



WELLBEING  
WEEK

OCTOBER 14-18  
PROGRAM OF EVENTS

## PROGRAM

# Welcome to Wellbeing Week 2024!

As part of Mental Health Month, we invite you to enjoy this dynamic program of talks, events, activities and wellbeing practice sessions.

We are bringing together a series of talks from WSU's groundbreaking researchers and professional staff in key initiatives in wellbeing - from the study of spiritual practice for health, to the power of music to transform wellbeing, the value of physical exercise, and how volunteering is good for your own health!

Plus, we have a program of daily live events across campuses. Join a social walk, learn Indigenous weaving, try out active voice yoga, and send a wellbeing wish!

All seminars are online and will be recorded, and all events are on Western Life.

Use the QR code to register!

See below for more detailed program and speaker bios

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Team

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MONDAY 14TH

## CONNECTION through an Indigenous Lens

9.00AM

WORKSHOP

### Mindfulness Session

with Daniel Jantos and Cristina Pastore

10AM

ONLINE  
SEMINAR

### Indigenous Perspectives on Connection

with Heidi Duncan, Cultural Wellbeing Officer at WSU , and  
Linda Sainsbury

11AM

WORKSHOP

### Dadirri – Indigenous Mindfulness (online)

“Dadirri” is an Aboriginal word meaning ‘inner deep  
listening and quiet still awareness and waiting. Join us  
online for a guided mindfulness practice.

12-2PM

EVENT

### Wellbeing Cafe – Traditional Weaving

Join us at Parra South to learn the traditional practice of  
grass weaving

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TUESDAY 15TH

## LET'S MOVE: How Physical Activity Helps Wellbeing

9.00AM  
WORKSHOP

### Mindfulness Session

with Daniel Jantos and Cristina Pastore

11AM  
ONLINE  
SEMINAR

### How we can best improve mental health and wellbeing through physical activity, with Dr Rhiannon White

Dr Rhiannon White is a university lecturer and qualitative and quantitative researcher. Her research focuses on better understanding how different people can best use exercise, physical activity, and movement to improve different aspects of mental health and wellbeing.

1PM  
ONLINE  
SEMINAR

### Tai Chi and the benefits for mental health with Dr Guoyan Yang

Dr Yang's research focusses on Chinese herbal medicine, acupuncture, and Tai Chi in the prevention, management and rehabilitation in people with chronic diseases, particularly cardiovascular disease, cerebrovascular disease, mental health, cancer, and cognitive impairment. Dr Yang is also a Tai Chi instructor with over 17 years of experience.

4-5PM  
SOCIAL WALK

### Join the WSU Run Club for a Social Walk

At Parra South, join in an active, social wellbeing session of walking together!

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WEDNESDAY 16TH

## PLAY & CURIOSITY: How music, art and leisure is good for you

9.00AM

WORKSHOP

### Mindfulness Session

with Daniel Jantos and Cristina Pastore

11AM

ONLINE  
SEMINAR

### Music and Wellbeing with Dr Sandra Garrido

Dr Sandra Garrido is a music psychologist who studies how arts-based interventions can affect our mood, emotions and wellbeing.

Her research has provided the evidence for effective programs and tools that use music to improve mood and quality of life for young people with depression and older people with dementia.

12.15PM

WORKSHOP

### Active Voice Yoga

Join Lene Jeffrey at Kingswood Campus for this dynamic session. Lene Jeffrey is a music therapist, academic, supervisor and PhD candidate. She is a lecturer in voice skills, music & wellbeing applications, music therapy practice and research in the Master of Creative Music Therapy program at Western Sydney University.

2PM

ONLINE  
SEMINAR

### Leisure and Wellbeing with Dr Nicole Peel

Dr Nicole Peel is a health researcher and educator. Her research is motivated by the belief that we are all interconnected within a dynamic living system and is also deeply engaged in exploring the intersection of social isolation and health literacy.

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THURSDAY 17TH

**SPIRITUAL HEALTH: Connect to spiritual practice for wellbeing**

9.00AM

WORKSHOP

**Mindfulness Session (online)**

with Daniel Jantos and Cristina Pastore

11AM  
ONLINE  
SEMINAR**The role of religion and spirituality as a coping mechanism with Dr Sharolotte Tusasiirwe**

Dr Sharlotte Tusasiirwe is a lecturer of social work in the School of Social Sciences, researches, among other areas, religion and spirituality as well as non-deficit culturally appropriate services. She has developed the African Spiritually Sensitive Practice-Theory and a reflective tool for social workers in education and practice

11AM  
WORKSHOP**Yarning Circle – Cultivating Connection with Heidi Duncan and Daniel Jantos**

Join us at Parra South for this facilitated circle of conversation and connection hosted by Heidi Duncan, Cultural Wellbeing Officer, and Daniel Jantos, Inclusive Communities Coordinator

12.30PM  
ONLINE  
SEMINAR**Making Mistakes, Forgiveness, and Letting Go with Lauren Graham**

A dynamic talk on the spiritual process of finding our way through challenges within ourselves, and others. Lauren Graham is a social worker and WSU's Student Case Coordinator

1.30PM  
ONLINE  
SEMINAR**Student Panel: Where do I belong? – a conversation about intersectionality.**

Hear from WSU students about their experience of belonging, identity and finding community.

3-4PM  
ONLINE  
SEMINAR**Spiritual Practices with Christine Gapes**

Hear from WSU Chaplain Christine about a range of practices to support your spiritual wellbeing.

4-6PM  
EVENT**Culture Corner**

Sharing wellbeing stories and challenges with finger food, tea and great company. Join us at Parra South EB Front Porch.

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FRIDAY 18TH

## **PAY IT FORWARD: How helping others helps ourselves**

9.00AM  
WORKSHOP

### **Mindfulness Session**

with Daniel Jantos and Cristina Pastore

10AM  
ONLINE  
SEMINAR

### **WSU Food Security Program with Miranda Zhang**

DMiranda Zhang is the Student Community Program Coordinator at WSU and a practicing dietician. She will share the story of the Western Pantry project, helping those without access to food in our community.

11AM  
ONLINE  
SEMINAR

### **It's Good to Be Good: The Valued Contribution Project with Dr Samuel Arnold**

Dr Sam Arnold is a Lecturer with the School of Psychology, Western Sydney University and Visiting Fellow with the Department of Developmental Disability Neuropsychiatry (3DN), University of New South Wales. He will speak about a project designed to enable and celebrate how people contribute value to the community.

12.30  
EVENT

### **Wellbeing Cafe: Wellbeing Wishes + Gratitude Stall**

Join us at Kingswood Campus to create and receive your own wellbeing wish, plus enjoy free food and giveaways.

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