



HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

SEPTEMBER 2020

Noticed someone's here but not really here?

Have you noticed changes in a colleague? Perhaps they seem distracted or like they've got a lot on their mind?

If your gut instinct is telling you something's worrying a workmate, start a conversation to see how they're going.

You could:

- Find a time that is convenient for them to have a chat
- Go for a coffee to get away from the office and other distractions
- Mention specific things that have made you concerned for them: 'You seem less chatty than usual. How are you travelling?'

You don't need to be an expert or have all the answers. Simply listening and not judging them can make a difference

If they're not ok, listen and don't judge them and encourage them to connect with appropriate support.

For more tips to help a workmate, visit ruok.org.au

To find out how McColl's can help colleagues struggling at work, contact your manager or the Employee Assistance Program - D'Accord on 1300 130 130.

Don't worry; they have to respect your friend's privacy.



Why Healthy Heads in Trucks & Sheds?

Healthy Heads in Trucks & Sheds has been created to promote the prevention and understanding of mental health issues in truck drivers, distribution centre and warehouse staff and other road transport industry participants, as well as to support healthier options around diet, exercise and individual well-being.

We're a registered not-for-profit charitable foundation, and we exist for the benefit of the broader supply chain industry. Our board is voluntary and completely independent.

We aim to be the mental health umbrella body for the entire road transport industry. We'll achieve this by facilitating and coordinating the creation of a single national mental health strategy for our constituents, with the participation of smaller operators supported by the larger founding industry corporate partners.

For further information and to become involved with HHTS, please visit www.healthyheads.org.au or info@healthyheads.org.au



COVID UPDATE

As the daily number of COVID-19 cases decrease in Victoria and restrictions begin to ease it is still important that as representatives of McColl's we continue to practice COVID Safe measures and follow government guidelines including social distancing, good hygiene practices and wearing face masks.

Staying Connected

It is also really important that we continue to stay connected with each other in a safe way while these measures are in place. Well done to the Preston's and Mittagong Depots for holding small **R U OK?** Day BBQ/morning tea, while making sure they remained socially distant. A big thank you to Wade Priestley, Alan Marshall and Michelle McKie for organising and assisting with these.



A virtual Town Hall will be held on Thursday 24th September – Keep an eye out for more information!

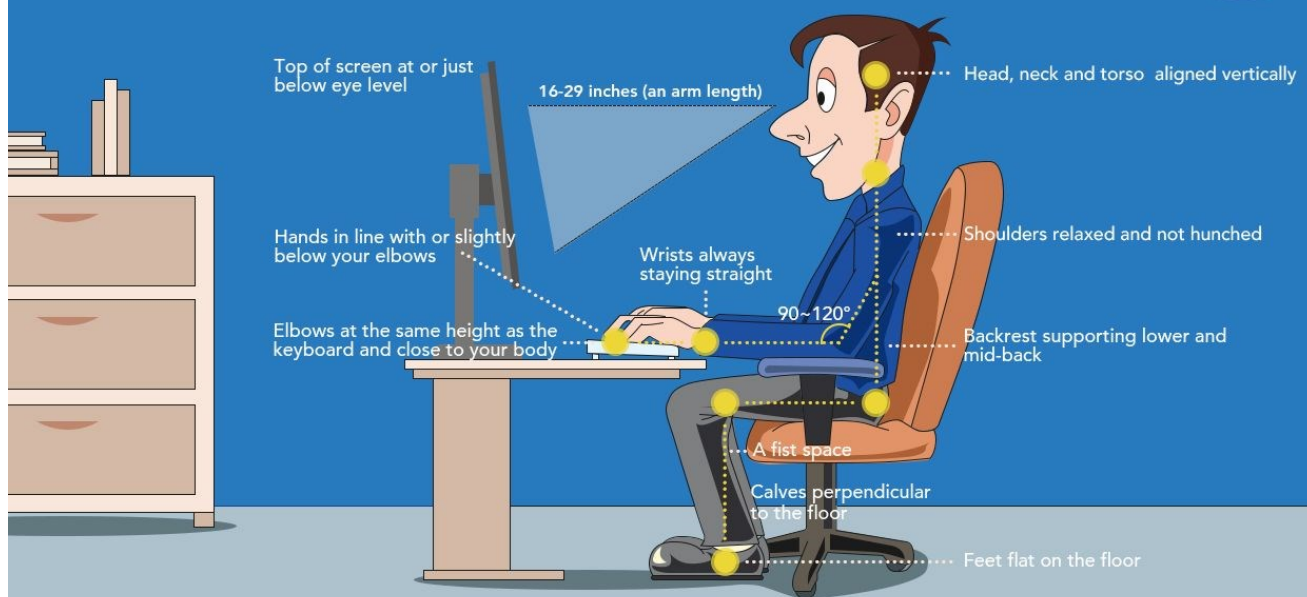
EMPLOYEE WELLNESS SURVEY

Please complete the **Employee Wellness Survey** sent out via text & email to assist us to gather insights on how we can help each other during this time. Please email or call Megan Taylor if you did not receive the survey.

