Endometriosis Awareness Month. March into Yellow is a fun and easy way to open up a conversation about the disease and an opportunity for our community to show support. March into Yellow encourages our broader community to show their support for the invisible illness by adorning themselves in the colour yellow. It is also a fun way to raise funds for Endometriosis Australia who support endometriosis education and research
10 – 14 March – Worlds Greatest Shave – Leukemia Fundraiser	
	World's Greatest Shave began following an event organised by the family of Eric Graydon, who was diagnosed with acute myeloid leukaemia (AML) and needed to relocate for emergency treatment. His family decided to do something BIG to raise both funds and awareness and they challenged the Leukaemia Foundation to come together and shave the greatest number of heads in 24 hours. Word got out to the media, and the results? \$80,000 raised, and 200 heads shaved. And just like that, World's Greatest Shave was born. The rest — as they say — is history
18 March – International Day of Action against Bullying and Violence	
	Australia's key bullying prevention initiative celebrates 12 years of action, connecting schools and communities to find workable solutions to prevent bullying. The theme for 2022 is Kindness Culture. By building Kindness Culture together, we can promote inclusion, respect and community belonging for all students in schools across Australia.
20 March – International Day of Happiness	
	With our world facing unprecedented challenges, wellbeing matters more than ever. As we continue to respond to the Covid pandemic, let's take action to "Build Back Happier" and make people's overall wellbeing our top priority. Check out the online webinars and other resources at https://www.dayofhappiness.net/
2 April – Go Blue for Autism	
	Go Blue from April 2 to increase understanding, acceptance and inclusion of people on the autism spectrum. Autism is a complex, lifelong developmental disability that affects a person's ability to communicate, interact with others and cope in everyday situations. The cause of autism is not fully understood, but structured early intervention and education delivered by professionals with expertise in ASD can make a significant difference.
6 April – Wear Green for Premmies	
	The 'Wear Green for Premmies' campaign is a day where thousands of people wear green to show their support of the 25,000 babies born prematurely in Australia each year. The day raises awareness of premature birth whilst highlighting the trials and hardships that families face after an early arrival.
7 April – World Health Day	
	The World Health Day 2022 theme is "Our planet, our health" to focus global attention on the interconnectedness between the planet and our health. The campaign will urge people, communities, governments, and organizations around the world to share their stories about the steps they are taking to protect their health and that of the planet.
28 April – World Day for Safety and Health at Work	
	The World Day for Safety and Health at Work 2022 explores the topic of participation and social dialogue in creating a positive safety and health culture. Through the pandemic, having a strong OSH system, with meaningful participation of governments, employers and workers has been crucial in protecting working environments and safeguarding safety and health of workers.
3 May – World Asthma Day	
	World Asthma Day (WAD) is organized by the Global Initiative for Asthma, (GINA) and held each May to raise awareness of Asthma worldwide. GINA has chosen 'Closing Gaps in Asthma Care' as the theme for the 2022 World Asthma Day.
23 – 29 May – Exercise Right Week	
	Exercise Right Week is an awareness campaign aimed to highlight the benefits of exercise for health and well-being, and to help Australians to understand where to get the "right" advice for their individual needs. The campaign is brought to you by Exercise & Sports Science Australia (ESSA) the peak body for exercise and sports science professionals in Australia, and is dedicated to helping Australians live healthier and more active lives.
26 May and 26 – 31 May – National Sorry Day and Reconciliation Week	
	National Sorry Day acknowledges and signals deep regret at the impacts past policies had and continue to have on the health and well-being of Aboriginal and Torres Strait Islanders Communities today. National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.
31 May – World No Tobacco Day	
	The 2022 theme for World No Tobacco Day is "Tobacco: Threat to our environment." The campaign aims to raise awareness of the environmental impact of tobacco – from cultivation, production, distribution and waste. It will give tobacco users one extra reason to quit. The campaign will also aim to expose tobacco industry's effort to "greenwash" its reputation and products by marketing themselves as environmentally friendly. With an annual greenhouse gas contribution of 84 megatons carbon dioxide equivalent, the tobacco industry contributes to climate change and reduces climate resilience, wasting resources and damaging ecosystems.