

WELLNESS WEEKLY

27 APRIL, WEEK 8

Wellness Tips | Upcoming Events | Win a Prize!

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Hello all and welcome to the third edition of **Wellness Weekly!**

We hope you all had a pleasant first week 'back' at uni!

Yep, it's *that* time of semester. We know that getting back into study mode can be challenging even under normal circumstances, and perhaps even more so now. As we make our way through the semester and the work keeps piling up, it's understandable that we may feel a little less motivated than usual. And it doesn't help that procrastinating is made all the more easy by being practically house-bound!

On top of everything else, you may feel overwhelmed with unit content and assignments yet to be completed (or even started, for some #nojudgement). Don't worry – you're not alone!

This week we hope to bring you some useful tips and tricks to get back on track, stay motivated and power through the rest of what has been a very strange semester.

And, of course, we've still got your usual dose of exercise routines, sweet tunes, furry friends and more.

Happy reading!

UPCOMING ONLINE WELLNESS EVENTS

1. BLACKSTONE STRAVA

Join the Blackstone community on Strava for fun challenges and to smash some 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

2. BLACKSTONE ISO-CISE

Thank you to all who sent in their creative push-ups and congratulations to our winners, **Cameron Fahey** and **Ranya Al-Doori!**

If you missed out last week, don't worry – try your luck again with the next round. Make sure to keep up to date with Blackstone's Instagram page for your chance to **WIN a fitness prize!**

3. PILATES

Join us for a live Pilates class this **Saturday, 2 May at 11am!**

Workout of the Week

Lower Half Endurance (7 mins)

- In & out squat pulses (60 seconds)
- Wall squat hold (60 seconds)
- Rest (30 seconds)
- Bicycles (60 seconds)
- Bear crawls (60 seconds)
- Rest (30 seconds)
- Right leg reverse lunge (60 seconds)
- Left leg reverse lunge (60 seconds)

STAYING MOTIVATED

1. Getting ready in the mornings

We all know the saying, "dress for success".

But if we're stuck at home anyway, what's the point?

Well, actually, getting out of your PJs and getting dressed for a day of working could actually do wonders.

The way we dress is directly correlated to our emotional state. The results of [a 2015 study](#) found that subjects who put effort into their work attire performed better cognitively than those who did not.

Getting out of bed, getting changed and ready can shift your mindset and set you

in a productive mood for the day. Staying stuck in your PJs, on the other hand, could set your mood for a day of lower productivity and motivation.

So get up and get dressed, folks!

2. Setting daily micro goals

Have you ever told yourself, "I'm going to get this draft done by Tuesday", but just never managed to do it?

Inevitably, things pop up in life and we may find it difficult to keep up with our weekly list of goals. And it's discouraging when we feel we aren't making any progress.

We may not realise it, but we could be setting ourselves up to

be demotivated when we fail to break big goals down into smaller, more doable tasks.

Instead of aiming to have the entire draft done, set a goal to knock out 400 words per day.

Studies suggest that people work harder if they feel closer to accomplishing their goals. In this way, as we progress and complete the micro tasks we have set, we build momentum.

With every little step we manage to complete, we feel more productive, confident and motivated to achieve our goal.

As the old proverb goes, "*a journey of a thousand miles begins with a single step*".

3. Collaborative learning

Many of us are longing for the days we could gather around a lawby table with friends and do our work all together.

Being around others while they work can be motivating, but being stuck at home doesn't mean you can't achieve this!

The Pomodoro Technique

Perhaps you've already had an attempt at Zoom-facilitated study sessions, but somehow, you often find yourself falling into the trap of socialising a bit too much (oops, guilty!).

If this sounds like you, you and your friends could benefit tremendously from Pomodoro study sessions.

The Pomodoro technique is a powerful time management method. It involves a cycle of 25-minute study sessions, followed by 5-minute breaks.

Get your friends together on Zoom and allocate somebody to be in charge of the Pomodoro timer. Set out how many Pomodoro sessions you would like to do for that day.

