

# WCED Employee Wellness

NEWSLETTER

MARCH 2026

## Dear Colleagues

March places the spotlight on **prevention, healthy living, and long-term wellbeing.** This month's newsletter focuses on **Tuberculosis (TB) Awareness, Nutrition & Lifestyle,** and a wellness spotlight on **Healthy Living as a protective factor** against many physical and mental health challenges.



## Tuberculosis (TB) Awareness Month – Prevention Starts with Awareness

South Africa continues to face high TB rates, making awareness, early detection, and treatment critical.

### Know the signs of TB:

- Persistent cough (2 weeks or more)
- Unexplained weight loss
- Night sweats
- Fatigue and weakness
- Fever

### Prevention tips:

- Get tested early if symptoms appear
- Complete TB treatment as prescribed

- Improve ventilation in indoor spaces
- Strengthen immunity through nutrition and rest



➔ Source: [National Department of Health – TB Awareness](#)

## Prioritising Educator Wellness at CTLI's Future-ready Education Conference on 21 February 2026!

The Leadership Academy at the CTLI hosted its inaugural School Leadership Conference under the theme *Future-ready Education – Leading Schools into Tomorrow*, bringing together approximately 160 school leaders from across the province. Lyra was present to showcase the EHWP services available to all staff members.



## WCED Wellness in action...

West Coast and Cape Winelands combined wellness day that took place on 13 February 2026!

The Inter-District Wellness Day, hosted on 13 February 2026 at Drakenstein Correctional Services, burst into action with an energetic introduction of all participating teams, instantly setting the tone for a day filled with unity, movement, and celebration!



## Nutrition Awareness – Fuelling a Healthier Lifestyle

Good nutrition plays a key role in preventing chronic illness, improving energy, and supporting mental health.

### Healthy eating habits:

- Eat balanced meals with vegetables, fruits, and whole grains
- Limit sugary drinks and processed foods
- Drink enough water
- Practice mindful eating
- Maintain regular mealtimes



**Food is fuel – nourish your body to support your lifestyle.**

➔ Source: [South African Department of Health – Nutrition](#)

## Wellness Focus – Healthy Lifestyle & Personal Well-being

A healthy lifestyle is a strong protective factor against many challenges employees face – including stress, anxiety, burnout, and chronic illness.

### Key lifestyle pillars:

- **Physical activity:** Improves mood and reduces disease risk
- **Sleep:** Essential for focus, immunity, and emotional balance
- **Stress management:** Prevents burnout and fatigue
- **Social connection:** Strengthens emotional resilience

- **Routine self-care:** Maintains long-term well-being



**Small daily choices shape long-term health outcomes – both physically and mentally.**

➔ Source: [World Health Organization – Healthy Living](#)

## Closing Thoughts:

March is a reminder that prevention is powerful. By staying informed, eating well, and adopting healthy routines, we protect not only our bodies but our emotional and mental resilience too.

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



REMEMBER

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

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