With working from home conditions expected to continue for Victorians, it's a good time to have another look over your workstation setup again.

How to Sit Properly at Your Desk

ERGONOMIC CHECKLIST





Food and your Mood

When you think of improving your mental health, you may not think about changing the food you eat. But there is a strong link between what we eat and how we feel!

We know a poor diet can make you feel sluggish, low and increase symptoms of depression and anxiety. But now we are seeing a healthy diet (with a variety of fruit, veggies, nuts and wholegrains) can actually improve mental health.

How can I eat for a healthier headspace?

Professor Felice Jacka is the Director of the Food and Mood Centre at Deakin University's world-leading, multi-disciplinary research centre that aims to understand the complex ways in which what we eat influences our brain, mood, and mental health.

Here are her tips to eating a healthier diet for your mental health.

- Often we turn to unhealthy snacks when we are stressed. So it's good to develop coping strategies that are not related to food - like exercise or mindfulness.
- We know that some foods are very good for a healthy mind. Make sure your diet includes things like: colourful fruits and vegetables, foods high in fibre (wholegrain cereals and bread, beans, chickpeas, lentils and nuts), fermented foods like unsweetened yogurt, olive oil, and fish (tinned is fine).
- Make small changes that are easy to stick to. Start by swapping an unhealthy afternoon snack for a healthy one, like a piece of fruit.
- You don't have to be perfect, and don't be too hard on yourself. A burger or a chocolate bar are fine every now and then (say, once on the weekend). But it's important to make sure your diet includes a variety of nutritious foods, most of the time!
- Try to avoid too much red meat – a little bit is fine but keep it to 3-4 times per week.

Want to learn more about Food & Mood?

Explore how food, nutrition and brain health are all related in a FREE course from Deakin University on Future Learn.

Access the course at: www.futurelearn.com/courses/food-and-mood

Banana-Berry Oat Bites

Recipe from domestic-me.com

Servings: 20

INGREDIENTS

- 1 ripe banana
- 1 cup milk of choice
- 1 large egg
- 1/3 cup maple syrup
- 1½ teaspoons vanilla extract
- 1 tablespoon coconut oil (in liquid form)
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice
- 2 cups rolled oats
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 cup fresh blueberries (or berries of your choice)

METHOD

- Pre-heat oven to 180 degrees. Spray a mini muffin tin with cooking spray.
- Place the banana in a large bowl and mash well with a fork. Add the milk, egg, maple syrup, vanilla extract, coconut oil, lemon zest and juice, and whisk until smooth and well combined. In a separate bowl, combine the oats, cinnamon, salt and baking powder. Add the dry ingredient to the wet ingredients and whisk to combine. Stir in the blueberries.
- Spoon the mixture into the mini muffin tin. Filling the wells almost to the top.
- Bake for 18-20 minutes until set and the tops of the bites are lightly browned.
- Let the bites cool in the muffin tin for 10 minutes. Serve warm OR carefully transfer them to a wire rack to cool completely and then refrigerate/freeze in an airtight container until you're ready to eat.



EXERCISE FOR WELLBEING

You already know how good exercise is for your physical health. But you might be surprised by how good exercise is for your mental health. Studies show that for treating mild-moderate depression, exercise can be as effective as talking therapy and medication.

If you're waiting for motivation to arrive at your doorstep before you start exercising, you might be waiting a long time. The secret truth of motivation is that it actually comes after you take action – not before. By starting small and experiencing some benefits, you give motivation a chance to turn up and it loves riding on the momentum you're building.

There are many ways that exercise positively influences your mental health:

- Promotes the release of feel-good chemicals in your brain, like endorphins and serotonin.
- It helps you sleep better so you rest fully at night and feel more energised during the day.
- Gives you a sense of accomplishment as your fitness improves and you start achieving your goals.
- Exercise is usually a shared activity with others so you get the added benefits of social connection.

If you're feeling stuck, here are six tips for starting an exercise routine from scratch.

