

# Words for

# Wellbeing



Sharing Faith, Hope & Love

Edition 16, August 10, 2020 - THE ARTS



**FIT4LIFE**

WELLBEING AT EMMANUEL

# Words for *Wellbeing*



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AUGUST 10th, 2020

Welcome to term three, week two and to your weekly Wellbeing newsletter. Each week you'll find new information to enhance your health and wellness to keep you Fit4Life. These will include shining a spotlight on character strengths; top tips for wellbeing; Conversations on the Couch with the team; and, 'info-mercials'. We hope you enjoy them and we're happy to take requests.

This week, we find ourselves back in the now familiar territory of virtual learning. It's important for us to remember that we've done this before, and we did it well, together. Many of our past editions of Words for Wellbeing contain useful reminders about how to cope with the changes that stage three lockdown brings. You'll find all of our past editions online - just follow this link and enter Words for Wellbeing in the search bar - <https://au.accessit.online/EMMO1/#!resources/searchresult>

In this edition of Words for Wellbeing includes tips on how to use our Character Strength to improve our wellbeing. We flex our character strengths - Love of Learning & Curiosity and explore careers in the Arts & Music and visit Peru in our Culture Club. As usual, there are some other Wellbeing resources for your family, and of course, our incredible Fit Bits.

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If you want to be happy, be.

Leo Tolstoy

## Happiness Part II

- How to use our Character Strengths to boost our Happiness

In edition 13, July 20, we introduced some common Happiness Myths.

To recap, here they are again:

- #1 Happiness is the natural state for human beings
- #2 If you're not happy, you're defective
- #3 To create a better life, we must get rid of negative feelings
- #4 You should be able to control what you think and feel

So what everyday things can we do to boost our mood, you ask? Well, the answer is HEAPS!

The good news is, that at Emmanuel College we're already a step ahead of the game, because the first port of call in becoming happier is to tap right into your Character Strengths and to actively use them in your daily life.

## The 24 Character Strengths

In the early 2000s, something groundbreaking occurred in the social sciences: Scientists discovered a common language of 24 character strengths make up what's best about our personality. Everyone possesses all 24 character strengths in different degrees, so each person has a truly unique character strengths profile. Each character strength falls under one of these six broad virtue categories, which are universal across cultures

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and nations. See the full character strengths list here and learn more about each one. <https://www.viacharacter.org/character-strengths>

No matter the last time you undertook the free survey to find your top Character Strengths, it doesn't hurt to update them. You can do that here: <https://www.viacharacter.org/survey/surveys/takesurvey>

Once you've identified your top 4 strengths, the fun begins.

## Week One:

- Take your top Character Strength and be creative with how you bring that strength to live in a different way, every day for the entire week.
- You might find it beneficial to write down what you did each day for a sense of accomplishment, but also to create a menu of ideas for future use

## Week Two:

- Take your second Character strength and repeat the above instructions for the entire week.

## Week Three:

- Take your third Character Strength and repeat...

## Week Four:

- You know the drill!

Science tells us by embracing and expressing our Character Strengths in our work and in our play, we improve not only our happiness levels, but our overall wellbeing.

Why not give it a go and let us know the many creative ways you've brought your strengths to life?

And if you don't believe me, or if you want more, check out this free course offered through Yale University on the Science of Wellbeing. It may very well just change your life.

<https://www.coursera.org/learn/the-science-of-well-being>

## Flexing Our Character Strengths

### Love of Learning

Love of learning means a passion for learning, a desire to learn just for learning's sake. In fact, curiosity and love of learning are among the most closely related strengths in the VIA Classification. They can still be distinguished though. While curiosity is the motivating force that leads you to seek out new information, love of learning refers to the desire to hold on to and deepen that information. The curious person is motivated by the pursuit of knowledge; the person who loves learning is motivated by the expansion of their fund of knowledge. Where curiosity is often associated with a great deal of energy and a drive to gather information, the lover of learning is often more contemplative. Love of learning describes the way in which a person engages new information and skills. Love of learning is a strength that teachers would like to see in their students, parents want to encourage in their children, therapists support in their clients, and employers try to foster in their employees. It has important motivational consequences because it helps people persist through challenges, setbacks and negative feedback.

