

**Issue #19**

Safe Work Month

October is National Safe Work Month, and SafeWork SA is hosting a variety of events, webinars, and activities to promote workplace health and safety. This year's activities include interactive mock trials, incident investigations, and webinars on preventing musculoskeletal disorders and managing psychosocial risks. These events and webinars provide valuable insights and practical advice on maintaining safe work environments. Everyone is encouraged to participate in these sessions to enhance your safety knowledge and contribute to a safer workplace.

For more information and to register, visit [SafeWork's National SafeWork Month page](#).

HSR Elections

The HSW team invites [Health and Safety Representative](#) nominations in DUO, ABLE, FHMS & Roseworthy. Embrace this voluntary role to uplift workplace safety and represent your workgroup in key discussions. Put your name forward confidentially [via the online form](#) by Friday the 15th October.

Note that you must belong to the workgroup you are nominating as HSR for.

Live virtual Q&A Osher Gunsberg Mental Health

Advocate – Let's talk about it

Wednesday 9th October 12pm-1pm AEDT

Osher is one of Australia's most recognisable media personalities and has been a guest in the living rooms of Australian's for nearly two decades. He is also a published author, and in his memoir, *Back, After the Break*, he opens up about his battles with psychosis, alcoholism, and suicidal ideation, also revealing he had been living with depression for many years, as well as social anxiety disorder and obsessive-compulsive disorder. Osher is a keen advocate for mental health awareness and shining a light on Men's Mental Health, being the co-creator and host of Movember Radio for the Movember Foundation, as well as a director of the board of SANE Australia.

Osher returns to have an open and honest discussion about how we can all be better allies to those facing into mental health challenges, the practical ways in which we can manage our mental health in the real world and to answer your questions.

Don't miss out on this live virtual event!

Register here now - bupaevents.tv

The Right to Disconnect: What You Need to Know

As of August 2024, new legislation grants employees of non-small business employers the "right to disconnect" outside of work hours. This means you're no longer required to monitor, read, or respond to work-related messages after hours, unless it's deemed unreasonable to refuse.

[Read more](#)

The key to work-life integration seminar/ Achieving a healthy

balance at work and home (1hour)

Thursday 24 Oct at 12noon (Adelaide time)

This is a comprehensive 1-hour seminar designed to assist participants with identifying the components of a healthy work-life integration. It will also incorporate components such as setting goals, optimistic thinking and time management with the aim to assist participants both personally and professionally.

Keep an eye on the [wellbeing webpage](#) - the booking link will appear here the soon.

Beyond Resilience (1hour)

Tuesday 29 October at 12noon (Adelaide time)

This upbeat session builds upon key learning outcomes from previous stress and resilience workshops and answers the question “how can I progress my resilience further?”

The session distils teachings from the field of positive psychology into what helps people to bounce back and thrive during and after challenging situations. We also provide tools for building adaptive mindsets and for turning stressful situations into “positive stress challenges” that promote optimism and self-efficacy. Based on research into the field of saluto-genesis, we also consider some practical ways to convert challenging experiences into opportunities and to find purpose and growth out of these challenges.

Keep an eye on the [wellbeing webpage](#) - the booking link will appear here the soon.

Free Resilience Webinar for Students and Staff

Student Life has partnered with [The Resilience Project](#) to offer a free digital webinar for both students and staff. This interactive presentation explores the three key principles of resilience – Gratitude, Empathy, and Mindfulness – and aims to inspire individuals to support their own

wellbeing. The 50-minute presentation will be available with unlimited access throughout October.

World Mental Health Day Yoga Event

Join us on *World Mental Health Day* for a university-wide staff yoga event on the Barr Smith Lawns from 9am to 10am, followed by free coffee from a coffee cart!

Staff can register for this event here: [World Mental Health Day Yoga Flow and Coffee | Humanitix](#).

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