



## SwingShift Nurses Notes



### Spring is in the air

It might feel like it has been a long and cold winter, but do not despair — blue skies and warmer days really are on the way! You don't need to watch the calendar to count down the days until spring as nature provides little hints that the seasons are changing. For example, the days are growing longer, flowers are already blooming and birds are nesting.



### Exciting placement opportunities

Over the past month we have had some exciting placement opportunities ranging from aged care to correctional facilities. If you haven't done so yet, make sure you download the SwingShift Nurses app to keep your availability updated so we know to contact you for work.

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### Mental health and wellbeing

Just as we are taking physical precautions in relation to the coronavirus pandemic — such as practicing good hand hygiene and social distancing — there are things we can do to benefit our mental health and wellbeing during this time. These include:

- Focus on strengths — having positive thoughts can help you feel better.
- Take timeout — when you relax you give yourself permission to let go of your worries for a while. Relaxing gives your mind and body time to recover from daily stresses.
- Sleep well — we cannot function properly without sleep. Sleep helps us to repair and restore our body and mind.
- Keep active — your physical health plays a key role in keeping you mentally healthier. Being physically active can improve your mood and reduce stress.
- Eat well — nutrition and eating well can make a difference to the way you feel and in turn may improve your mental health.



### Mandatory training

SwingShift Nurses recently updated our mandatory training requirements to include



### Stage 4 lockdown

Melbourne is four weeks into the Stage 4 restrictions imposed by the state government to help contain the spread of coronavirus. While the daily case numbers have been dropping it is still unknown if Stage 4 restrictions will be extended beyond 13 September. Here are some suggestions for things to do during lockdown:

- Visit a museum or art gallery — take a virtual trip to the [Louvre](#) or head to the [Art Gallery of NSW's](#) 'Together in Art' page and learn how to draw a face with [Ben Quilty](#) and his daughter or take in the [Tiny Wonders](#) film festival; or maybe head to the [British Museum](#).
- Keep learning — there are thousands of great resources online in all possible fields to keep our brains busy.
- Declutter and donate — being stuck at home gives us the time and (perhaps) the motivation to review our belongings and declutter. Take the time to identify things you rarely use (or never use at all) and create some space.
- Unleash creativity — get a new hobby. Have you always wanted to learn a musical instrument or take up an artistic endeavour? Now is the time!



### Walk for mental health

This year Mental Health Foundation Australia (MHFA) is presenting its National Mental Health

personal protective equipment (PPE) training. All mandatory training modules listed below must be completed every year to ensure we can continue to provide you with work

- drug calculations
- fire and emergency procedures
- infection control
- aseptic technique
- manual handling
- basic life support
- challenging behaviour
- falls prevention
- personal protective equipment (new).

To access mandatory training visit <http://www.turrellmm.com> and please contact our staff if you have any queries.

Month awareness campaign in a bigger and better way. The theme for the October 2020 campaign is 'Mental Health Matters'. One of MHFA's most popular events is the National Walk for Mental Health staged in Melbourne. In 2020 you can participate in this event physically (depending on coronavirus restrictions) or virtually. We invite you to join members of the SwingShift Nurses team on the National Walk for Mental Health on October 18 from 10:30am – 12:00pm AEST. [Register](#) now.



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