



# Wellness E-Bulletin

Winter 2019

## This editions features:

### Winter Wellness:

- Staying active in the cold weather
- Beating the “winter blues”
- Hearty, healthy winter comfort food
- Support to Quit smoking so you can stay out of the cold!
- Driving, riding and walking in frost, ice and snow

### ANU Wellness News:

- Safe Work Australia - Endometriosis in the Workplace
- Disability Action Plan 2020 – 2024 is being developed
- Our OSLO Network is being reinvigorated!
- Roadworks on campus - upgrading our roads and pathways.
- WHS Management System Handbook Launch!

Your contributions, news and feedback are welcome.  
To provide your suggestions email [whs@anu.edu.au](mailto:whs@anu.edu.au).

## In the Health and Wellness Calendar:

Happiness Happens Month	August
Tradies National Health Month	August
World Lung Cancer Day	1 August
Jeans for Genes Day	2 August
Sleep Awareness Week	5 – 11 Aug
Daffodil Day	23 August
“Steptember” (Cerebral Palsy Alliance)	September
Dementia Awareness Month	September

(see back page for details on all these events)



## Staying Active in the colder months

Staying active in the winter time can be a challenge! For example, if your exercise routine involves an early morning walk, it's an extra level of commitment to crawl out from under the doona, rug up and get out the door in the cold and dark of a winter morning. It's very easy, when the weather is frosty, to stay under the blankets and so we miss out on all the benefits that regular exercise provides for us and which is so important even during the colder months.

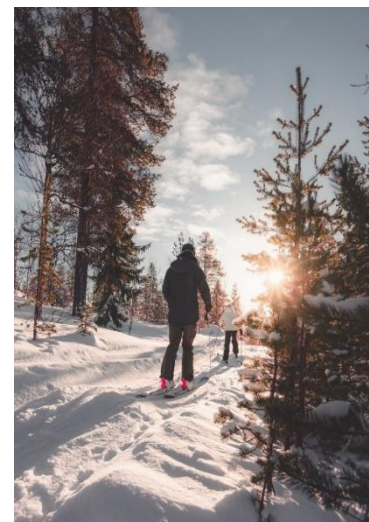
Staying engaged in an exercise routine during winter is great for your fitness and circulation and helps to regulate your body systems to better cope with changes in temperature and to fight off winter colds and flu. Exercise is also vital for our mental health and most of us know that staying cooped up indoors is not good for the mind. Getting outside and into the winter sunlight helps our body maintain its natural rhythms and provides us with the essential feelgood vitamin D.

So how do we stay active and healthy in the winter time? I'm glad you asked!

1. Stick to your routine. If you are one of those who likes a morning walk or run, keep doing it in the winter!! Make it easy to get up and go by having your clothes ready the night before. Set an alarm or try using timers that will turn a light on to help you wake up. Take an extra few moments to warm up before you leave the house to keep your joints safe in the cold.
2. Try out a new sport or exercise activity. Many sports are seasonal so there is always something involving balls and sticks for you to try out, or even just get out and watch (perhaps get your exercise from jumping up and down and cheering on the sidelines!). If you're in Canberra, we have fantastic winter sports right on our doorstep for all ages and abilities.
3. Go indoors! Check out the huge range of sports that are available as an indoor sport in the cooler months. Climate controlled, warm and dry all year round, get into your local venue and try out something new!

With Tradie Health Month in August it's a good time to talk about working outdoors in the cold.

1. Your gear is most important to ensure that you are safe and warm, but it's important to make sure that any extra bulk does not impede your safe performance at work.
2. Take the extra time to warm up before your start. Cold and stiff muscles and joints are a big risk for injuries.
3. Keep up your food intake, working in the cold you may burn more calories keeping warm so make sure you're getting enough good nutritious food to stay active and alert.
4. Be aware of frost and ice. Its slippery stuff!



### Resources

<http://anu-sport.com.au/>  
<http://www.kaleenindoor.com/>  
<http://aiskambah.com.au/>  
<https://westonis.com.au/soccer/>  
<https://www.localgymsandfitness.com/AU/Canberra/655730717773683/Indoor-Sports-Gungahlin>



## Beating the winter blues



Sometimes with less sun, less time outdoors and less physical activity, we can fall into a bit of a funk. The "winter blues" can affect everyone and is usually a product of being cooped up and inactive rather than an illness. For some people though, it's more than that, when "the blues", become debilitating and persistent, you may be experiencing Seasonal Affective Disorder which is a condition best addressed with professional support.

For everyone though, the following tips will help to stave off the winter blues and keep your mind healthy and engaged throughout the winter.

