WCED Employee Wellness

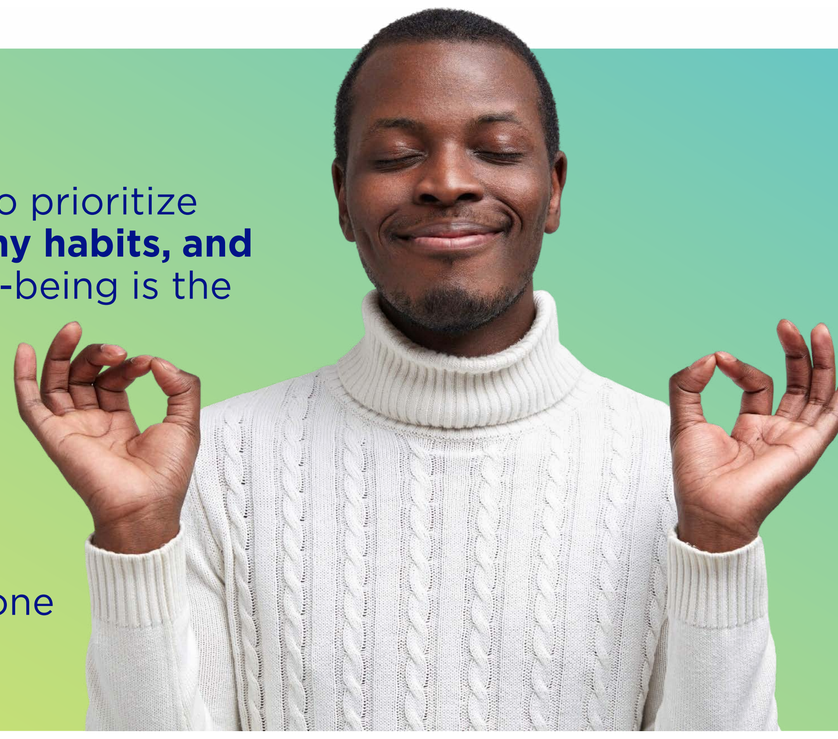
NEWSLETTER

MAY 2025

Dear Colleagues

As we step into May, let's take a moment to prioritize our **heart health, break free from unhealthy habits, and tackle workplace stress head-on**. Our well-being is the foundation of a productive and fulfilling life—**and small, intentional steps can make a big difference!**

This month, we'll explore **the power of reducing salt, the impact of tobacco on our health, and effective ways to manage stress**. Let's take control of our wellness—one smart choice at a time!

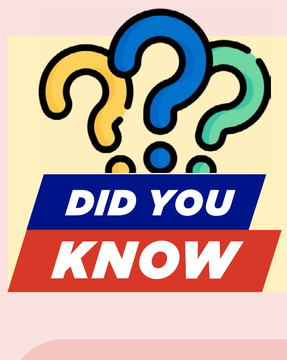


World Salt Awareness Week (12-18 May) – Reduce Your Risk

Too much salt in our diet can lead to high blood pressure, increasing the risk of heart disease and stroke. The challenge? Many processed and fast foods contain hidden sodium.

Tips for Cutting Down on Salt:

- Choose fresh, unprocessed foods whenever possible.
- Use herbs and spices instead of salt for flavor.
- Read nutrition labels and opt for lower-sodium options.
- Reduce takeout meals and cook at home more often.



The World Health Organization recommends no more than 5g (one teaspoon) of salt per day!

Source: *World Health Organization - Salt Reduction*

Anti-Tobacco Campaign Month – Breaking Free from Tobacco

Tobacco use remains one of the leading causes of preventable death. Smoking harms nearly every organ in the body, leading to lung disease, heart disease, and cancer.

Thinking of Quitting? Here's How to Start:

- **Set a Quit Date:** Choose a day to stop smoking and stick to it..
- **Seek Support:** Talk to family, friends, or a counselor.
- **Use Nicotine Replacement Therapy (NRT):** Patches, gum, and lozenges can ease withdrawal symptoms.
- **Avoid Triggers:** Identify and manage situations that tempt you to smoke.

Quitting smoking at any age brings health benefits. The sooner you stop, the better!

Source: *World Health Organization - Tobacco*

Addressing Workplace Challenges – Managing Stress & Anxiety

Stress is one of the top presenting problems in our workplace, often stemming from workload pressures and work-life balance struggles. **Chronic stress affects both physical and mental health**, leading to fatigue, anxiety, and burnout.

How to Manage Workplace Stress:

- **Prioritize Tasks:** Focus on what's urgent vs. what can wait.
- **Take Breaks:** Step away from your desk and refresh your mind.
- **Exercise Regularly:** Physical activity is a natural stress reliever.
- **Talk About It:** Seek support from colleagues, friends, or wellness counselors.

Let's create a workplace where mental health is a priority!

Source: *American Psychological Association - Workplace Stress*

Closing Thoughts:

This month, let's be **mindful of our salt intake, take steps toward a tobacco-free life**, and find ways to manage stress better. 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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