

Franklin Women

February 2017 Newsletter

Unknowingly a very important theme has emerged in this month's newsletter – mental and physical wellbeing. Ironically, we're brought together because of our passion for improving the health of others, but often we drop the ball when it comes to taking care of our own health. You don't need me to point out how careers in this sector can be all-consuming, and that's before you start factoring in your personal commitments. In this newsletter, women's and workplace health expert Dr Linda Friedland shares her top five tips for taking care of your health when you have many competing priorities. Linda is the guest speaker at our [breakfast event](#) in March, so join us to hear more on practical strategies you can put in place to change the way you approach work and play from now on...

Our other newsletter contributors are all about physical activity. We profile the career of Sheree Bekker, PhD student in injury prevention and safety promotion in sport, and hear from The Heart Foundation on their Gear Up Girl bike riding campaign to combat heart disease in women – and they are giving FW members a registration discount!

Happy reading (and riding!).

Melina and FW Team

PS. If 20km bike rides aren't your idea of taking time out, [Amy](#) has pulled together a list of movies we are loving right now (you can do some sit ups while you watch them ☺)



What happened this month

- Nominations and applications are open for [Australian Academy of Science](#) 2018 awards, scholarships and research funding opportunities.
 - The [2016 Performance Review](#) of the Australian Innovation, Science and Research System 2016 was released.
 - Applications opened for the [L'Oreal-UNESCO For Women in Science Fellowships](#).
 - Entries opened for the [2017 Australian Museum Eureka Prizes](#), rewarding and celebrating excellence in Australian Science.
 - A new [Franklin Women career blog post](#) is up, featuring Lorraine Chantrill's journey from medical oncologist to translational researcher.
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Career Profile

Meet [Sheree Bekker](#), an international PhD researcher at the [Australian Collaboration for Research into Injury in Sport and its Prevention](#) (ACRISP), Federation University Australia. She is a social media editor at [BMJ Injury Prevention](#), student representative for the [Australian Injury Prevention Network](#), and has her own [blog](#).



What is your training in the health or medical science field? My background is in human movement science, and I have moved into the public health area of injury prevention through my PhD research. I have found myself drawn towards the social sciences aspect of injury prevention, and public and global health more broadly. My PhD research focuses on complexity theory and qualitative research methods.

How did you get to be a PhD researcher at ACRISP? Via Twitter, as you do! I came across this PhD scholarship via a tweet

whilst I was still living in South Africa, and applied on a whim. I had never been to Australia, but the opportunity was too good to pass up. I moved to Ballarat sight unseen...and have never looked back.

What is one of your favourite projects you are currently working on? Of course my PhD work is my favourite current project – yes even as I prepare to submit! My study looked at the complexity of injury prevention and safety promotion in sports settings. More specifically, at the complexity of knowledge translation processes that occur between research and its use in policy/practice.

What are some of the major ‘outputs’ from your work? A paper based on my PhD research, [Too Much Information](#), which I blogged about [here](#). This paper collated all the sports injury prevention and safety promotion resources available from key organisations in Australia, and found there are over 284 different resources available. This proliferation of such resources is problematic because, for community sports clubs, it is never simply an *either-or* choice between *using or not using* a set of guidelines for a single problem (such as concussion). Rather, the problem lies in making the choice of which guidelines to choose and use over a plethora of other guidelines – which exist both for the same problem and also other problems that can arise in a complex sporting setting. Furthermore, people need to integrate these with what they *already know and do* in that setting for that particular problem, and the myriad of other risks they seek to mitigate every day.

How do you think your work contributes to the field and/or the overall health of the community? Sport and physical activity are vital to health and wellbeing. However, sports injuries and other forms of psychological and material harm that occur in sports settings are

a significant public health burden. The prevention of injuries and promotion of safety in sports settings is therefore vital to reducing this burden, and, in turn, raising the health and wellbeing of our communities.

Who do you collaborate with and how did those work relationships come about? Most of my connections have been forged via social media. Being open about my research, interests and expertise on social media and by blogging has opened up working relationships with people all over the world. Who I collaborate with is always based on personal connection, and professional strategy.

Do you have any side interests or passions that you are looking to develop? I have long had an interest in feminist issues. I often reflect that this is because I grew up in Botswana, and am South African, where structural inequality is a large and recognised part of the social fabric, and where conversations around these issues are nuanced and ongoing. The complexity of 'wicked' social problems, and how these intersect, is of deep interest to me. Like many, recent developments in the global political landscape have only strengthened my resolve to do work that is meaningful in this world. For me, this currently means engaging more in the conversation around diversity, particularly within research. I see this as dovetailing perfectly with the principles of my work in injury prevention, and public and global health more widely. There is a bigger picture here.

I also adore the arts, particularly poetry. I would love to see more engagement between the arts and health research. We can live longer, but we need to live well too.

What food have you eaten too much of in your life? Biltong! A dried, cured meat delicacy popular in South Africa that, like vegemite, is an acquired taste!



Upcoming FW Event

Our first event of the year is coming up in March! [Dr Linda Friedland](#) will join us for a [breakfast](#) dedicated to the magical concept of work-life balance. As a teaser, Linda shares her top five tips for taking care of yourself, while also trying to achieve 'it all'.

