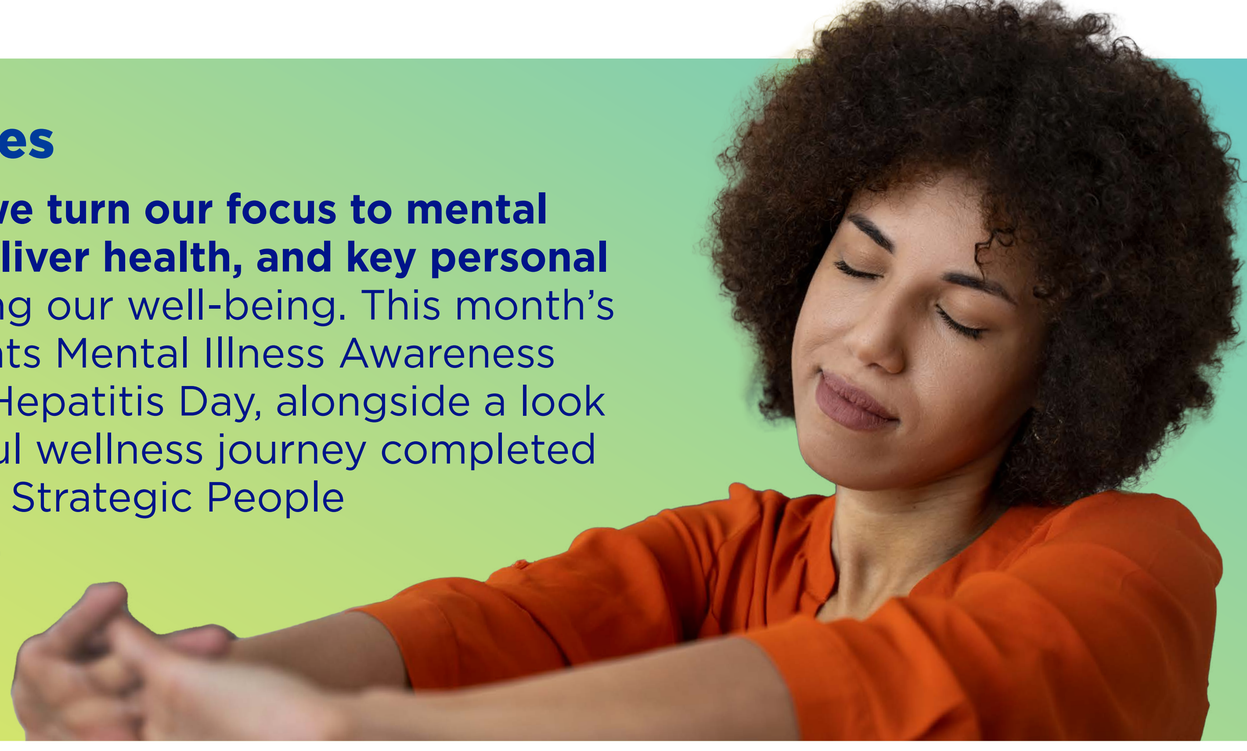
WCED Employee Wellness

NEWSLETTER

JULY 2025

Dear Colleagues

As we enter July, **we turn our focus to mental health awareness, liver health, and key personal challenges** affecting our well-being. This month's newsletter highlights Mental Illness Awareness Month and World Hepatitis Day, alongside a look back at a successful wellness journey completed by the Directorate: Strategic People Management. Let's take charge of our health together!



Mental Illness Awareness Month – Breaking the Stigma

Mental health is just as important as physical health, yet stigma and misunderstanding often prevent individuals from seeking help. Anxiety, depression, and stress remain top concerns among employees, impacting daily functioning and productivity.

How Can We Support Mental Wellness?

- **Normalise Conversations:** Encourage open discussions about mental health.
- **Recognise the Signs:** Fatigue, irritability, and loss of motivation may indicate deeper struggles.
- **Seek Support:** Counseling and professional interventions can be life changing.
- **Practice Self-Care:** Exercise, rest, and mindfulness can improve resilience.

Remember: It's okay to ask for help. Mental health support is available through the EHW Programme.

Source: World Health Organisation - Mental Health

World Hepatitis Day (28 July) – Know Your Liver Health

Hepatitis is an inflammation of the liver that can lead to severe health complications, including liver cancer. **Millions of people worldwide have undiagnosed hepatitis B or C**.

