

WELLNESS WEEKLY

13 APRIL, STUDY BREAK

Wellness Tips | Upcoming Events | Win a Prize!

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WELCOME TO WELLNESS WEEKLY!

Hello and welcome to the **very first edition of Wellness Weekly**, your new student wellness newsletter!

Where to begin?! As I'm sure you are aware, we've seen some pretty significant changes in the past few weeks. From a complete shift to online learning to strict self-isolation measures, it's fair to say this is a strange time to be a student. As we watch the outbreak unfold and adjust ourselves to the many disruptions, it is understandable that we may feel a little overwhelmed, worried or anxious.

This is a challenging time for all of us, and it's important now more than ever that we look after ourselves and, of course, each other. To that end, we will be releasing a weekly wellness-directed newsletter filled with quality content to help you cope with the new 'normal'. Make sure to keep up to date weekly for our latest wellness tips!

Finally, today we launched the *Blackstone Emergency Education Grants* scheme. If you have been financially impacted by the outbreak and are in need of assistance to purchase study supplies, visit blackstone.asn.au/beeg to see if we can help lighten the load for you!

UPCOMING ONLINE WELLNESS EVENTS

1. BLACKSTONE ISO-CISE

Get involved to be in the running to **WIN a fitness prize**, such as a PTP Endurance or MicroBand pack!

It's simple! Just follow the steps below for your chance to win:

1. **Post a video while doing an exercise of your choosing**
2. **Add #blackstoneisocise to your post and tag two friends**

Further details TBA this week on Blackstone's Instagram.

2. ROD'S KITCHEN RULES

Feeling lonely in the kitchen and need a cooking companion? Join the master chef himself, Rod, THIS Friday for the very first **Rod's Kitchen Rules!** Zoom link to be posted soon.

Workout of the Week Six-minute Abs!

- High plank (30 seconds)
- Rest (30 seconds)
- Mountain climbers (30 seconds)
- Rest (30 seconds)
- Sit-up twist to left leg (30 seconds)
- Rest (30 seconds)
- Reverse crunch (30 seconds)
- Rest (30 seconds)
- Sit-up twist to right leg (30 seconds)
- Rest (30 seconds)
- Reverse crunch (20 seconds)
- Rest (20 seconds)
- Sit ups (20 seconds)

STRESS MANAGEMENT ACTIVITIES

The following are some basic, proactive steps you can take to manage your wellbeing during this difficult time.

1. Maintain your daily routine

At a time of significant disruption and uncertainty, the various changes to our daily lives may be particularly stressful. It's important to maintain a regular, healthy and balanced routine to combat any stress you may be feeling.

Research suggests that routine is an effective tool for stress management, giving you a sense of order and normality.

Find the routine that best suits you and stick to it. Generally,

this involves getting up, eating, working and sleeping at regular times, while also setting aside the time to take breaks, relax and socialise.

Click [here](#) to get started on creating your routine with a weekly planner.

2. Exercise, exercise, exercise!

This one can't be emphasised enough!

Physical exercise reduces the levels of stress hormones in the body while also stimulating the production of mood-elevating chemicals in our brains. You don't have to go crazy with intense workout routines, but it is important to stay active in some way!

Stuck for ideas? Try out our **Workout of the Week** above and see how you go!

3. Mindfulness

It is important to exercise not only your body, but your brain too!

Practising mindfulness allows you to take a step back from any anxious thoughts, relax and focus on the present.

Whether it be taking on a 30-day yoga challenge or trialling simple breathing exercises, a new 'normal' calls for new ways to stay relaxed and maintain mental wellbeing. In fact,

studies have shown that mindfulness colouring can be effective in reducing anxiety. It focuses the mind on the act of colouring and increases presence in the moment. Give it a try now with the colouring design attached at the end of this newsletter!

4. Stay connected

Does self-isolation have you feeling... well... isolated?

With the strict isolation measures in place, we may feel lonely and isolated from our friends and family - but this doesn't mean we have to be disconnected from one another!

There are many ways to stay in touch thanks to modern technology. Whether it be setting up regular video calls, Zoom-facilitated wine and games nights, or even virtual lunch dates in your own garden, the innovative ways to stay connected are endless.

While phone calls are great, there's nothing quite like seeing the beautiful faces you've been missing - so don't be camera shy!

5. Trying new things

Setting aside the time to do things we enjoy is important now more than ever.

This could be taking up a new hobby, learning an instrument, or even getting artistic with some Bob Ross painting tutorials. With the new season of MasterChef fast-approaching, why not become your own master chef? Check out our **Cooking Corner** below for ideas!

Perhaps we'll see your wonderful creations on the Cooking in the Courtyard Facebook page sometime soon!

Riddle me this...

Be the first to email your answer to wellnessofficer@blackstone.asn.au and win a prize!

A bus driver goes the wrong way on a one-way street. He passes the police, but they don't stop him. Why?

MEET PAX!



Born in 2011, Pax is a Chihuahua x Maltese x Jack Russell with a LOT of energy!

His favourite things to do are going for walks and playing tug of war - he's virtually unbeatable!

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

Cooking Corner

MINI CARROT CAKES

1. Preheat the oven to 170°
2. Beat the egg, brown sugar and pinch of salt together until fully combined
3. Now add the corn oil and stir
4. Pour in the grated carrot and stir to combine
5. Sift the flour, salt, cinnamon and baking soda all together into the bowl
6. Add in dried cranberries, raisins and/or chopped walnuts and stir
7. Pour the mix into mini loaf pans or cupcake cases
8. Bake for 35-40 minutes / until a toothpick you've inserted comes out clean

CREAM CHEESE FROSTING

1. Blend cream cheese
2. Add unsalted butter, blend
3. Add vanilla extract, blend
4. Add pinch of salt, blend
5. Add icing sugar, blend

Just wait for the cakes to cool, then frost and decorate!

- **1x** Egg
- **70ml** Corn oil or rice bran oil
- **100g** Brown sugar
- **150g** Grated carrot (weight after grating)
- **50g** Sultanas, raisins or dried cranberries
- **40g** Chopped walnuts
- **90g** Self-raising flour
- **Pinch** of salt
- **1/4 tsp** Baking soda
- **1/2 tsp** Ground cinnamon

Cream cheese frosting

- **125g** Full fat cream cheese (the non-spreadable kind)
- **25g** Unsalted butter
- **1/2 tsp** Vanilla extract
- **70-130g** Icing sugar
- **Pinch** of salt

QUARANTUNES

Do you have a serious case of self-isolation blues? Are you in need of some relaxing beats to get you through? As they always say, music is the best medicine!

Head to our Spotify playlist 'Quarantunes' to get your fix of some of the best tunes of all time! In the meantime, here's a taster of what's in store for you.

1. **Frankie Valli** - Grease
2. **Elton John** - Philadelphia Freedom
3. **Doobie Brothers** - Listen To The Music
4. **Queen** - I Want To Break Free
5. **Frankie Goes to Hollywood** - Relax
6. **Michael Jackson** - Don't Stop 'Til You Get Enough
7. **Bee Gees** - Stayin' Alive
8. **Creedence Clearwater Revival** - Have You Ever Seen The Rain?
9. **David Bowie** - Modern Love
10. **America** - A Horse With No Name

ADDITIONAL RESOURCES

- [Daily Wellness Checklist](#)
- [Virtual Tour of British Museum](#)
- [Australian Psychological Society's guide for mental health during the pandemic](#)
- [Live Panda Cam at Atlanta Zoo](#)
- [Mental Health Podcasts](#)

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