

# WELLNESS WEEKLY

4 MAY, WEEK 9

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Hello all - welcome to the fourth edition of **Wellness Weekly!**

With exams fast approaching, it's easy for us to start feeling the added stress and worry building up.

With the unique circumstances that we find ourselves in, we may not be able to utilise our usual methods of relieving stress.

Even with the easing of social distancing restrictions, you may still be finding it difficult to maintain a positive outlook – don't worry, you're not alone!

This week, our tips and tricks are focused on developing and maintaining a positive mindset, navigating negative thoughts and dealing with them before they manifest into unhealthy ways of thinking.

In addition, we have your usual dose of cute pets, delicious recipes, soothing tunes and more!

Happy reading!

# UPCOMING ONLINE WELLNESS EVENTS

## 1. BLACKSTONE ISO-CISE: ROUND THREE

Ico-cise is back on, folks! Don't miss out on your chance to **win a Rebel Sport gift card!**

You know the drill:

1. **Post a video of yourself doing an exercise of your choice**
2. **Make sure to tag #blackstoneicocise and two of your friends!**

## 2. BLACKSTONE STRAVA

If you haven't already, don't forget to join the Blackstone community on Strava to get involved in some fun challenges and fitness goals!

1. **Download the free Strava app**
2. **Create a profile**
3. **Search for 'UWA Blackstone Sports Club' in the explore tab**
4. **Request to join**

## Workout of the Week Full Body Endurance & Abs (7 mins)

- High knees (60 seconds)
- Ab kicks (60 seconds)
- Rest (30 seconds)
- In & out squat pulses (60 seconds)
- Star crunches (60 seconds)
- Rest (30 seconds)
- Plank shoulder taps (60 seconds)
- Push-up burpees (60 seconds)

# TIPS ON STAYING POSITIVE

Maintaining a positive mindset during these difficult times may be easier said than done, but it's important now more than ever to do exactly that!

Developing a positive mindset improves mental wellbeing, so here are a few ways to get started:

### 1. **Reflecting on the things you are grateful for**

Making a conscious effort to consider the positive things in your life - however small they may be - can have a major impact on the way you perceive the world.

Research has shown that taking the time to simply write a daily list of the things

you're grateful for can have a dramatic impact on your level of happiness. This technique is known as 'gratitude journaling'.

A study on gratitude journaling found that those who wrote out a list of things they were grateful for reported higher levels of

happiness and also had less visits to the doctor than those who didn't.

If a pen and paper doesn't do it for you, researchers at the University of California, Berkeley suggest that [Thnx4](#) may do the trick! Thnx4 is an online gratitude journal that encourages you to recognise those things that you *are* grateful for, but that you wouldn't otherwise make a conscious effort to stop and acknowledge. You can even share your journal with others, or just keep it to yourself – whatever works for you!

Alternatively, if you don't like keeping a journal, there are always other ways to express gratitude. For instance, something as simple as writing a 'thank you' note both gives you an opportunity to recognise something positive in your life, while also bringing some positivity into someone else's!

## **2. Embracing our thoughts – the good and the bad**

Having irrational thoughts isn't uncommon. But when we don't deal with them appropriately and effectively, they may lead us into a

pattern of cognitive distortion. The consequence of this is that we may focus on the negative aspects of our lives instead of what we should be focusing on – the positives. A way to make this necessary adjustment is to separate our negative reactions from the initial irrational thought.

Though a subtle one, [research](#) shows that making this important distinction can help in developing productive and healthy behaviours.

Studies demonstrate that individuals who approach situations with this healthier mindset are more likely to succeed in the tasks they undertake.

Remember, negative thoughts are not necessarily always a bad thing. In fact, [research](#) has shown that they can motivate and prepare us for even the worst of outcomes.

