



# HEALTH & WELLNESS

McColl's Health & Wellness Newsletter

SEPTEMBER 2021

## Mental Health Month at McColl's

Mental health has been a significant topic in the last few years and with ever changing restrictions in this COVID world that reduce the time we get with our loved ones, its especially important we continue to focus on recognizing the signs that you or someone in your world is struggling, and offer support and hope when we can. Below is some information from key mental health awareness campaigns that touch on really tuning into yourself and others.



**MENTAL HEALTH**

### Tune in

Tuning In means being present. It means being aware of what's happening within you, and in the world around you.

- Tune In to your senses – what can you sense right now? What can you feel?
- Tune In to your communities – what's happening that you can be part of, or that you can help others be part of?
- Tune In to stigma – how do attitudes and understandings of mental health and wellbeing impact people's ability to live the lives they want?



Firstly, taking a moment to Tune In can help still and focus your mind, it can help you understand what's going on for you and others.

Secondly, Tuning in can help you find a new perspective, and it can help you reflect and be present. It can help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

Lastly, Tuning In to communities and the impact of mental health stigma can help ensure that people who need support have safe places to talk about their experiences and reach out.

### WHAT ARE THEY SAYING?

- Sounding confused or irrational
- Expressing they can't cope
- Being more critical of themselves
- Sounding like they're trapped or in pain.
- Sharing feelings of loneliness or being a burden to others

### WHAT ARE THEY DOING?

- Lacking motivation or energy
- An inability to switch off
- Changes in sleeping, eating or exercising patterns
- Becoming more or less interested in their appearance
- A lack of interest in things they used to enjoy

### Are they *really* ok?

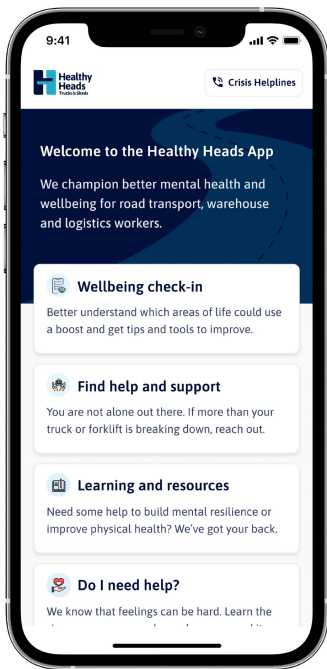
If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're doing or saying - trust that gut instinct and take the time to ask them, "Are you really OK?"

By acting as "eyes and ears" and reaching out to anyone who's going through a tough time, we can show them they're supported and encourage them to access help sooner.



#DRIVINGHEALTH

Megan Taylor, Health & Wellness Coordinator - 0437 600 421



# Download the Healthy Heads App

A wellbeing app made specifically for those who work in the transport, warehousing & logistics industries.

## Features

- Self-check-in quiz to help increase self-awareness
- Access to resources to create greater resilience
- Tools to help better manage day-to-day life
- Access to urgent support services



## Healthy Heads in Trucks & Sheds

Healthy Heads in Trucks & Sheds (HHTS) has developed an app to improve access to mental health and physical wellbeing support for truck drivers, distribution centre and warehouse staff and other road transport industries participants.

The purpose of this app is to ensure that information and tools are readily accessible, anytime, anywhere, by simply having access to a smartphone. With the Healthy Heads App you can track your wellbeing, discover ways to build healthy habits, and work towards making positive changes over time.

The Healthy Heads App is freely available to download today through the Apple app Store (for iPhone) and Google Playstore (for Android).

The Healthy Heads app has been downloaded onto the McColl's truck tablets for easy accessibility for all drivers. Please take the time to explore the app and enjoy the resources available.

Please forward any feedback, positive or otherwise, to [mtaylor@mccolls.com.au](mailto:mtaylor@mccolls.com.au) so it can be passed on to the Healthy Heads team.

**D'Accord**  
occupational assistance services

Our **Employee Assistance Program (EAP)** provides professional and confidential counselling for personal and work related problems. We provide face to face counselling during business hours or crisis telephone counselling 24 hours a day.

1300 130 130



## FAQS

### What can I expect?

Through our EAP, we offer short term professional counselling with an experience psychologist. Appointments need to be made in advance for face to face or telephone counselling.

### Who refers me to your EAP?

On occasion, supervisors may recommend our EAP to you.

### What if my English is not good?

A professional interpreter can be arranged at no cost to you. If you need an interpreter, you will need to notify us at the time of making your appointment.

