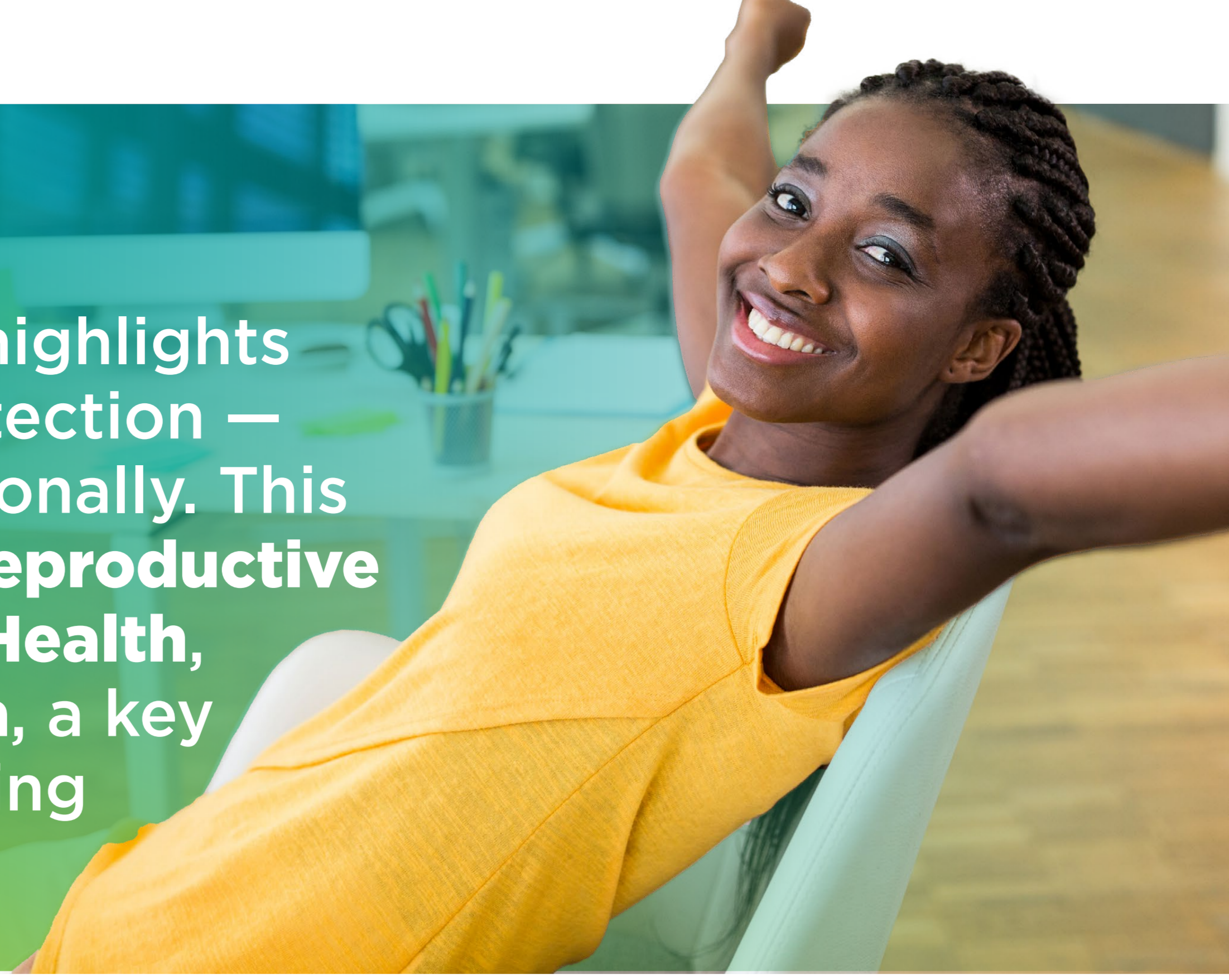


# WCED Employee Wellness

NEWSLETTER  
FEBRUARY 2026

## Dear Colleagues

February is a month that highlights care, connection, and protection – both physically and emotionally. This month's focus areas are **Reproductive Health Awareness, Heart Health,** and a spotlight on **Trauma**, a key presenting concern affecting many employees.



