



COVID-19 update

The health and safety of staff and clients is our top priority

Thursday 24 September 2020

AGILE WEEK – BLUE TEAM

[Staff updates page](#) | [Health and Wellbeing Team initiatives](#)

Take care Thursdays

We can all make deliberate choices to take care of ourselves and feel good. This stunning spring weather is a perfect opportunity to make time for self-care.

Here's three tips to encourage you to take care today:

- Feel the sunshine: get outdoors, stand in a window, in the car...anywhere! Take a few minutes to appreciate the warm feel on your skin.
- Find a spot in the backyard for some fresh air — curl up on a blanket and read a book.
- Get outside and enjoy the sounds around you — the birdsong at the moment is stunning.

You might also like to join the [virtual morning tea](#) tomorrow at 10.30am for some time catching up with colleagues.

Remember, your [Health and Wellbeing Team](#) are [leading a great range of initiatives](#) to support all staff in the current COVID-19 environment. Find out [what else is coming up](#).

How do you do 1.5m?

With restrictions easing and greater movement happening around the country, it's as important as ever to maintain distance from others in public and while in the workplace.

Queensland Health has been sharing some ideas on social media to help you visualise 1.5m: [one fiddle leaf fig](#), [two koalas](#), [four magpies](#) ... how do you see it? Fifteen cups of coffee? You might also like to take inspiration from some [conversation starters](#) to help you talk comfortably with friends and colleagues about social distancing.

Cut Copy is coming

slq Gallery is warming up, ready to open [Cut Copy](#) to the public on Monday. It will be wonderful to safely welcome people in to experience this exhibition onsite — the posters, pictures and music playing through the gallery will no doubt bring back many memories for people. Keep an eye out to join a staff tour, and make sure you tune in to Channel 9 news on Saturday night for a sneak preview!

Vicki