### What will it cost?

Our EAP counselling is free of charge to you. The service is provided independently by us, D'Accord OAS, and your organization meets the cost of your session. On occasion, your counsellor may suggest that more specialised assistance would be useful. In this instance, you will be referred to an appropriate service.

### Who do I call?

All you have to do is call 1300 130 130 to be connected directly with the D'Accord office.

## EMPLOYEE ASSISTANCE PROGRAM

We can assist you with:



Anxiety and depression



Interpersonal conflict



Career issues



Emotional difficulties



Alcohol, drug or gambling issue



Family/relationship concerns



Personal trauma



Grief and bereavement

### Connect with us

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[@daccordoaseap](https://www.instagram.com/daccordoaseap)  
[D'Accord OAS EAP](https://www.linkedin.com/company/daccord-oas-eap)

Free call  
**1300 130 130**  
Free professional,  
confidential counselling  
and support 24 hours, 7 days

**D'Accord**  
occupational assistance services





# Flexible Dieting - What is it?

“Flexible dieting” is a popular weight loss program that’s based on a sensible theory. It promotes the notion that there are no “bad foods” and allows you to choose any food, as long as it fits within your macronutrient needs.

Flexible dieting has risen in popularity due to its adaptable nature, which allows followers to still indulge in their favorite foods as part of their eating plan.

Flexible dieting is not a diet. It’s more of a lifestyle. It puts the control in the hands of the dieter, meaning there are no meal plans or food restrictions that need to be followed.

When you’re following a flexible diet, your calorie and macronutrient needs are calculated according to how much weight you want to lose. Dieters must determine their total daily energy expenditure (TDEE) and macronutrient needs before beginning the diet. This is most commonly done by using one of the “macro” calculators available on the many websites that promote flexible dieting. After determining their calorie and macronutrient needs, followers of flexible dieting simply track their calorie and macronutrient intake, being sure to stay within their set goals.

There are many ways to do this, though the most popular way is to use one of the many websites or mobile apps available on the market. Most food-tracking apps have endless databases that allow users to look up any food and portion size to determine calories within seconds. Popular apps for tracking calories and macros include MyFitnessPal and My Macros.

## Benefits of Flexible Dieting:

- Easy to follow - once calories are calculated its easy to follow due to there being no complicated recipes or food plans.
- Helps keep weight off long term - flexible dieting takes away the good v bad food mentality and helps develop a healthy relationship with all food.
- Adaptable - flexible dieting works for a range of diets including high carb or high fat diets.

## Possible downsides:

- Limited structure - some people may struggle to hold themselves accountable for their own food choices, flexible dieting does need some element of self control.
- Knowledge - individual needs to have a reasonable level of understanding of nutrition and weight loss goals.
- Tracking - you need to track everything. Every meal and snack needs to be tracked, however after doing this for some time, it becomes easier.

Flexible dieting is a popular and simple weight loss plan that allows foods that fit within your specific daily macronutrient targets.

This way of eating provides dieters freedom in their food choices, which may help keep weight off over time and create a positive and healthy relationship with food.

## Crispy Waffle Hashbrowns

83 calories per waffle

Recipe from: The flexible dieting lifestyle

Serves: 8

### INGREDIENTS

- 2 medium potatoes
- 12g corn flour
- Sea salt
- Garlic powder
- Non stick spray

### METHOD

1. Peel the skin off your potatoes. Then grate and add to a bowl of cold water. Let soak for 15-20 minutes.
2. After the 15-20 minutes, drain your potatoes in a colander to get out most of the water. Then add the rest of your potatoes to a cloth (I just used a regular towel instead of cheese cloth) and squeeze out the rest of the excess water. This is essential to getting these super crispy.
3. Add back to your bowl and add your corn flour, sea salt and garlic powder. Mix together well.
4. Preheat a mini waffle maker and spray with non stick cooking spray. Add 1/8th of your hashbrowns to the waffle maker and cook for about 3ish minutes or until the waffle can stay together on it’s own. This is super important for when you are going to put them in the air fryer. Add to cooling rack once done in waffle maker.
5. Repeat this process for all your hashbrowns. Once you have them all done or when you have enough to fill up your air fryer, add them to the air fryer and air fry on 400 degrees F for 9 minutes. Flip after 5 minutes. Then it’s time to enjoy!



