

# WCED Employee Wellness

NEWSLETTER  
JANUARY 2026

## Dear Colleagues

Welcome to 2026! As we begin a new year, **January offers a fresh start—a chance to reset, set intentions, and prioritise our health.** This month's focus is on sun safety, skin health, and navigating one of our key wellness challenges.



### SunSmart / Skin Cancer Awareness (1 Dec – 31 Jan)

Because South African summers bring strong sun exposure, January is a **critical period for skin health awareness.** Ultraviolet (UV) rays contribute to skin cancer risk, premature aging, and other skin damage.

#### Ways to Protect Your Skin:

- Use **broad-spectrum sunscreen** (SPF 30+), reapplying every 2 hours.
- Wear **protective clothing, hats, and sunglasses.**
- Seek **shade between 11:00–15:00** when sun is strongest.

- Check your skin monthly for suspicious spots or changes.



*“Prevention is your best defense—your skin is with you for life!”*

➔ Source: [WHO – Sun Protection / Skin Cancer](#)

### Healthy Start to the Year – Wellness Resolutions

January is a natural time for goal-setting. Committing to **small, sustainable health habits** now can set the tone for the months ahead.

#### Suggested Resolutions:

- Drink more water daily; reduce sugary drinks.
- Move for 20–30 minutes a day—walk, dance, stretch.
- Prioritize sleep: aim for 7–8 hours per night.
- Schedule preventive check-ups (vision, dental, blood pressure).



*If workplace frustrations persist, consider seeking guidance from EHW professionals.*

➔ Source: [American Heart Association – 2026 Health Goals](#)

### Work Discontent & Job Satisfaction

After holiday rest, many employees **return to work feeling unmotivated, undervalued, or disconnected** from their roles. This discontent can lead to disengagement, reduced performance, and emotional stress.

#### How to Improve Job Fulfillment:

- 1. Reflect on Purpose:** What part of your role aligns with your values?
- 2. Communicate Needs:** Speak with supervisors about tasks, recognition, or development.
- 3. Set Micro-goals:** Small wins can rebuild confidence.

#### 4. Connect with Colleagues:

Supportive relationships boost morale.



*“Meaningful work leads to meaningful days.”*

➔ Source: [Harvard Business Review – Job Satisfaction](#)

### WCED Wellness in action...

#### Overberg District Wellness Day held at Kleinmond Primary School (26 November 2025)

- The Overberg District Team wrapped up the year with an amazing Wellness Day! Thanks to Lyra's dynamic facilitator for creating a vibrant and a relaxing space in our fast-paced work environment. **#TeamWellness #MentalHealthMatters**



#### Metro South District Wellness Day held in Wynberg (27 November 2025)

- A big thank you to our amazing facilitator from Lyra for leading a mindful and refreshing yoga session! **#Mindfulness #MentalHealthMatters #TeamWellness**



Share your wellness events and photos with the EHP team and be featured in our next EHP newsletter - [EHP.WCED@westerncape.gov.za](mailto:EHP.WCED@westerncape.gov.za)

### Closing Thoughts:

**Start 2026 with intention: protect your skin, adopt healthy habits, and reconnect with what gives you purpose at work.** Here's to a year of growth and well-being!

Stay well,

**Employee Health & Wellness Programme**



**REMEMBER**

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