

WCED Employee Wellness

NEWSLETTER

MAY 2026

Dear Colleagues,

May encourage us to pay attention to our lifestyle habits and their impact on long-term health. This month we focus on **Hypertension Awareness** and **Healthy Eating**, while addressing **workplace challenges such as workload pressures and work.**



Hypertension Awareness – Know Your Numbers

Hypertension (high blood pressure) is often called the “silent killer” because it frequently shows no symptoms.

Risk Factors

- High salt intake
- Physical inactivity
- Stress
- Smoking and alcohol consumption

- Exercise regularly
- Manage stress effectively



Protect Your Heart

- Check your blood pressure regularly
- Reduce salt and processed foods

Small lifestyle changes can significantly **improve heart health.**

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

Healthy Eating Awareness – Fuel Your Body

Nutrition plays a vital role in maintaining energy, mental focus, and overall health.

Healthy Eating Tips

- Eat more fruits and vegetables
- Choose whole grains instead of refined carbohydrates
- Drink plenty of water
- Limit sugary drinks and processed foods



Good **nutrition supports both physical and mental** wellness.

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

Top Presenting Problem: Workplace Issues – Workload & Work Discontent

Workplace pressures can affect motivation, performance, and mental health.

Common Workplace Challenges

- Heavy workload
- Lack of recognition
- Conflict with colleagues
- Limited work-life balance

- Take regular breaks to recharge
- Seek support from the EHW Programme when needed

Healthy Coping Strategies

- Prioritise tasks and manage time effectively
- Communicate concerns with supervisors



A supportive workplace **improves productivity and well-being.**

Closing Thoughts

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

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



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