During the 25 minutes of study, adhere to a strict rule of silence. When the 5-minute break comes around, use it as an opportunity to chat with each other until the next 25-minute interval commences. This way, you can catch up on your breaks while still benefiting from the motivation of working 'around' your friends during the 25-minute sessions.

Of course, while 25 minutes is the general suggestion, you can set the length of your Pomodoro sessions and breaks to best suit your study group. Perhaps you'd prefer 45 minutes of study followed by 10 minutes of break. Try it out and see what works

for you all!

To ensure you and your friends stick to the allocated time, you can use an online Pomodoro timer. You may also be interested in the Focus Keeper app which, in addition to being a time keeper, allows you to compare your average Pomodoro study sessions on any given day or week.

4. Active participation in online learning

It may seem convenient to have the luxury of rolling out of bed, logging into Zoom and tuning into your tutorials with your camera and microphone turned off.

What you may not know, however, is that you're missing out on a valuable opportunity to feel more motivated.

Studies suggest that one of the main forces contributing to motivation is 'relatedness'.

Many of us miss the experience of coming together in a library or lecture theatre, interacting with each other and learning together. Campus life is one of the biggest motivators for a lot of us. Though online learning doesn't offer us this specific motivator, we can still use it to our advantage.

Research on online learning has demonstrated that students who collaborate, maintain relationships with peers, and therefore feel a sense of connectedness, are more likely to have a positive learning experience.

We can achieve the feeling of connectedness by doing simple things, such as participating in online tutorials (even without webcam!) or posting questions to discussion boards. That way, we aren't just sitting in front of

a screen and watching recordings day in, day out, completely isolated from our community.

Don't contribute to any feelings of isolation you may be harbouring! Take advantage of the easy opportunities before you to feel more connected with classmates, lecturers and tutors, no matter how convenient it may feel not to. Your motivation levels will be better off for it, trust me!

5. It's okay if you're feeling demotivated

Lastly, remember that it is *completely* reasonable that you may be feeling demotivated, or that you are struggling to focus. We're all still adjusting to the new norm. We're new to the challenges that come with isolation, and we're trying to learn how to navigate around them.

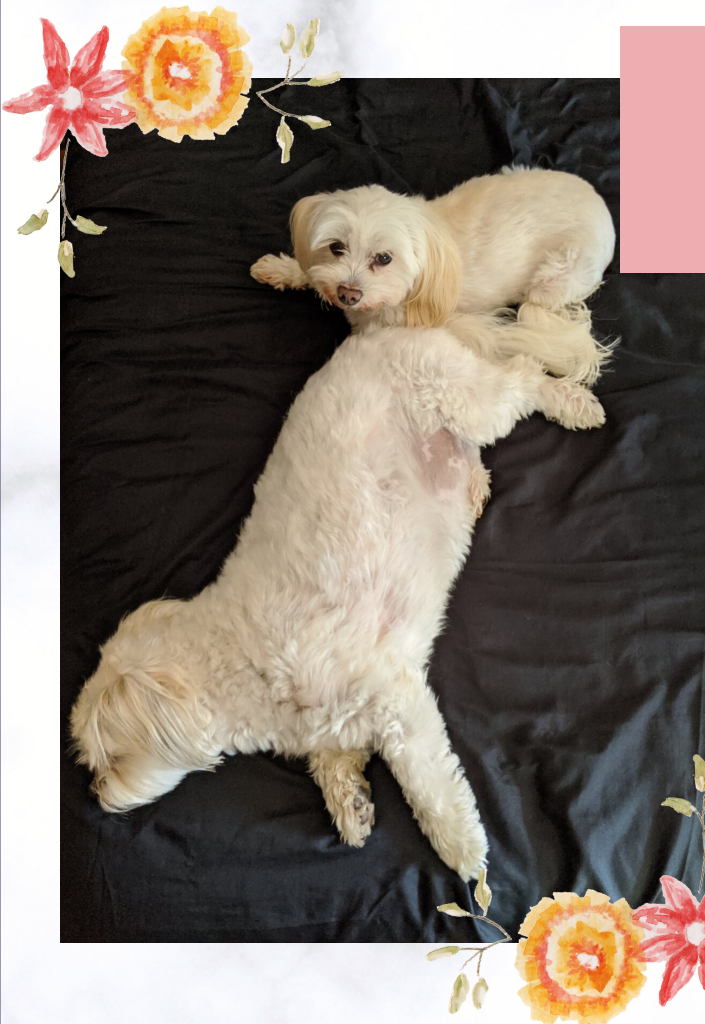
Be kind to yourself. Accept that some days, you may have to modify your schedule and focus only on the most essential tasks you need to complete that day. And that's totally okay! You're allowed to take the rest of the day off.

