WCED Employee Wellness

NEWSLETTER

JUNE 2025

Dear Colleagues

June is a month of growth, resilience, and awareness. This month, we focus on youth empowerment, drug prevention, and tackling workplace stressors. **Let's work together to promote well-being within WCED!**

National Youth Month – Investing in the Future

June is a time to celebrate and empower young people. **Education, mental health support, and mentorship** play crucial roles in shaping future leaders. Many young employees and learners struggle with stress, anxiety, and career uncertainty.

How You Can Support Youth Development:

- **Encourage Mental Wellness:** Normalize discussions about stress and anxiety.
- **Provide Career Guidance:** Help young individuals explore opportunities.
- **Promote Lifelong Learning:** Encourage skill-building and personal development.

Let's empower young minds to build a brighter future!

Source: ***UNESCO - Youth Development***

SANCA Drug Awareness Week (22-27 June) – Saying No to Substance Abuse

Drug and alcohol abuse continue to impact workplaces and communities. **Substance use can lead to absenteeism, decreased productivity, and mental health struggles.**

Warning Signs of Substance Abuse:

- Sudden changes in behavior or performance.
- Frequent absenteeism or lateness.
- Mood swings, irritability, or withdrawal from colleagues.

How to Offer Support:

- Approach with empathy, not judgment.
- Encourage professional help through EAP services.
- Promote healthy coping mechanisms, such as exercise and mindfulness.

Workplaces that support recovery create healthier, more productive environments.

Source: ***South African National Council on Alcoholism and Drug Dependence (SANCA)***

Addressing Workplace Challenges – Stress & Work-Life Balance

Stress remains a top concern among employees. Long hours, workload pressure, and personal challenges can lead to burnout.

Work-Life Balance Strategies:

- Set Boundaries: Avoid taking work home when possible.
- Practice Self-Care: Engage in activities that bring joy and relaxation.
- Utilize Wellness Resources: Seek support through the Employee Health & Wellness Programme.

A balanced life leads to greater productivity and happiness.

Source: ***World Health Organization - Workplace Well-being***

Closing Thoughts:

Let's use June to support youth, stand against substance abuse, and prioritize our mental well-being. Remember, the EHW Programme is here to support you!

Stay well,

Employee Health & Wellness Programme

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

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