

Health & Safety Monthly Update

April 2021



Welcome to this month's edition of the Health & Safety Monthly Update.

This is to inform you of the current Health and Safety issues we are all challenged with and also contains some information to ensure we are all fulfilling our duties of looking after our people.

COVID-19: Alert Level 1

The virus is currently contained in New Zealand, but the worldwide pandemic is not over. Please continue to use the Unitec contact tracing app to scan in when you come to campus and continue to follow good hygiene practices. Remember to stay home if unwell and please continue to bring home your laptop and other essential items each night.



WHAT'S FOR DINNER TONIGHT?



Beginner cooking class

All students welcome!

Enjoy cooking and eating an easy, delicious meal

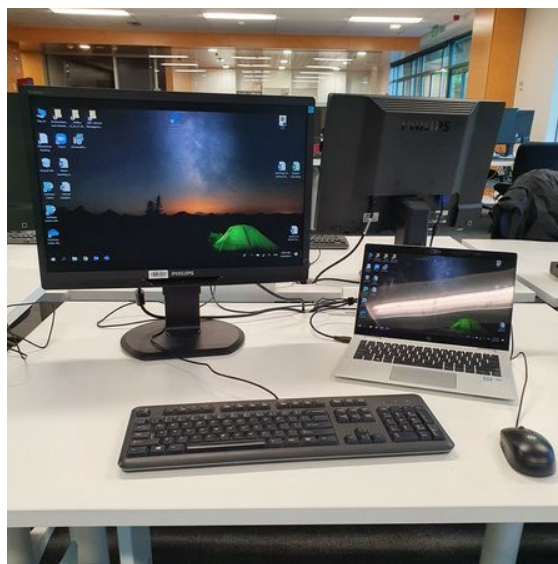
Thursday May 20, 2.30-4pm

Te Noho Kotahitanga Marae kitchen

Email: connect@unitec.ac.nz today to book

Safety Heroes of the Month - Infrastructure and IT Teams

April's Safety Heroes of the Month goes to the Infrastructure Operations and IT teams for their incredibly swift setup of temporary office space in B172 for displaced staff due to the closure of B111-115. Both teams took immediate action to set up approximately 55 desks with work stations, monitors, and other IT requirements.



How do I access EAP Services?

To request a confidential in-person phone, video or e-counselling appointment phone or visit the website:

NZ 0800 327 669 |
eapservices.co.nz

Coping with Change - From EAP Services

The one constant in life is change. That doesn't mean we ever get used to it or fully embrace it, though. Here are eleven tips for coping with big changes in your life and coming out a better person for it.

1. Acknowledge that things are changing.

Sometimes we get so caught up in fighting change that we put off actually dealing with it. Denial is a powerful force, and it protects us in many ways. However, stepping outside of it and saying to yourself, "Things are changing, and it is okay" can be less stressful than putting it off.

2. Realize that even good change can cause stress.

Sometimes when people go through a positive life change, such as graduating or having a baby, they still feel a great deal of stress—or even dread. Keep in mind that positive change can create stress just like not-so-positive change.

3. Keep up your regular schedule as much as possible.

The more change that is happening, the more important it is to stick to your regular schedule—as much as possible. Having some things that stay the same, like walking the dog every morning at 8 am, gives us an *anchor*. An anchor is a reminder that some things are still the same, and it gives your brain a little bit of a rest.

4. Try to eat as healthily as possible.

When change happens, a lot of us tend to reach for carbs—bread, muffins, cake, etc. This may be because eating carbs boosts serotonin—a brain chemical that may be somewhat depleted when you undergo change (stress). It's okay to soothe yourself with comfort foods—in moderation. One way to track what you are eating is to write it down.

5. Exercise.

Keeping up regular exercise could be a part of the "keep up your regular schedule" tip. If exercise is not currently part of your routine, try adding it. Exercising two to three times a week has been found to significantly decrease symptoms of depression. Even just walking around the block can help you feel better. You don't have to feel like getting some exercise; just get out there and move.

6. Seek support.

No one gets through life alone. It is okay to ask for help; that's a sign that you know yourself well enough to realize you need some assistance. Think of your trusted friends or family members. Chances are that they are happy to help if you need them to watch your kids while you run some errands, or if you just need some alone time.

7. Write down the positives that have come from this change.

Maybe due to this change in your life you have met new people. Maybe the change helped you prioritize what is most important in your life. Change presents us with the opportunity to grow, and it's important to acknowledge how things have become better as a result.

8. Get proactive.

Being proactive means taking charge and working preventatively. This means you figure out what steps you need to take before something happens. Being *reactive* means you wait until something has happened and then you take action.

9. Vent, but to a point.

Having a support group to whom you can vent can be helpful—to a point. If you and your support group are solely venting, that feeling of frustration can be contagious. Try gearing the conversation toward action: What can you do to make things better?

10. Back away from social media.

When you go through change, you may gravitate toward social media—maybe posting to your friends on Facebook what is going on in your life. First, make sure you are in a calm state when you post—and keep in mind that whatever you post never really disappears.

11. Give yourself a break.

In a time of change, you may feel a little out of control. Remember that you are allowed to do less than what is humanly possible. Nothing says you have to function at 100% all the time. People make mistakes—it's one of the great things about being human. It's learning from the mistakes that really counts.