1. Keep moving – keep exercising and find ways to get outdoors in the winter sunshine
2. Keep involved in your usual activities – spend time with friends, go for bushwalks, enjoy a meal out from time to time.
3. Eat well – account for the extra energy needed to stay warm, but don't overindulge in rich and creamy winter treats... not too much anyway!
4. Stay hydrated – it's easy in the constant heating and wanting warm drinks, to stop drinking adequate water and end up dehydrated. Keep a bottle of water on your desk or in the car and make an effort to stay hydrated.
5. Notice the beauty of winter. It's easy to complain about the cold, but it will do your mind the world of good if you can take a moment to notice how beautiful the frost is on the leaves, the sparkle on the trees and the crisp clear blue sky above.

### Resources

<http://www.beyondblue.org.au/>  
<http://www.blackdoginstitute.org.au/>  
<http://www.headspace.org.au>  
<https://www.lifeline.org.au/>  
<http://ehub.anu.edu.au>  
<https://moodgym.anu.edu.au/welcome>  
<http://www.mindhealthconnect.org.au/>  
<http://www.mindspot.org.au/>

## Hearty, healthy winter comfort food

In the cold weather our “comfort foods” can seem particularly tempting and often seem an essential and unavoidable part of the winter experience. Who doesn't love a warm mug of hot chocolate, a cup of hot chips or a big bowl of cheesy pasta on a cold winter's day!? But eating well during winter doesn't have to mean missing out on the comfort of a warm bowl of delicious food so here are some tips for yummy, healthy winter eating.

- Keep up your veggies, while we may not always feel like a cool crisp salad in the winter, dishes like soups and casseroles can be packed full of delicious seasonal veggies. You can make a big batch of soup on the weekend or a quiet day and freeze portions to enjoy over the week. A roast dinner can include many fantastic winter veggies such as parsnips, pumpkins, roast beetroot, zucchini or bake a bulb of garlic to enjoy with your meals and help to stave off winter colds.
- Stay hydrated! Sometimes we feel hungry because we are thirsty, and in the winter it's easy to forget our needed water intake. Being inside heated cars or buildings can be very drying for your skin and your body. Keep a bottle of water on your desk or in your carry bag to sip at during the day. Have a glass of water with your meals and be aware of any increases to your tea or coffee intake as these can be dehydrating. You could try some herbal tea's to avoid or reduce caffeine or even just enjoy your drink of water warmed up!
- Be aware of your carbs. Many warming winter dishes can be a bit heavy on the processed carbs, rich pasta's being one example. Consider switching out white rice or pasta with wholemeal or vegetable based pasta or rice alternatives or, for a fantastic addition of veggies have a try of “zoodles” (Zucchini noodles).
- Be aware of what's going in in relation to what's going out. In the winter we may burn more calories just keeping warm, but we also tend to reduce our exercise and physical activity. Be aware of your habits for both food and exercise and make sure you adjust to suit your situation.
- Enjoy a health hearty winter menu at your favourite eatery! Many restaurants develop seasonal menus, so enjoy their creativity and treat yourself to a new meal or just check out their menus to get inspired at home!



### Resources

<https://www.healthyfoodguide.com.au/seasons/winter>

<https://www.heartfoundation.org.au/news/7-tips-for-staying-healthy-over-winter>

<https://nutritionfoundation.org.nz/nutrition-facts/nutrition-a-z/Winter-Nutrition>



## Support to Quit smoking (so you can stay out of the cold!)

### Resources

**Quitline:** Quitline is a telephone information and advice service for people who want to QUIT smoking. 13 78 49.

Quit Pack — ask the Quitline for this free pack.

**QuitCoach** — an online tool that creates a quit plan tailored for you  
**My QuitBuddy** is a free mobile phone app designed to support and encourage you to quit smoking. It lets you set personal goals, track your progress and see how much money you've saved.

The **Quit for You – Quit for Two** mobile phone app helps pregnant women to quit smoking.

The need for a smoke-free campus is driven by recognition that smoking has a significant environmental, health and economic impact in Australia.

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. The only exceptions to this are the officially signposted Designated Outdoor Smoking Areas (DOSAs) Evidence shows that a smoke-free environment 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.

There a range of free support services available to assist in reducing or quitting smoking. 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.

**Counselling Support at ANU.** Students can seek support from the [ANU Student Counselling Service](#). Staff can access the [Employee Assistance Program \(Staff only content\)](#).

# Driving, riding and walking in frost, ice and snow



Winter time on the roads is a time to take it steady and always be prepared. If you're driving to or near the snow there are a number of precautions you should take and always check the road conditions before you head out. Consider if you will need a four wheel drive and/or chains on your tyres before you go and ALWAYS drive to your level of experience and ability and the conditions on the road. When in doubt. Don't risk it.

