



Wellness E-Bulletin

Winter 2020

In this Bulletin:

- ❖ Keep on moving! Exercise and movement tips
- ❖ Routines and Rhythms
- ❖ Winter food – healthy winter comfort foods
- ❖ Flu Vaccinations
- ❖ Parenting/Caring with everyone at home
- ❖ Quiet spaces
- ❖ Mental health and fitness
- ❖ Upcoming events – significant days and awareness campaigns to add to your team schedules for fun and fundraising!

This is a trimmed down edition of the Wellness Bulletin intended to just provide an easy to read summary of the key messages on health and wellness for this current time. You'll find below some short comments on key topics with a list of the available resources.

The most important message, and the reason for still sending this bulletin out, is that our wellness and our wellbeing does not start and end with a virus. We are still whole persons, who are working, and playing and exercising and eating. We still find joy and love and fun in our lives. And, without minimizing the challenges we face, there is still much to enjoy and celebrate in our homes, our community and in our world.



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

Summary of ANU Resources

ANU COVID-19 Advice - Wellbeing Website: <https://www.anu.edu.au/covid-19-advice/health-wellbeing/strategies-for-wellness-at-home>

Research School of Population Health - PHXchange – Feeling Good At Home
<https://rsph.anu.edu.au/phxchange/communicating-science/feeling-good-home-during-covid-19>

Injury Prevention Advice: <https://services.anu.edu.au/human-resources/health-safety/injury-prevention-advice>

Staff Wellbeing - <https://services.anu.edu.au/human-resources/wellbeing>

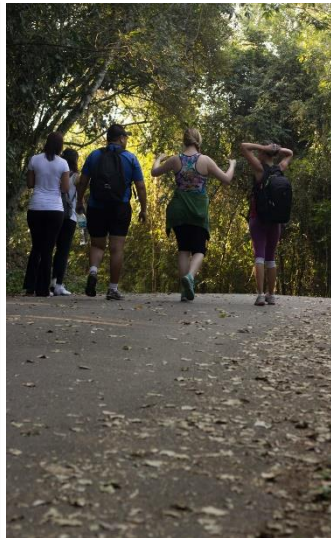
Student Wellbeing - <https://www.anu.edu.au/students/health-safety-wellbeing>

ANU Mindfulness Community of Practice for Staff and Students -
<http://mindfulness.weblogs.anu.edu.au/>

Keep Moving

Regular posture breaks and movement are an important part of maintaining physical and psychological wellbeing. In our usual work and study spaces, we often get movement and posture breaks naturally through walking from the bus-stop or carpark, walking between meetings or classes and so on. When we are away from our usual work or study spaces many of these incidental breaks do not occur. To ensure you take regular breaks, it is important to structure them into your day. Ideally, every 20 – 30 minutes, stand up and walk around for 2 minutes.. To help remind you to take breaks you can download the work rave software or similar applications, use a timer on your phone or computer or whatever other tools or strategies work for you to keep moving.

Continuing to exercise regularly is another important way to maintain your health. 30 minutes a day of moderate to vigorous activity is recommended. While access to gym's, team sports and other facilities may be limited, there is a tremendous range of online resources for activities to do at home, or, you can just go for a regular walk in your local area. Where possible, keep doing the same exercise you've done previously, even if in a different location, where you can't do that, wherever possible stick to the same times of day or week that you are used to exercising and modify your activity at home. Even swimmers and water sports players can find activities to maintain their fitness to be ready to jump back in the pool! (see our resources!)



Resources:

Workrave <https://workrave.org/about/>

A similar tool entitled "Time Out – Break Reminders" from the Mac App Store <https://apps.apple.com/au/app/time-out-break-reminders/id402592703?mt=12>.

Body weight exercise ideas published by the ABC <https://www.abc.net.au/news/health/2016-07-18/bodyweight-exercises-you-dont-need-a-gym-to-do/7633644>

Exercise ideas from VicHealth <https://www.vichealth.vic.gov.au/healthy/exercise-covid-19>

Land-based exercise for water polo players <https://www.waterpoloaustralia.com.au/get-involved/waterpoloathome/>

Land-based exercises for swimmers <https://www.youtube.com/watch?v=meqCSTJxSPs>

Resources

Research School of Population Health – Feeling Good at Home (COVID19) <https://rspsh.anu.edu.au/COVID19>

HealthLine – How to keep a daily routine during COVID-19 <https://www.healthline.com/health-news/how-to-keep-daily-routine-during-covid19-shelter-in-place>

Routines and Rhythms

Keeping to a clear and familiar daily routine or daily rhythm will help you to complete your work and learning activities while still allowing important time for rest and play. Focusing on the rhythms of your day allows structure and routine but also flexibility and adaptability. They create a flow through the day so that each day you can count on the rhythm, even if each day looks a little different. This can help to maintain the feeling of normalcy and calm and allows for an easier transition back to the usual flows of school and work..