In reality 'having it all', as we have come to know it, is utterly exhausting. As women we pride ourselves on our marvellous multitasking capacity: to build a thriving career, raise a family, stay fit, maintain relationships and stay on top of it all. What takes a real beating in doing it all is our own mental and physical wellbeing. Here are five top tips to do it differently:

1. Forget about balance: The reason we feel so frustrated much of the time is that the balance we are pursuing just doesn't exist. Work-life balance means that work and life (outside of work) each have equal measure, yet most of life is filled with hard work. Be super-disciplined in establishing strong and effective boundaries and sufficient recovery time. Think more of work-life integration than balance.

2. No awards for being super-human: Working hard is essential, but the need to



persistently prove yourself and go beyond the call of duty is not. These common characteristics of successful women are both unnecessary and the classic cause of much of the burnout and breakdown experienced. When you leave work...*leave work!* Although it is much easier said than done, know when to stop. Your time outside of the laboratory or hospital should be spent on you and the people you care about. And don't hesitate in asking for help!

3. Pump up the adrenalin and then switch it off: There is no better way to recharge your energy than by temporarily pumping up adrenalin levels. Use your lunch break to get to the gym, go for a run or if that's not possible take a brisk walk out of the office. The work out and then the post-exercise adrenalin switch-off facilitates energy recovery and renewal before you get back to your desk.

4. Not everything is URGENT!: In reality, very little is urgent, yet we tackle every task at work and at home with an urgency and hurry. In prioritising your day, become aware of what is essential, what is important and what is minor. Only the tasks that are time dependent require a greater intensity. And most of the time, they are not urgent!

5. Recharge your battery frequently: In 'having it all' neither work nor family is generally sacrificed, but rather your own self. Ensure you structure some time for yourself to defuse your stress and to recharge your energy, such as a regular massage. It's not how long you take off that matters most, but how skilfully you use these very short periods of renewal. Learning to practice mindfulness and meditation are very effective ways to defuse stress, strengthen neural connections, oxygenate the brain and enhance powerful brain neurotransmitters.

Although it often seems impossible, with discipline and planning you can achieve peace of mind and work-life integration!

Linda is a medical doctor with 20 years clinical experience. Her career now focuses on corporate health consulting, developing and implementing health, lifestyle and illness prevention programs for healthcare, corporate and financial institutions.

Gear Up Girl community bike ride

Physical inactivity is a major risk for heart disease with 60% of Australian women and girls not being sufficiently active for health. If you're looking for some motivation to get stuck back into your fitness routine post-holiday season, registering for Gear up Girl is an ideal opportunity to get on your bikes and get active!



Did you know heart disease is the number 1 killer of Australian women: it claims 24 female lives every day and kills 3 times more women than breast cancer? Did you also know that just 30 minutes of physical activity, such as bike riding, each day can reduce someone's risk of heart disease by as much as 30–50%, yet only 26% of riders in NSW are women?

[Gear up Girl](#) is taking place on Sunday 12 March 2017 and we would love for you all to get involved! It's a Bicycle NSW initiative and the Heart Foundation is the fortunate charity beneficiary. There are three ride options, for beginners through to experienced riders: the 20km Beach Ride, 40km Classic Ride or the 60km Coast Ride.

Through taking part in the ride, you'll not only discover the joy and freedom of cycling but each one of you will help us raise awareness of heart disease and the importance of being physically active. Cycling is a great way to socialise and look after your heart, so there's no better excuse to grab a bunch of girlfriends, or your mum, aunty, sisters, go get on your bike and have a fun day out! There's still time to get involved and [fundraise for the Heart Foundation!](#)

The event organisers are offering Franklin Women members and friends a 20% discount on registrations, using the code HFGUG20, and don't forget that kids ride FREE! So there really is no better time to get riding!

We are loving right now...

Movies!! We love February because film awards season provides the perfect reprieve from grant writing. The fashion is a top highlight ([Lily Collins](#) and [Janelle Monae](#) have been killing it!), and here are some of our top film recommendations...

- [Hidden Figures](#) is an inspiring, though at times heartbreaking, story of three women in STEM. You can also look forward to the upcoming [Immortal Life of Henrietta Lacks](#), telling the story of the woman behind the HeLa immortal cell line.
 - Nothing beats a good old-fashioned musical! Some of our all-time favourites are [Singin' in the Rain](#), [Funny Face](#) and newcomer [La La Land](#) (perfection!)
 - [Rams](#), because it's weird and wonderful, silly and sad, and Iceland is stunning.
 - Did you know Natalie Portman is a Harvard graduate and [published researcher](#) in psychology? Besides [Jackie](#) (of course), Natalie has been in a list of other [top films](#).
 - Finally, we love this list of the most [adorable animals](#) in movie history!
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We want to include your contributions in our newsletter. If you are doing something, or know about something, that you think other women in our field would be interested in, drop us a [line](#). We are all about sharing,

promoting and collaborating between women in our field. Don't be shy, it might bring about a great opportunity!
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