### What the Science Says about a Love of Learning

The research tells us that a love of learning leads to a deeper base of knowledge, enhancing competency and efficacy. Those with a love of learning do well at school and tend to read a lot. A love of learning is also associated with healthy, productive aging.

### Examples of this Strength in Action

Wondering about times that you may be using this strength? Here are a few examples of love of learning at work in the world.

- Seeking out someone with whom you can have an in-depth conversation on a topic of mutual interest or a topic you are interested in learning more about.
- During a work break, using 5-10 minutes to learn something new on a specific topic that interests you.
- Visiting a building or new business in your community and taking the opportunity to learn more about it through as many forms of media you can.

## Curiosity

To be curious is to explore and discover, to take an interest in ongoing experience for its own sake. Curiosity is often described as novelty-seeking and being open to experience, and it's associated with the natural desire to build knowledge. It is fulfilling to journey toward an answer, to engage in a new experience, or to learn a new fact. To go to a new restaurant, visit a new city, meet a new person in your class, or to conduct an online search for a question can each fulfill your quest for new experiences and new information.

There are two key components to curious individuals: They are interested in exploring new ideas, activities and experiences, and they also have a strong desire to increase their own personal knowledge.

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## What the Science Says about Curiosity

Curiosity of one of the strengths linked most closely with life satisfaction. Research also shows strong associations between curiosity and happiness, health, longevity and positive relationships. Curious people are more likely to be attracted to activities that offer opportunities for growth, competence and higher levels of stimulation. They're also more likely to set goals aimed at self-improvement. Curiosity is also the entry point to many lifelong hobbies, passions and pursuits.

## Curiosity in Action

Wondering about times that you may be using this strength? Here are a few examples of Curiosity at work in the world.

- Trying a new food or going to a new restaurant to explore different foods and places.
- Walking a different route home to explore a new area near where you live.
- Doing an online search for community activities going on around you then taking notice of what piques your curiosity most.

## WW Career Hub

As our Emmanuel students prepare to make subject selections for 2021, we're highlighting different career choices in our WW Career Hub.

This week we put the spotlight on careers in the Arts and have interviewed 3 very generous Emmanuel alumni. We thank them all very much for their insights.

### AIMEE TIMPSON

#### Class of 2002 - Young Alumni Achiever

##### Tell us a little about your academic/career pathway?

I started my love of art at Emmanuel College, and I wasn't sporting, and I didn't do many after school activities until Mrs Sharrock suggested night drawing classes at TAFE.

After Emmanuel College, I attended South West TAFE and started my Visual Arts course. Until I decided I needed money more than Art.

With that I did my Agents Rep in Real Estate and Traineeship with Property Management with McNallys in Warrnambool.

Art was then put on hold as I moved to Melbourne and worked as a Property Manager in Ivanhoe at Miles Real Estate.

While working on my real estate career, my passion for art was itching. I again started another night course, this time with Melbourne Photography College.

It's a little funny that a straight line 'career' like Real Estate and Visual Arts can mix together, but it does.

We moved to Perth half way through this course (I never finish a course fully but I definitely take what I need to learn).

I used what I had learnt at the photography college, and South West TAFE and started to mix my art digitally together. I am such a visual, hands on learner. I learn best by playing and making mistakes. Because of my kids I finally could see that we all learn differently.

I have created work and been displayed across the Macedon Ranges, in ACT at the moment a solo exhibition at Montsalvat in Eltham.

I have sold and won awards for my photography and art.

With Covid 19, I have done another turn in my career and am now back working as a property manager to support my family, until the art world kicks off again.

And then in my quiet time, I make art for fun, make art for the love of it.