Around town, it also pays to be a little more prepared and alert. If you're new to a cold climate you and your car might need some extra TLC. Antifreeze and a windscreen scraper for your car, a beanie and gloves for you! Take a few extra moments when you turn your engine on to let the car warm up and make sure that you have removed any frost or fog from your windows and windscreens before you set out to ensure you have good visibility. This is a legal requirement too!

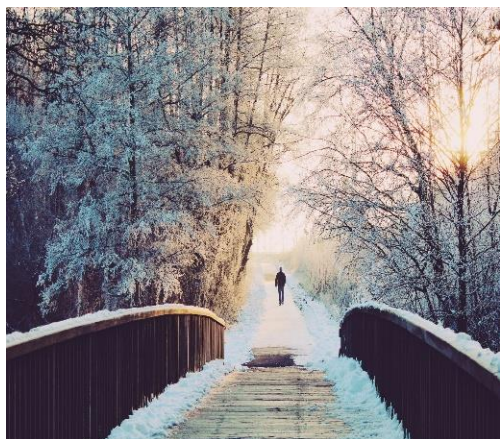
Although it is unlikely, if the roads are wet, there is the possibility for ice on the road in the early mornings (sometimes called black ice because you can't see it) which can be very slippery and very dangerous. Try to avoid any icy patches if you can safely do so but best advice is to slow down and take extra care.

Riding in the winter is a great way to stay active and enjoy the beautiful scenery of a winter landscape. Making sure you have the right gear can be an important step to continue to ride safely and enjoy your ride during winter. There is a range of windbreaking apparel that you may choose to use that will take the chill out of the ride but a sturdy pair of gloves will be essential. Consider investing in some waterproof gear for winter too as often it will act as a windbreak as well. If you're not used to riding wearing gloves, take it easy at first so that you are comfortable using your brakes with the extra bulk that some gloves may create.

Be aware that there can be icy patches on roads and footpaths which can create a slipping hazard for bikes, if you're not sure, slow right down or walk it to be sure.

Consider the whole journey too if you're commuting to work or study. You may want to have a warm coat in easy reach if you have a bit of a walk from where you park your bike to your change room or workplace.

Stay visible in the winter, with lower light in the mornings and evenings and the possibility of fog creating a further barrier to visibility on roads and paths, using lights, reflectors and high vis clothing are important steps to take to ensure your safety and be extra vigilant and slow down in low visibility conditions to avoid collisions with other road and pathway users.



Walking in a winter wonderland can be wonderful!

As for cars and bikes, it's all about the gear. There's a saying from northern Europe "there is no such thing as bad weather, only bad clothes!"

When you're walking around town, consider your footwear, ensure that you will have a good grip if there are wet or icy footpaths and that your footwear will keep your feet and ankles warm to minimise risk of strains and sprains. Be aware that if it is a foggy morning or in the lower light of winter mornings and evenings, you will be less visible to cars and bikes so take extra care when crossing roads.

If you're bushwalking in snow or heavy frost ensure waterproof warm footwear and always be prepared for the conditions, ensure you have the right gear for any sudden changes in weather and ALWAYS submit a plan to the rangers if you're going on a longer walk or hike and particularly if you'll be out overnight.

# ANU Work Environment Group News



**Safe Work Australia have released a new Fact Sheet – Supporting Workers with Endometriosis in the Workplace.** (<https://www.safeworkaustralia.gov.au/doc/supporting-workers-endometriosis-workplace>) Endometriosis is a chronic disease where cells similar to those that line the uterus (the endometrium) are found in other parts of the body. There is no known cure for endometriosis and the cause is unknown. Once diagnosed, many people will have endometriosis effectively managed. You will be prepared to support workers affected by endometriosis if you have a good understanding of the disease and the reasonable steps that you can take to help workers manage their symptoms. Women, girls and other individuals<sup>1</sup> with endometriosis say that having the disease recognised and acknowledged by people around them, such as their managers, can positively influence their experience. Read more at:

<https://jeanhailes.org.au/health-a-z/endometriosis>

<https://theconversation.com/women-with-endometriosis-need-support-not-judgement-37340>

## **ANU Disability Action Plan 2020 – 2024 is being developed**

The University's Disability Action Plan is currently being reviewed. With a focus on moving to a social model of disability and including a range of actions to ensure equity across the University, we have an ambitious and truly unique plan of action for our University. We will be consulting widely on the Plan in the coming months and look forward to your feedback.