## **3. Start your day off right and keep it that way**

There is an undoubtable link between having a positive outlook and experiencing greater success. One way to

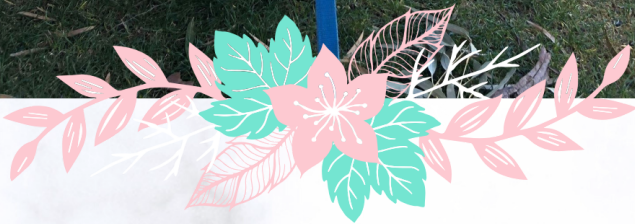
build positive momentum in your everyday life is to start rewarding yourself for your accomplishments, however small they may be. This is known to increase dopamine levels and result in the development of a more positive and motivated mindset.

Another way is to start your day off with the right mindset. This will set the tone for the rest of your day. This is because, as [research](#) suggests, our ability to control our thoughts and emotions is at its peak when we first get up in the morning. As they say, 'wake up every morning with the thought that something wonderful is going to happen'.

For some more positivity, visit **Quarantunes** for some classical tunes, meet our **Furry Friend** of the week, and much more!

***If you have any content requests for the next edition, please contact [wellnessofficer@blackstone.asn.au](mailto:wellnessofficer@blackstone.asn.au)***

# MEET CINO!



Cino loves to go to his local café for attention and treats.

Thanks for sending in a photo of your gorgeous pup, Madi!

*Send us a photo of your furry friend for next week's edition!*

## QUARANTUNES

For this week's **Quarantunes**, we have a classical music playlist in store for you! Classical music has been shown to have positive effects on the mind. So why not give it a listen? Head to Spotify and soothe your soul with some of our top classical tunes!

*If you have a playlist you'd like to share, send it through to [wellnessofficer@blackstone.asn.au](mailto:wellnessofficer@blackstone.asn.au) for next week's newsletter!*

1. **Claude Debussy** – Claire de Lune
2. **Tchaikovsky** – Swan Lake, Act II: No. 10 Scene (Moderato)
3. **Erik Satie** – Gnossienne No 1
4. **Chopin** – Nocturne in E Flat Major (Op. 9 No. 2)
5. **Mozart** – Rondo Alla Turca (Turkish March)
6. **Tchaikovsky** – Dance of the Sugar Plum Fairy
7. **Georges Bizet** – Habanera (Piano Version)
8. **Edvard Grieg** – In the Hall of the Mountain King (Peer Gynt, Op. 23: IV)
9. **Strauss II** – Voices of Spring (Op. 410)
10. **Schubert** – Serenade D. 957

# Cooking Corner

## TROPICAL TURMERIC POPSICLES

1. Place  $\frac{1}{4}$  cup coconut cream and half of the banana into a food processor/high-speed blender
2. Blend until smooth
3. Pour mixture into popsicle tray, approximately quarter way full to make the first layer of the popsicle and set aside
4. Place remaining ingredients into the food processor/high-speed blender and blend until smooth
5. Fill popsicle tray to the top and place into freezer until completely frozen



### Ingredients

- $\frac{3}{4}$  tsp dried turmeric powder
- $\frac{1}{4}$  tsp dried ginger powder
- 1x banana
- $\frac{1}{4}$  cup fresh or frozen pineapple pieces
- 1x passionfruit pulp
- $\frac{1}{2}$  mango or papaya
- $\frac{1}{4}$  cup + 1 tbsp coconut cream

## Riddle me this...

Congratulations to last week's winner, Ylan Pham!

Get in QUICK for your chance to win a \$25 Uber Eats voucher! Email your answer to [wellnessofficer@blackstone.asn.au](mailto:wellnessofficer@blackstone.asn.au)

A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are in the family?

## ADDITIONAL RESOURCES

- Headspace, [Dealing with difficult thoughts](#)
- TEDx Talk, [Getting unstuck out of negatives](#)
- Mayo Clinic, [Understanding positive thinking](#)

 **BLACKSTONE SOCIETY**

 **BLACKSTONE SOCIETY**

**EDITION 1**

**EDITION 2**

**EDITION 3**

