



## SwingShift Nurses Notes



### COVID-19 update

There was great joy for Melbourne residents on 28 October when coronavirus restrictions were eased. Under the 'Third Step', Melbourne has moved from 'stay home' to 'stay safe' with no more restrictions on the reasons to leave home. Melbourne's cafes, restaurants and pubs have reopened with density limits, record keeping and COVID safe plans mandatory. Venues can host a maximum of 50 people outdoors and 20 indoors. There will be even more reasons to celebrate

#MentalHealthMatters

### Mental health month

National Mental Health Month is celebrated each year in October. An initiative of Mental Health Foundation Australia (MHFA), it is a time to think about our own mental health and wellbeing and that of others. MHFA seeks to educate Australians on the importance of good mental health in our everyday lives. It also works to reduce stigma, facilitate positive non-judgemental discussion on the topic of mental health and encourages people to seek help when needed.

from midnight on 8 November when the 25-kilometre travel limit is removed along with the 'ring of steel' separating metropolitan Melbourne from regional Victoria. While restrictions have eased, the 'work from home' mandate still applies as does compulsory mask wearing. Please continue to stay safe by practising good hygiene and social distancing and if you have any symptoms get tested.



### **Exercise improves mental health**

You already know that exercise is good for your physical health, but did you know it can also help you deal with depression, anxiety and stress? Exercise releases chemicals like endorphins and serotonin that improves your mood. It also improves memory, gives you more energy throughout the day and helps you sleep better at night. You don't have to be a fitness fanatic to reap the benefits and research shows that modest amounts of exercise can make a real difference. Australian guidelines recommend adults undertake at least 30 minutes of moderate to intensive physical activity on most or all days of the week. No matter your age or fitness level, you can learn to use exercise as a powerful tool to enhance your mental health, improve your energy and outlook, and generally get more out of life.



### **App upgrades**

The SwingShift Nurses app has recently been

For more information please visit the Mental Health Foundation Australia website: <https://mhfa.org.au/>



### **SwingShift training modules**

SwingShift Nurses supports the professional development of our nurses by offering a wide range of courses and training modules designed to meet clinical updates and ongoing Continuing Professional Education (CPE) requirements. Due to COVID-19 we have not been able to run our annual aggression minimisation and CPR training courses. Now that restrictions are easing, we plan to stage these training courses in the near future. To express your interest please contact [recruitment@swingshift.com.au](mailto:recruitment@swingshift.com.au)



### **Celebrating Halloween**

Over the past two decades *Halloween* has

upgraded addressing log in issues that some users were experiencing. We encourage you to download the latest version of the app and keep your availability and other important information up-to-date. If you have any issues using the SwingShift Nurses app please contact our friendly staff on 9481 7222.

become increasingly *popular* in *Australia*. Celebrated on 31 October, *Halloween traces its origins* to the ancient Celtic festival of Samhain when people would light bonfires and wear costumes to ward off ghosts, ghouls and spirits. Halloween will *look* a little different this year thanks to COVID-19. Trick or treating is definitely off the table, however you can still dress up, eat lollies and watch scary movies at home.



---

Connect with SwingShift Nurses: T: 03 9481 7222 E: [recruitment@swingshift.com.au](mailto:recruitment@swingshift.com.au)  
W: [swingshift.com.au](http://swingshift.com.au) Copyright © SwingShift Nurses 2019. All Rights Reserved

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list.

**nurses**