## Reproductive Health Awareness Month – Caring for Your Whole Health

**Reproductive health is an essential part of overall well-being** and applies to all genders and life stages. It includes physical health, emotional safety, healthy relationships, and access to preventative care.

### Key actions to support reproductive health:

- Attend routine health screenings and check-ups
- Seek medical advice when experiencing changes or concerns
- Practice safe sexual behaviours
- Address emotional and relationship stress early
- Prioritise rest and stress management



*Healthy reproductive health supports confidence, emotional stability, and quality of life.*

➔ Source: [World Health Organization – Sexual & Reproductive Health](#)

## Closing Thoughts:

This month reminds us that **protecting our health includes caring for our hearts, bodies, and emotional safety.**

If trauma has affected you, know that support is available and confidential.

Stay well,  
**Employee Health & Wellness Programme**



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

**Toll-free:** 0800 111 011  
**Email:** [wced@icas.co.za](mailto:wced@icas.co.za)



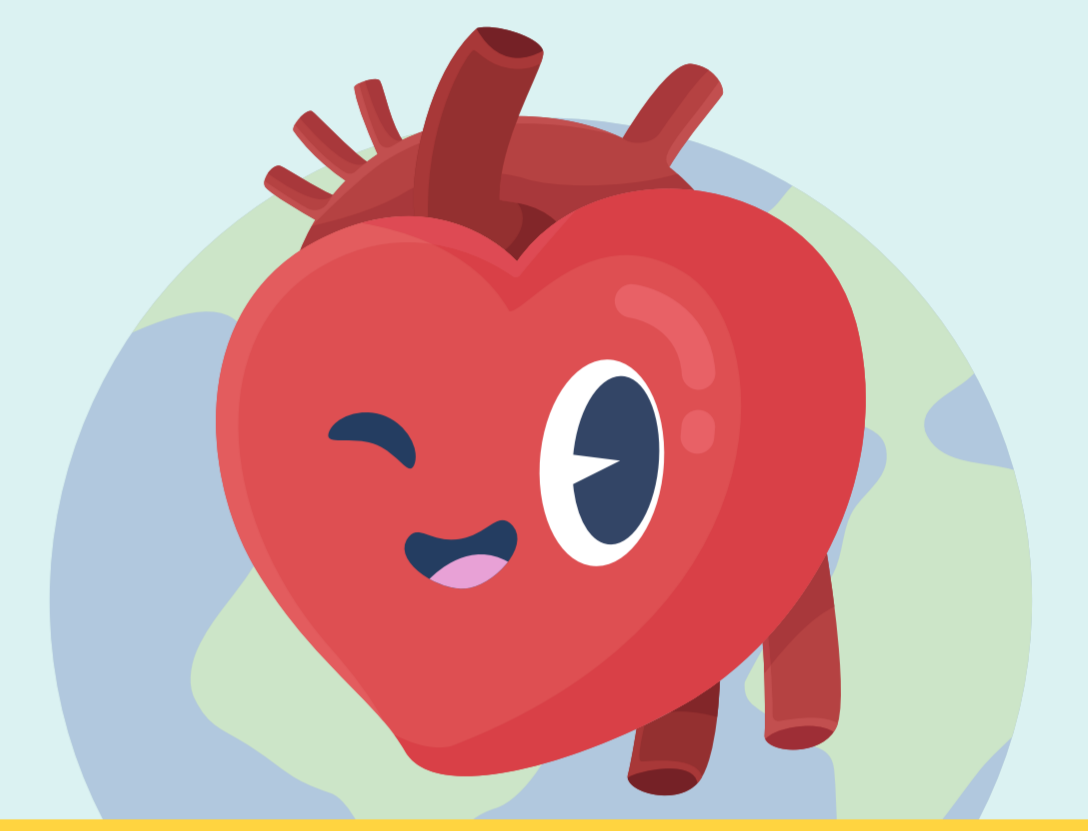
**REMEMBER**

## Heart Health Awareness – Protecting Your Heart Daily

Heart health is influenced by **lifestyle choices, emotional well-being, and stress levels.** February encourages us to adopt habits that protect our hearts – physically and emotionally.

