WCED Employee Wellness

NEWSLETTER

AUGUST 2025

Dear Colleagues

August is a month of reflection, resilience, and empowerment. As we celebrate **National Women's Month** and **Child Health Month**, we also acknowledge the impact that personal relationships have on our well-being. Strong relationships can be a source of comfort, while strained ones can lead to stress and emotional turmoil. Let's explore ways to foster healthier connections!

National Women's Month – Empowering and Supporting Women

Women play a **crucial role in shaping our families, workplaces, and communities**. However, many face challenges like gender inequality, caregiving burdens, and work-life stress.

How Can We Support Women in the Workplace?

- Encourage open conversations about work-life balance.
- Recognize contributions and celebrate achievements.
- Promote wellness programs that support mental health.
- Create a safe space for women to speak up against discrimination.

Did you know?

You're not alone. If you're struggling, **reach out to a counselor or wellness professional** for support.

Source: SA Government – Women's Month

Child Health Month – Raising Healthy and Happy Kids

A child's **physical and emotional well-being is deeply linked to their home environment**. Providing nutritious food, emotional support, and medical care can shape a child's future.

Tips for Supporting Child Health:

- **Nutrition Matters:** Ensure a balanced diet with fruits, vegetables, and proteins.
- **Encourage Active Play:** Physical activity boosts development.
- **Mental Health Awareness:** Teach children how to express their emotions.
- **Quality Sleep is Key:** A consistent bedtime routine improves focus and mood.

Healthy children grow into healthy adults—**let's invest in their future!**

Source: ***World Health Organization – Child Health***

Top Presenting Problem – Relationship Struggles (Partner, Family, Divorce & Separation)

Many employees experience **stress due to relationship challenges**—whether it's conflict with a partner, separation, or family disputes. These struggles can affect emotional well-being and work performance.

How to Navigate Relationship Challenges:

- **Communication is Key:** Express feelings openly and listen actively.
- **Seek Counseling:** A neutral third party can help find solutions.
- **Set Healthy Boundaries:** Protect your emotional and mental space.
- **Recognize Toxic Patterns:** If a relationship is harming your well-being, seek professional support.

Remember:

You're not alone. If you're struggling, **reach out to a counselor or wellness professional** for support.

Source: Psychology Today – Relationship Advice

Closing Thoughts:

This August, let's celebrate **women's strength, invest in children's health, and nurture positive relationships**. By taking care of our personal and family well-being, we can create a happier and healthier community.

Stay well,

Employee Health & Wellness Programme

For more information or support, contact the **WCED EHW team**.

Toll-free: 0800 111 011
Email: wced@icas.co.za

Western Cape Government
Education
FOR YOU