## EXERCISE - BODY PART OF THE MONTH

### Arms - Biceps and Triceps

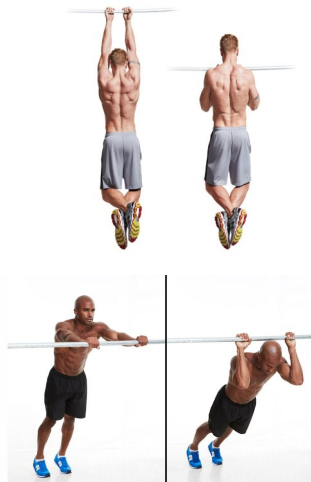
**BODY PART:** Biceps and Triceps

**Why should you train these muscles?** The triceps brachii are the muscles on the **back** of your upper arm & the biceps brachii are the muscles on the **front** of your upper arm. Having bigger, stronger arms can look great and give you more confidence, however there are also practical benefits to having strong arms also. Strong arms boost your daily functional activities—anything that requires upper body effort, from picking up your kids to lifting heavy boxes can be done more easily with stronger arms.

**How to train these muscles:** For the best results on building a bigger and stronger arms (biceps and triceps) make sure you choose exercises from each muscle group. You don't have to train both biceps and triceps on the same day, just get some of each in during your week. Make sure you increase your volume (weight, sets or reps) as often as you can eg: once you can do 10 bench dips with good form, either add in another whole set or take your reps up to 15 (or both!)

#### BODY WEIGHT EXERCISES

- Bench Dips
- Underhand Australian chin up
- Underhand full chin up
- Straight bar dips
- Parallel bar dips
- Diamond push ups
- Triceps bodyweight extension
- Isometric bar hold



#### EXERCISES WITH EQUIPMENT

- Barbell & dumbbell bicep curls
- Hammer curls
- Cable bicep curl
- Barbell Triceps skullcrusher
- Dumbbell French press
- Close grip bench press
- Cable rope tricep push-down
- One arm overhead extension



Practice your hand - eye  
coordination in the September  
challenge!

### SEPTEMBER FITNESS CHALLENGE

How long can you bounce a tennis ball on a  
wall with your hand for?

This one is good for the mind, hand eye co-ordination and a bit of fun! Have a go at the start of the month and then again at the end to try and win the September fitness challenge. Just email your result to [mtaylor@mccolls.com.au](mailto:mtaylor@mccolls.com.au)

## APP OF THE MONTH



Healthy Heads in Trucks and Sheds - This wellbeing app empowers transport, logistics and warehouse workers to become a more powerful version of themselves.

Use your smartphone to perform regular check-ins to increase self-awareness, access resources to create greater resilience for yourself and seek out tips to proactively better your life.

Healthy Head's mission statement is to provide everyone in the transport and logistics industries with what they need to support their mental health and physical wellbeing, and to ensure these needs are recognised as being vital to support a thriving workforce into tomorrow.

## Meet a McColl's Champion

**Name:** Taylah Heinrich

**Job Role:** Spare Parts Controller

**Depot:** Geelong

**Division:** Fleet

**Time at McColl's:** 6 mths

Seizing an opportunity to focus on a lifetime career goal instead of following a traditional study pathway was a big risk taken by Taylah Heinrich, but one that has well and truly paid off.

Six months into a School-Based Traineeship studying a certificate III in business, Taylah has stepped into a big role as the new Spare Parts Controller in the Geelong workshop after proving herself to the Fleet team

"Taylah displays an absolute willingness to give anything a go, even if it is outside the scope of her skillset at the present time and this is why she is exceeding in her role" said Fleet improvement and Data Manager, Cameron Kos. This is all part of Taylah's master plan of one day starting her own Australian transport company, "I'm just trying to add more tools to my toolbox by gaining as much knowledge as I can, so one day start my own transport company" said Taylah, "I have a real passion for the industry as I been around transport since I was a kid, my dad was a truck driver and my mum worked in freight forwarding"

Not one to take the easy road, Taylah loves the challenge of the job "it's never simple! There is always a challenge being thrown at me, pushing me to see what I can achieve" which may be one of many reasons she has recently been awarded Victorian Group Training employee of the month for August. One of these challenges has seen Taylah working at both Geelong and Altona, helping with new systems, investigating where things are not working and finding solutions or alternatives.

When she is not at work, Taylah spends much of her time with her 3 dogs at the beach or drawing, and credits this as a way to help her de-stress and express herself "if I'm having a bad day, I get all my emotions out through drawing, I love drawing – snakes, quirky things or anything from my imagination!"

With her welcoming smile and energetic personality fitting in perfectly with the young, vibrant workshop at the Geelong depot along with her drive and attention to detail, Taylah has a bright future ahead of her in the transport industry.



### Contact Us

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