Remember, if you take the time to care for yourself, your motivation will only be better off for it!

Sit back and listen to some sweet **Quarantunes**. Print out this week's **Mindfulness Colouring** design and give it a shot. Put aside 30 minutes from your day to bake gluten-free chocolate donuts in this week's **Cooking Corner**. The possibilities are endless!

If you have any content requests for the next edition, please contact wellnessofficer@blackstone.asn.au

MEET LADY AND NED!



Lady (**top**) and Ned (**bottom**) love being sassy and begging for attention.

Thanks for sending your gorgeous pups in, Sam!

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

QUARANTUNES

For this week's **Quarantunes**, we have a playlist kindly brought to you by our very own Roshni Kaila!

The list contains some of her favourite songs, both old and new.

Head to Spotify now and have a listen! If you have a playlist that's close to your heart, send it through to wellnessofficer@blackstone.asn.au for inclusion in next week's newsletter!

1. **The Strokes** – Life Is Simple In The Moonlight
2. **Vansire** – Eleven Weeks
3. **The Teskey Brothers** – Me And You
4. **Ella Fitzgerald & Louis Armstrong** – Would You Like To Take A Walk?
5. **The Monkees** – As We Go Along
6. **The Zombies** – This Will Be Our Year
7. **Haim** – Little Of Your Love
8. **Simon & Garfunkel** – Bridge Over Troubled Water
9. **Primal Scream** – Movin' On Up
10. **Charmian Carr** – The Sound of Music

Cooking Corner

CHOCOLATE DONUTS WITH RAW GANACHE

Gluten free - Dairy free - Soy free

1. Pre-heat your oven to 180C
2. Combine all dry ingredients in a mixing bowl
3. In a separate bowl, combine egg, chia seeds, water, maple syrup, vanilla extract and coconut oil and mix well
4. Add the wet ingredients to the dry ingredients and combine
5. If the mixture is already a good cake batter consistency, you may not need all of the milk. Otherwise, slowly add all of the milk and bring to a cake batter
6. Spoon the dough into a six-donut baking tray and bake (12-15 mins)
7. Remove donuts from the donut tray and allow to cool completely

GANACHE

1. Blend all ingredients until smooth
2. Spread on cooled donuts

DECORATE DONUTS WITH CACAO NIBS OR SERVE AS IS!



Ingredients

- Pinch salt
- 1 ¼ cups almond meal
- ½ tsp baking powder
- ½ teaspoon cream of tartar
- ¼ teaspoon baking soda
- ¼ cup cacao powder
- 1 free range egg
- 2 tablespoons chia seeds
- 6 tablespoons water
- 2 tablespoons maple syrup
- ½ teaspoon vanilla extract
- ¼ cup coconut oil
- 1 cup sugar-free rice milk

Ganache

- ½ avocado
- 3 medjool dates
- 1 tablespoon coconut oil
- ¼ cup raw cacao powder
- 1 tablespoon rice milk

Riddle me this...

Congratulations to last week's winner, Tom Coltrona!

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

Brothers and sisters
I have none but this
man's father is my
father's son.
Who is the man?

ADDITIONAL RESOURCES

- Kelly McGonigal's [TED talk on how to make stress your friend](#)
- Ted article, ['I'm incredibly anxious about coronavirus'](#)
- [InsightTimer App](#) for meditation and relaxation
- [The science behind goal-setting](#)
- [Setting SMART goals](#)