## **Our OSLO Network is being reinvigorated!**

Our amazing "Occupational Strains Liaison Officer" Network will be benefiting from a new suite of streamlined reporting tools and a range of new resources and supports. Consultation is underway on the new approaches and feedback has been very positive! If you've ever considered learning a new skill that will help you and your colleagues be safe and healthy at work, there's no better time to sign up as an OSLO!

## **Roadworks on campus - upgrading our roads and pathways.**

The roadworks at the Sullivan's Creek crossing on Fellowes road and on Balmain Cres are progressing and the roads are now open to cars, however the footpaths are still under construction and diversions for pedestrians and cyclists are still in place. Roadworks at the Crossing on Garran Road at the Hugh Ennor building has commenced and will result in a road closure during construction.



## **WHS Management System Handbook has been launched!**

The Handbook, a key element in the roll out of the new ANU WHS Management System was released in early July and provides practical support to all staff and managers in ensuring a healthy workplace! <https://services.anu.edu.au/human-resources/health-safety/whs-management-system-handbook>

## Upcoming events

### Happiness Happens Month - August

Happiness Happens Month is a whole month dedicated to celebrating what makes you happy! Although this may sound like just a bit of fun, it does have a very important purpose: to remind us that happiness happens one small moment at a time. It reminds us that sometimes a small action boosts our happiness. During Happiness Happens Month try to do and think about things that make you happy and to share this joy with others. Do something nice for yourself. Make someone else happy by doing something nice for them. It can be something as simple as giving up your seat on the bus to someone else or volunteering your time or money to a charity of your choice.



### Tradies National Health Month - August



Tradies National Health Month raises awareness of the health and injury risks affecting those who work in trade occupations—among 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 Spread the message and keep Aussie tradies healthy.

### World Lung Cancer Day - 1 August 2019

Lung cancer was a rare disease in early 20th century but its incidence has gradually increased with increased smoking and it has become the most common type of cancer in the world. The factors that play a role in cancer development include tobacco products, industrial products (uranium, radiation, asbestos) air pollution, and nutritional deficiencies. The first findings that smoking was a cause of lung cancer were published in 1962. The risk of lung cancer is 24-36 times higher in smokers than in non-smokers. The good news is that if you quit smoking, your chance of developing lung cancer will immediately start to drop.



### Jeans for Genes Day - 2 August



Jeans for Genes is the iconic fundraising campaign of Children's Medical Research Institute. Jeans for Genes was established in 1994 by [Children's Medical Research Institute](#) to fund revolutionary research that helps diagnose, understand, and find cures or treatments for conditions affecting kids, including [genetic diseases](#), cancer, and epilepsy. 1 in 20 kids is born with a genetic disease or birth defect. You likely know and care about someone affected. Genetic diseases are one of the leading causes of death in kids under four and the main cause of ongoing hospitalisation. To fight this epidemic, we need more research.

### Sleep Awareness Week - 5 – 11 Aug

This year's theme for Sleep Awareness Week in Australia is 'Sleep on it - memory and problem solving'. There are many different ways in which good quality sleep plays a major role in our ability to learn, to think clearly and to protect ourselves from any future harm to our brains. From infancy to old age, sleep is essential for optimal cognitive functioning. This year's Sleep Awareness Week will be a time to reflect upon this important aspect of sleep.



### Daffodil Day – 23 August



Daffodil Day is one of the Cancer Council's most loved fundraising events and this year, every daffodil and every donation grows hope – hope for more survivors, hope for better treatments and hope for greater support. As the largest merchandise based event in the Southern Hemisphere, it's day to support all Australians affected by cancer.

### September (for the month of..)

Looking for a way to increase your fitness levels, develop new healthy habits, have a great time with friends, and raise incredibly important funds to support people living with cerebral palsy (CP) right across Australia – all at the same time? Then look no further, because here it is - Steptember 2019. Run by Cerebral Palsy Alliance, the Steptember charity event challenges people to take 10,000 steps a day for 28 days straight in, yes you guessed it, the month of September. Unlike many other charity challenges, Steptember is done in your own time. Just take 10,000 steps a day whenever you like, wherever you like, and log your steps online. And keeping track of those steps is just as easy with the fantastic new pedometer you'll get just for signing up. Sounds easy, right? Well, perhaps not. But certainly rewarding, inspiring – and enormously appreciated!



### Dementia Awareness Month - September



The purpose of Dementia Awareness Month is to encourage Australians to become dementia-aware, have a better understanding of what it is like for a person to live with dementia, and ultimately be encouraged to create communities where people with dementia are supported to live a high quality of life with meaning, purpose and value.