### Heart-healthy tips:

- Reduce salt and processed foods
- Stay physically active
- Monitor blood pressure and cholesterol
- Manage stress and emotional overload
- Get adequate sleep



*A healthy heart supports energy, focus, and longevity.*

➔ Source: [Heart and Stroke Foundation South Africa](#)

## The Psychological & Emotional Impact of Trauma

Trauma remains a **significant concern for employees** and can result from personal loss, violence, accidents, workplace incidents, or prolonged exposure to stressful environments. Trauma affects emotional regulation, concentration, relationships, and overall functioning.

### Common signs of unresolved trauma include:

- Emotional numbness or heightened reactions
- Anxiety, fear, or hypervigilance
- Sleep disturbances and fatigue
- Difficulty concentrating or remembering
- Withdrawal from others
- Increased irritability or overwhelm

- Seek professional support early

### Support available through EHW:

- Confidential trauma counselling
- Group and individual support interventions
- Referral to specialised services where required

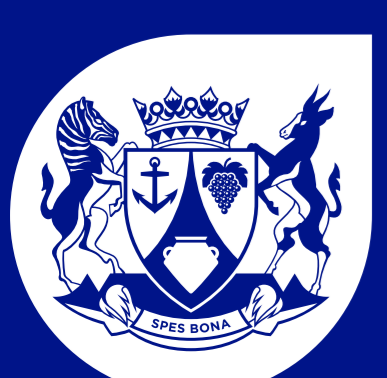
### Ways to support recovery:

- Acknowledge your experience – trauma responses are valid
- Avoid self-blame
- Maintain supportive connections
- Practice grounding techniques (breathing, mindfulness)



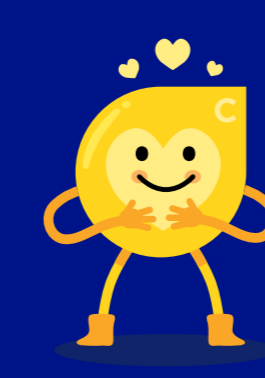
*Healing from trauma is possible – support makes the difference.*

➔ Source: [South African Depression and Anxiety Group \(SADAG\) – Trauma Support](#)

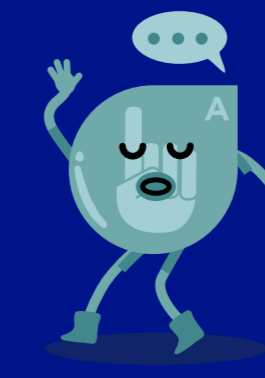


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Caring



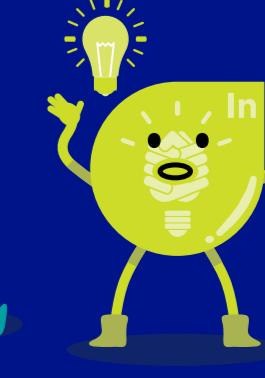
Accountability



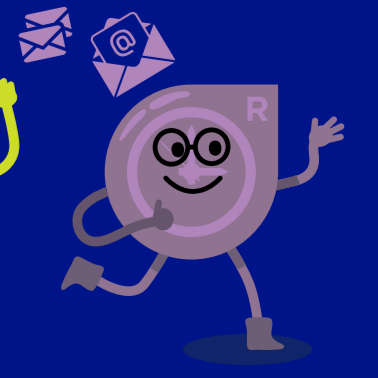
Competence



Integrity



Innovation



Responsiveness