##### Was there someone or something that inspired you to head down this career path or study program?

Trudy (Mrs Sharrock), she really was the first to encourage me down this path. She did mention that a lot of artists work waiting tables. It is totally true.

Glen Morgan and Jen Altman at South West TAFE, were magic with their encouragement, that to this day, they are still supportive, and they are still in the back of my mind that I can do it.

Now I am in a team of rural creatives, the Rural Room, under the guidance of Bec Bignell, a director of the Netflix series 600 Bottles of Wine. She understands the support creatives need, the way creative people are visually thinking and passionate towards their craft. Because of Bec my art work is now seen by a number of actors in the Australia screen industry and she arranged meetings with inspirational people like Matina Jewell, that show us how to live the best we possibly can.

##### Knowing what you know now, what advice would you give your Year 11/12 self?

It doesn't matter, I am not an academic or sporty and that's okay. It's okay to see the world differently, visually and to learn in a different way. Words don't matter, certificates and degrees don't fit everyone.

##### Which character strengths did you embrace to get you through secondary school to where you are today?

I think I was very shy and I was very anxious, I used my drawings to cope with the structure of school. I didn't do homework with words, I would let myself draw and doodle to stay calm during my time at high school and my teenage changes.

##### What are your words of wisdom for our current students preparing to make subject selections or university selections?

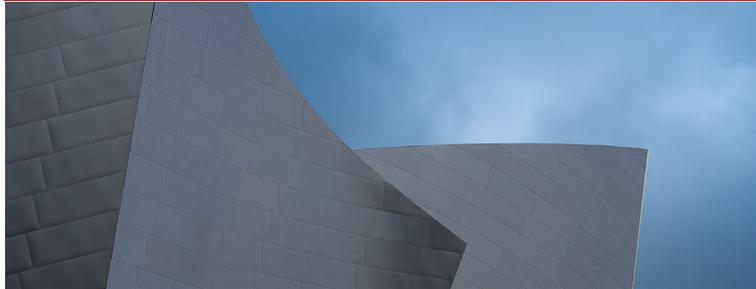
Find something you love. Find something that when you go to work it doesn't feel like work.

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## ZACH CROWE - Class of 2011 Industrial Designer

### Tell us a little about your academic/career pathway?

I'd always been interested in creative pursuits from a young age but it wasn't until I studied studio arts in VCE that I realised I was able to turn my interests into a career.

After completing my gap year as the Arts trainee at Emmanuel I went to study Visual arts at Monash University. In my first year I got to experiment with glass blowing, painting, jewelry making etc. but the one I enjoyed the most was sculpture. I found that I was good at working with objects in 3D and really enjoyed the process of working with my hands. I decided to change my degree to BA Industrial Design (Honours) and found that I really enjoyed the technical aspects but I still had room to be creative as well. By my final year, I was really interested in Furniture design and this became the topic of my Honours year project in which I had an entire year to research, design and produce a fully functional prototype.

Since then I've worked in industry at a lighting design studio as well as a number of roles at Monash University in areas of Research (Transport and 3D printing), Digital Fabrication as teaching Design.

### Was there someone or something that inspired you to head down this career path or study program?

I have to thank Natasha Cummings for encouraging me to explore the creative arts. She always had something new and exciting such as an artwork, magazine or material or process for me to try out. She also gave me a lot of great advice about career pathways, we talked a lot about how I could actually get into Uni what work I could possibly find in the creative fields.

### Knowing what you know now, what advice would you give your Year 11/12 self?

You can't build a plane and fly it at the same time. This means don't put the expectation on yourself that you can't drop a single mark all year because it can lead you to think that a single mistake will determine the entire year's success, this can be really stressful and it's just not true. Failures are an expected part of anything you're doing for the first time. See them as an opportunity to learn rather than a reason to give up.

### Which character strengths did you embrace to get you through secondary school to where you are today?

The ability to form good habits. VCE is more of a marathon than a sprint so the best way to achieve good results is through consistency. Identify the things that are going to allow you to set a strong routine of study which is balanced out with some social time as well as physical exercise. It's easier to rely on a good routine rather than the stress that comes from deadlines and exams.

