

# WCED Employee Wellness

NEWSLETTER

APRIL 2026

## Dear Colleagues

April marks the beginning of a new financial year and presents an opportunity to refocus on our well-being. This month we highlight **Immunisation Awareness and Workplace Safety**, while also addressing one of the most common challenges reported by employees — **burnout and fatigue**.



## World Immunisation Week – Protecting Ourselves and Our Communities

Vaccination remains one of the most effective ways to prevent infectious diseases. World Immunisation Week encourages individuals and communities to ensure they are protected against preventable illnesses.

### Why Immunisation Matters:

- Protects individuals and communities from preventable diseases
- Reduces the spread of infections in workplaces and schools
- Helps safeguard vulnerable populations such as children and the elderly

### What You Can Do:

- Ensure your vaccinations are up to date
- Encourage family members to get vaccinated
- Consult healthcare providers regarding recommended vaccines



→ Source: [World Health Organization – Immunisation](#)

## WCED Wellness in action...

On 24 March 2026, a resilience session was presented by Lyra at the MSED District Wellness Day. Colleagues noted that ‘It was inspiring’, ‘thoughtprovoking, relevant, and uplifting.’



## Did You Know...

Head Office has a Sick Bay on the Ground Floor available for medical emergencies and which may be used for up to 60 minutes? If you find yourself at Head Office and feel unwell or are injured, please report it immediately to the relevant floor marshal or first aider who will accompany you to the sick bay.



## Occupational Health & Safety – Creating Safe Work Environments

Workplace safety is essential for both physical and psychological well-being. Safe environments help reduce injuries, absenteeism, and stress.

### Workplace Safety Tips:

- Follow health and safety procedures at all times
- Report hazards or unsafe conditions immediately
- Take regular breaks to reduce fatigue
- Maintain ergonomic workspaces



*A safe workplace supports productivity and well-being.*

→ Source: [Department of Employment and Labour – Occupational Health and Safety](#)

## Top Presenting Problem: Mental Health – Burnout & Fatigue

Burnout occurs when prolonged stress leads to emotional, physical, and mental exhaustion. Employees experiencing burnout often feel overwhelmed, disengaged, and depleted.

### Signs of Burnout:

- Constant fatigue and low energy
- Difficulty concentrating
- Increased irritability
- Feeling detached from work
- Reduced productivity

### Strategies to Manage Burnout:

- Prioritise rest and regular breaks
- Set realistic expectations for yourself
- Maintain work-life boundaries
- Seek support through the EHW Programme



*Remember, asking for help is a sign of strength.*

→ Source: [South African Depression and Anxiety Group \(SADAG\)](#)

## Closing Thoughts:

As we begin the new financial year, let's prioritise health, safety, and balance. Taking care of ourselves allows us to better support our colleagues, families, and communities.

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



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

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**REMEMBER**