Winter Food and Eating Well

During long periods at home particularly when we are isolated, it can be easy to change our eating habits. For some this means eating too much, or eating foods that are unhealthy for us, for others, it means, forgetting to eat or not eating enough of the right foods to nourish our brains and bodies. Eating is an important biological activity, we need to provide our physical self with the nutrients to stay healthy. Eating is also a strongly social activity, dictated by time of day, important events and people around us. Taking a few moments to be aware of our eating habits, and how they may have changed will allow you to ensure a healthy routine and a healthy intake of food is sustained throughout this time. You can also use mealtimes as a signal for a break during work, and as a time for connecting with your household. Consider using online resources and videoconference to have a virtual meal with friends or family outside the home. Sharing a meal is such an intrinsic part of our culture, and it doesn't have to stop because we are physically distanced.



Resources

Dieticians Association of Australia – Smart Eating for You <https://daa.asn.au/smart-eating-for-you/>

Harvard Health Food Safety, Nutrition and Wellness during COVID-19 <https://www.hsph.harvard.edu/nutritionsource/2020/03/25/food-safety-nutrition-and-wellness-during-covid-19/>

Heart Foundation – Koori Cookbook https://www.heartfoundation.org.au/images/uploads/publications/4423_HF_Koori_Cookbook_FA_WEB.pdf

Healthy Recipes from Make Healthy Normal (NSW Gov) <https://www.makehealthynormal.nsw.gov.au/food/healthy-recipes>

Flu Vaccinations

Resources

Advice from ACT Health:

<https://www.health.act.gov.au/flu>

Advice from Federal health:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19>

We know that the combination of flu and COVID-19 results in particularly severe illness – so, if you haven't already done so, consider a flu shot this year (the University is providing [free flu shots for staff and students](#)). While cold and flu numbers are at very low levels, in part due to measures to prevent spread of COVID-19, as our communities return to work, school and play, the risk of exposure to the usual round of colds and flu also returns. For vulnerable people it is also worth considering that if you have been particularly worried or fatigued during this time, that can have an impact on our immune system and so we may be a little more susceptible to the flu this year than at other times. If you have concerns, please talk to your treating healthcare provider about what is best for you.

It is the eternal struggle as a working parent or carer, finding the balance. During this time, while we are working or studying from home, that balance and the ability to distinguish between our work, caring and other roles in life may be even harder. For others, this time may make our caring role much easier and you may find that your time is less pressured and be wondering about the transition back to on-campus life. Everyone's situation will be different but there are a few consistent themes for those juggling these multiple roles during this time:

- **Be realistic.** There are only so many hours in the day and with additional responsibilities or activities, something has to give. Be honest with yourself about what you can and cannot achieve in a day. If you are staff, have an upfront discussion with your manager about how you manage your work tasks during this time. This may include altered start and finish times, reduced daily hours in line with the advice from the VC or taking some periods of leave. If you are a research student (HDR), have an upfront discussion with your Supervisor or HDR Convenor about how you manage your research project, including timeframes and adjustments, considering change of intensity to part time status, or taking leave of absence.
- **Be kind.** Everyone is doing their best. As are you. We are not superhuman and we cannot operate 24/7 without rest and recreation so be kind to yourself and your own needs.
- **Be strategic.** Daily schedules and timetables may not have been a useful thing for your situation in the past but consider if they might be a helpful tool now for you and the person or people you care for. Communicate regularly and clearly with your household, your lecturers and / or your workplace to ensure that you can meet your own goals during this time and position yourself for success as it comes to its conclusion.



Be aware that a return to campus might seem a bit overwhelming in those first days or weeks – even for the most dedicated extroverts! We have a number of quiet rooms across campus, and are fortunate to have a beautiful natural environment around us as well. As you plan your return to campus – it might be worth identifying a few quiet, peaceful places that you can go if you need to have a bit of a time out from the hustle and bustle of campus life.

Parents & Carers



Resources

EmergingMinds. Supporting Children during COVID-19
<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

Comcare Information Sheet for Parents and Carers
<https://www.comcare.gov.au/about/forms-publications/documents/publications/safety/coronavirus-parents-and-carers-factsheet.pdf>

Quiet Spaces

When we are mentally "fit" we are better able to approach problems or challenges with creativity and persistence to develop solutions. This can apply to our work, our study or our personal lives. You can imagine mental fitness, and the benefits it brings to all your endeavours in the same way as you would think about your physical fitness. You gradually build up your activity, you pace yourself, you nourish yourself and you take rests. You can maintain your mental fitness by keeping your whole person well, but also by acknowledging that our mental capacity is something that can change depending on the demands (sickness, stress, fatigue) but also something that we can support, develop and maintain by applying deliberate focus and actions to stay well, and to work within our limits for that day.