Steps to Protect Your Liver:

- **Get Tested:** Early detection is key to effective treatment.
- **Avoid Risky Behaviour:** Practice safe hygiene and avoid sharing needles or personal items.
- **Get Vaccinated:** Hepatitis B vaccines are highly effective in preventing infection.
- **Maintain a Healthy Diet:** A balanced diet supports liver function and reduces risks.

Did you know? The liver performs over 500 vital functions in the body!

Source: World Hepatitis Alliance

Wellness in Action: 8-Week Journey Pilot in Directorate: Strategic People Management

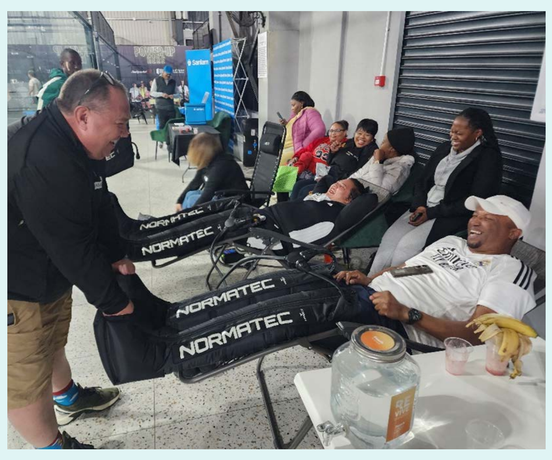
Over the past two months, the Directorate: Strategic People Management participated in a pilot 8-week wellness journey — **a programme designed to promote intentional, balanced living through small, daily wellness habits**. Each week had a new theme focus and tips were shared daily for adoption.

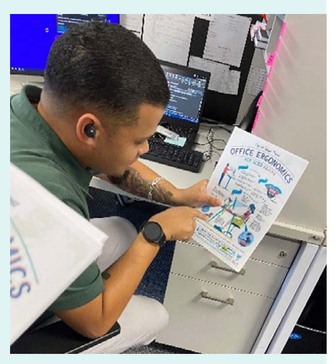
Throughout the journey, participants explored:

- Hydration to fuel the body
- Nutrition to nourish health
- Movement to energise the day
- Rest to recharge the spirit
- Mental wellbeing to quiet the noise
- Financial awareness to reduce stress
- Relationships that support growth
- Self-care that honours self-worth

To wrap up the 8-week wellness journey, the Directorate: Strategic People Management came together for a lively and energising wellness-themed team-building day on 27 June 2025 at Arturf Padel Arena in Paarden Eiland. The day was all about connecting, unwinding, and having fun as a team.

From early-morning coffees and a motivating welcome by the Director, to wellness tips from a guest doctor and friendly padel matches, the event was a perfect mix of relaxation, laughter, and light-hearted competition.





"Wellness also means joy, laughter, and connection—and this team brought all of that to the court."

Addressing Relationship Challenges – Navigating Conflict with Loved Ones

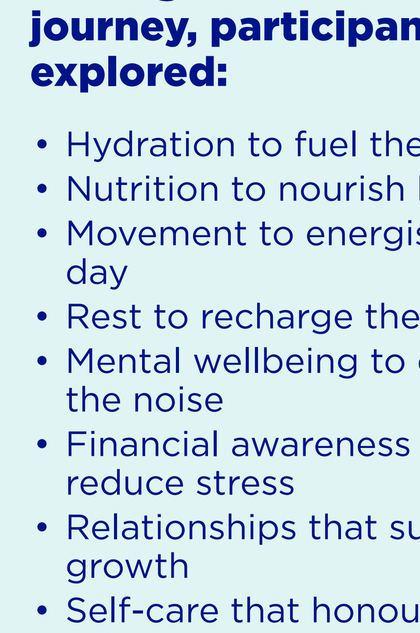
Relationships—whether with a partner, family members, or friends—play a significant role in our emotional well-being. However, unresolved conflicts can lead to stress, anxiety, and even workplace distractions.

Ways to Improve Communication in Relationships:

- **Active Listening:** Give the other person your full attention without interrupting.
- **Express Yourself Clearly:** Use "I" statements instead of blame-based language.
- **Set Boundaries:** Healthy relationships require mutual respect and personal space.
- **Seek Mediation:** A neutral third party, such as a counsellor, can help resolve deep-rooted issues.

Healthy relationships lead to a healthier mind!

Source: Psychology Today - Relationship Health



Closing Thoughts:

This month let's continue to focus on our mental and physical wellness—while celebrating the wins, big or small, that make us stronger. The EHW Programme is here to support you every step of the way.

Stay well,
Employee Health & Wellness Programme

For more information or support, **contact the EHW service provider**.

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