- **Find your reason** – you're more likely to stick with a new behaviour if it's linked to something you really value in life. Ask yourself, "why will exercise make my life better in a meaningful way?" It might be to help you overcome depression and get your life back on track, to gain more energy for your kids or to improve your general health for a longer life.
- **Start small** – and we mean really small. Just add five per cent to what you're currently doing. If you're stuck on the couch, just walking in your street each day is a great start.
- **Make it part of your routine** – the more decisions you have to make about when to exercise, the closer you'll come to deciding not to. Timetable your exercise into your weekly schedule so you aren't relying as much on willpower.
- **Do something you enjoy** – exercise doesn't have to be serious. If you hate running or going to the gym, you're unlikely to keep it up. Find an activity you enjoy (or at least don't dislike) and you're more likely to keep doing it.
- **Set goals and monitor progress** – it's very rewarding to track your progress towards a specific goal. It makes every exercise session feel purposeful.
- **Make a commitment to others** – you're less likely to opt out if you have a friend or team relying on you to be there.

Most importantly, be kind to yourself if you haven't exercised for a while. For many, this can trigger self-critical thoughts that lead to giving up the exercise routine entirely.

Treat each day as a fresh start, and remind yourself that it's human to drop the ball occasionally.

Article from Beyond Blue

Looking for a little motivation to get moving? Join the McColl's team for MyMarathon and work together to see how far we can travel as a team over the month on October and raise funds for the heart foundation. The last time we participated we travelled 1,948km—lets see if we can collectively beat that this year!

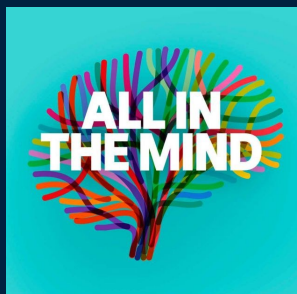


**Join my
MyMarathon
Crew**

MyMarathon is a fitness and fundraising challenge that drives you to run, jog or walk 42.2 kilometres during October, while helping to raise funds for lifesaving heart disease research.

Join our team now. Sign up at mymarathon.com.au/

join/mccollstransport



PODCAST OF THE MONTH

All in The Mind explores all things mental. It's about the brain and behaviour, and the fascinating connections between them.

In each half hour program, presenter Lynne Malcolm covers everything from addiction to artificial intelligence, digging into all the little nuances that make us human.

Meet a McColl's Champion

Name: Steven Wiasak

Job Role: National Infrastructure Manager

Depot: Geelong

Time at McColl's: 8 ½ years

Tell us something interesting about yourself: I got married on a morning in Anaheim, California, then had brunch at an IHOP with my new wife and our families all still in our formal wedding attire and then spent the rest of the day at Disneyland.

What are you currently listening to? The "Stuff you should know" podcast. It's a light-hearted podcast that does a deep dive on a large variety of random topics. My most recent episode listened to was "How pinball works".

Current Favourite HEALTHY MEAL: Roasted vegetables.

Just chop them up, toss them in some olive oil and salt and then bang them in the oven!

Best food hack to keep healthy eating on track: Do your food prep early. You don't need to cook the whole meal but if you have things chopped and ready to cook come dinner time then you're much more likely to actually make your dinner rather than going for an easier (and less healthy) option or take away.

What are some of the things you do to be mentally healthy? Exercising regularly really helps me keep a positive outlook on things. I also try to make sure I get enough sleep each night. I've been using the "SleepWatch" app on iOS to track my sleep and how I feel each day and it has given me some good insights into the impacts that getting less sleep than I really need can have on my mental and physical health. I've also been using the app "Mentemia" to get tips on maintaining good mental health.

What is something you do to de-stress? Going for a walk or doing some exercise. It's hard to recognise that you're feeling stressed sometimes and you can think that you don't have time for a break but a little bit of activity is sure to give your mood a boost and let you refocus.

What motivates you to exercise and eat well? My motivation recently has come from being part of the AIA Vitality rewards program. You're rewarded for keeping active and pursuing health and fitness goals. I've found it useful to give me the push I need to do some exercise on the days where I'm really lacking motivation. You also get points for keeping a food diary which has really highlighted to me the impact that some small choices with our food (such as adding cheese into a chicken and salad wrap) can make on our overall calorie intake.

What is your biggest accomplishment in health and fitness? Completing a half marathon. It was something that I needed to commit myself to in order to ensure that my body would be ready for the event. The hard work and training really paid off in the end when I surprised myself with the time I was able to achieve.