Mental Fitness



Resources

ReachOut – Mental Fitness
<https://au.reachout.com/mental-fitness>

BlackDog Institute – Mental Fitness
<https://www.blackdoginstitute.org.au/education-services/mental-fitness/>

Mensline – Mental Fitness
<https://mensline.org.au/wellbeing-blog/mental-fitness/>

Better Health – 10 tips to improve mental fitness
<https://www.betterhealth.vic.gov.au/health/ten-tips/10-tips-to-improve-your-mental-fitness>

Upcoming events

31 May – WHO World No Tobacco Day

Protecting youth from industry manipulation and preventing them from tobacco and nicotine use. In response to the tobacco and nicotine industries' systematic, aggressive and sustained tactics to attract a new generation of tobacco users, World No Tobacco Day 2020 will provide a counter-marketing campaign and empower young people to engage in the fight against Big Tobacco.



Month of June – Bowel Cancer Awareness Month <https://www.bowelcanceraustralia.org/bowel-cancer-awareness-month>



Bowel Cancer Awareness Month
HELP BEAT BOWEL CANCER

June is Bowel Cancer Awareness Month - raising awareness of **Australia's second deadliest cancer** and funds for the leading community-funded charity dedicated to prevention, early diagnosis, research, quality treatment and the best care for everyone affected by bowel cancer. Bowel cancer claims the lives of 103 Australians every week but is one of the most treatable types of cancer if found early.

5 June - World Environment Day - <https://www.worldenvironmentday.global/>

The foods we eat, the air we breathe, the water we drink and the climate that makes our planet habitable all come from nature. Yet, these are exceptional times in which nature is sending us a message: To care for ourselves we must care for nature.; It's time to wake up. To take notice. To raise our voices.;It's time to build back better for People and Planet.;This World Environment Day, it's Time for Nature.

14 June - World Blood Donor Day - <https://www.who.int/news-room/campaigns/world-blood-donor-day/2020>

Safe blood saves lives: This year, World Blood Donor Day will once again be celebrated around the world on 14 June. The event serves to thank voluntary, unpaid blood donors for their life-saving gift of blood and also to raise awareness of the need for regular blood donations to ensure that all individuals and communities have access to affordable and timely supplies of safe and quality-assured blood and blood products, as an integral part of universal health coverage and effective health systems.

15 – 21 June – Men's Health Week - <http://www.menshealthweek.org.au/>

A boy born in Australia in 2010 has a life expectancy of 78.0 years while a baby girl born at the same time could expect to live to 82.3 years old. Boys suffer more illness, more accidents and die earlier than their female counterparts. Men take their own lives at four times the rate of women (that's five men a day, on average). Accidents, cancer and heart disease all account for the majority of male deaths. Men's Health Week has a direct focus on the health impacts of men's and boys' environments. It serves to ask two questions: **What factors in men's and boy's environments contribute to the status of male health? And How can we turn that around and create positive environments in men's and boy's lives?**

12 – 18 July – National Diabetes Week

Each year Diabetes Australia celebrates National Diabetes Week to raise awareness about diabetes in Australia. The campaign aims to educate Australia of the risk factors for type 2 diabetes and how type 2 can be prevented.

24 July – Stress Down Day



Stress Down Day provides a great opportunity for workplaces to realise the importance of ensuring an environment that prioritises wellbeing. It's a fun take on a serious issue with the bonus of doing something good for our community. Stress Down Day is designed to be flexible, so activities can be tailored to suit the workplace culture, some organisations have encouraged employees to wear pyjamas to work, others have gone Hawaiian.

August – Tradies National Health Month - <https://choose.physio/tradieshealth/getinvolved>

Tradies National Health Month raises awareness of the health and injury risks affecting those who work in trade occupations—tradies themselves, their families, employers and the wider community. With statistics showing almost 3 in 5 serious workplace injuries involve a tradie—despite making up only 30 per cent of the workforce—tradies' health must be everyone's priority. Help us spread the message and keep Aussie tradies healthy.

14 August - Red Nose Day - <https://rednoseday.org.au/>



In Australia, nine children die suddenly and unexpectedly every day. That's more than 3,000 babies, toddlers and preschoolers every year – more than double the national road toll. We are losing them to miscarriage, stillbirth, and SIDS, among other things. We don't fully understand why. But with your help, we can find out. And we'll succeed, because we are the people who reduced SIDS in Australia by 85 per cent.

28 August – Daffodil Day - <https://www.daffodilday.com.au/event/daffodil-day/home>



Cancer Council
Daffodil Day Appeal

Daffodil Day is Cancer Council's most iconic and much-loved annual campaign that raises life-saving funds for world-class cancer research.

It's a time of hope; where we come together to show our support for the 145,000 Australians diagnosed with cancer each year.