

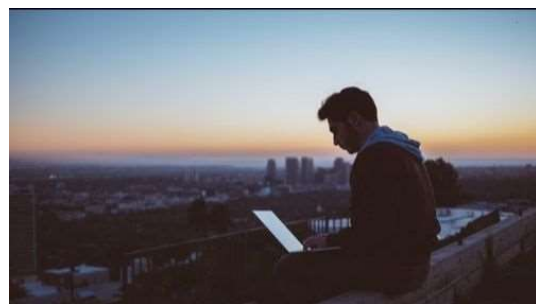


SwingShift Nurses Notes



Thank you to our healthworkers

While many Australians stay home to help stop the spread of coronavirus (COVID-19), our hard-working nurses, doctors, hospital cleaners, administrators and others continue their vitally important duties, protecting and improving the health and wellbeing of people in their communities. The Victorian Government has just announced a massive expansion of coronavirus testing, with plans to test up to 100,000 citizens over the next two weeks. This will help inform



Keep your details up-to-date

SwingShift Nurses has experienced a quiet time in the past few weeks, however this will not last much longer and we anticipate strong demand for our services shortly. Please make sure your availability details are up-to-date as well as your personal information including the training courses you have completed, police check currency and your identification badge details. Call the SwingShift Nurses office on 03 9481

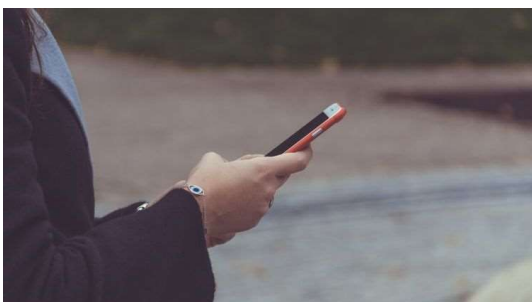
decisions about slowly lifting restrictions ahead of the State of Emergency being reviewed on 11 May. We all look forward to the possibility of some restrictions being lifted soon — in the meantime, please follow the government's social distancing rules and stay safe.



Getting a good night's sleep

Sleep quality and quantity is just as important as a healthy diet and exercise to your overall health and wellbeing. Stress and worry can impair sleep and many of us are feeling heightened anxiety as a result of the coronavirus pandemic and the impact it has had on our lives and those of our loved ones. Importantly, sleep helps fight infection as it plays a role in regulating our immune cells. People who are sleep deprived have an increased risk of contracting a virus when exposed to it. If worrying about coronavirus is keeping you awake there are things you can do to improve your sleep. These include:

- limiting your exposure to media coverage of the virus
- make time to unwind — especially prior to going to bed
- connect with family and friends regularly
- take care of your mind — which may include meditation
- keep a regular sleep/wake routine.



SwingShift app update

7222 if you require assistance updating your details.



Staying connected

Social distancing as a result of COVID-19 does not mean social isolation. It's important for your mental health and overall wellbeing that you stay in touch with family and friends. Here are some tips to remain connected when you're social distancing or in quarantine:

- use technology to stay in touch — if you have a smartphone use the video capabilities as seeing someone's face and their expressions enhances the overall communication experience check-in with your friends, family and neighbours regularly
- assist people in your life who may be vulnerable — for example, those with no access to the internet or who cannot easily use the internet to shop online
- support others in your community — showing kindness not only helps them but can also increase your sense of purpose, improving your own wellbeing.



Anzac Day with a difference

Our developers have been working hard on the latest upgrade to the SwingShift app and this will be available soon. The upgrade includes a confirmation notification when your timesheets have been received. If you have not done so, download the SwingShift app from the Apple or Google Play store and contact our office for your log in details. We are using the app to send out shift notifications and it is the most efficient way to manage your availability.

Anzac Day is the day Australians come together in remembrance. Dawn services are usually held throughout the country to mark the landing of Australian and New Zealand troops at Gallipoli during World War I. This year social distancing measures meant we had to come together in spirit instead of in person. It was great to see so many people — including many members of the SwingShift family — making an effort to keep the Anzac spirit alive by honouring our veterans and current service members with dawn vigils from the safety of their homes.



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