### What are your words of wisdom for our current students preparing to make subject selections or university selections?

Follow your instincts, I never planned to be a Chef but I really love to cook so I chose to do Food Technology in VCE. It wasn't until 2 years later when I applied to study Industrial Design that I realised there are so many similarities between food technology and the design process. I actually used my cooking folio to demonstrate that I was able to research a problem, generate ideas and respond to a design brief.

## NANCY SCHIPPER - Class of 2018 Musician

### Tell us a little about your academic/career pathway?

I perform and release music under my own name since I was in high school, but I also do a few different things that keep me busy! I just started a cert IV in disability at Tafe, assist in music classes every Thursday at Merri River School (formally known as Wbool SDS), teach guitar + singing from home and build websites for local small businesses.

### Was there someone or something that inspired you to head down this career path or study program?

I always enjoyed music from a young age, and knew I wanted to do something that would help others. Now, I am passionate about helping young people develop skills to further their development and improve their quality of life, especially through music.

### Knowing what you know now, what advice would you give your Year 11/12 self?

Don't stress so much over things you won't even remember in a couple of years!! Also, don't feel pressured to pick one career - I have many different streams of income and that's what works for me!

### Which character strengths did you embrace to get you through secondary school to where you are today?

Perseverance. No everyone will be supportive and encourage you to hope for a career in the music industry, or anything for that matter!! Sometimes it's best to tune out the noise and focus on what makes YOU happy. Anything is possible when you work hard enough!

### What are your words of wisdom for our current students preparing to make subject selections or university selections?

Pick subjects you have a genuine interest in. you'll find it easier to study something you actually like and chances are you'll end up following a career path you will be happy in for a long time.

*Stay tuned next week when we shine the spotlight on careers in the police force and armed services.*

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## Culture Club

In 2013 I travelled to Lima, Peru for the 7th World Congress of Behavioural & Cognitive Therapies & it began with a tornado of colour, music & movement as traditional dancers filled the aisles & the stage in a welcome message that spoke to my very being.

Not a single audience member could resist the hip-moving music & contagious energy of that welcome, with smiles spreading across faces faster than wild fire.

Did it matter that we'd never heard the music before, nor understood the lyrics? No. Because music is not to be understood on a logical level.

It is to be felt.

“

Through the universal art form of dance, we are given a vehicle through which we can uncover the dynamics and complexity of another culture, instead of making judgements based on what we perceive.’

### Logan Cross

Dance is a universal language, and we all have the ability to speak it.

And as Logan Cross of West Magazine also suggests - ‘try taking a dance class and break the barrier that stands between your perceptions of a culture and the culture itself.’



## Fit Bits

Our weekly Fit Bits links are designed to energise, motivate and encourage us to take brain breaks and mindful moments throughout each day for our minds and our bodies.

### Energiser:

<https://www.youtube.com/watch?v=kJo7Zp70JUk>

### Motivational Music:

<https://www.youtube.com/watch?v=h60L3epKiw>

### Brain Break:

<https://michaelbach.de/ot/>

### Mindful Moment:

<https://designinglife.biz/virtual-street-art-tours/>

### Weekly Yoga Poses:

<https://www.greatoceanhealingcentre.com/>

We hope you've found something useful in this edition of Words for Wellbeing.

## Mindfulness Practice

Join us everyday, Monday - Thursday at 8.30am via Zoom for mindfulness practice. All students are welcome. If you'd like to be involved, email me at [jfleming@emmanuelvic.edu.au](mailto:jfleming@emmanuelvic.edu.au) and I'll send you the link to join in.

Stay tuned for our next edition of Words for Wellbeing!

In the meantime, if you need to contact Wellbeing, please email us to organise a catch up.

Stay safe and well everyone.

*Love from your Wellbeing Team*

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