

WCED Employee Wellness

NEWSLETTER
SEPTEMBER 2025

Dear Colleagues

October is a month of change and awareness. We recognize **Breast Cancer Awareness Month**, emphasizing the importance of early detection, and **Mental Health Awareness Month**, encouraging open conversations about well-being. In this issue, we'll also explore a common challenge: **Relationship difficulties**, whether with partners, family, or colleagues.



Breast Cancer Awareness Month – Early Detection Saves Lives

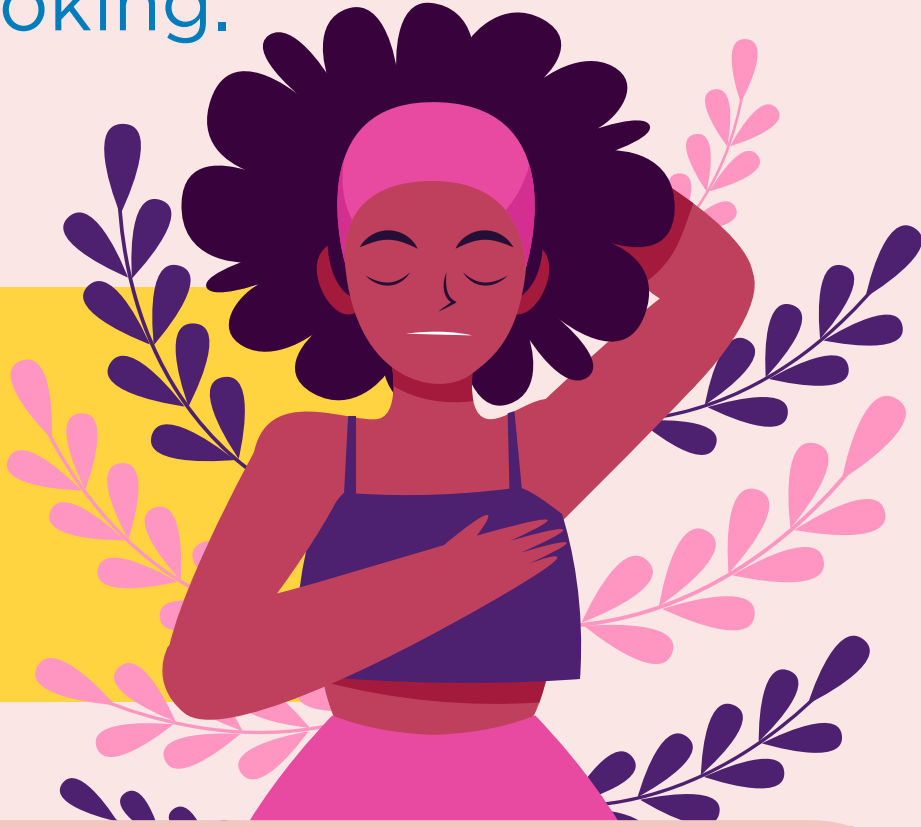
Breast cancer is the most common cancer among South African women, but **early detection can significantly increase survival rates**.

Know the Warning Signs:

- **Lumps or Thickening** – Any unusual lumps in the breast or underarm.
- **Changes in Breast Shape/Size** – Unexplained swelling or shrinkage.
- **Unusual Discharge** – Especially if bloody or persistent.
- **Skin Changes** – Redness, dimpling, or irritation.

How to Reduce Your Risk:

- Perform regular self-examinations.
- Schedule an annual mammogram (especially for women over 40).
- Maintain a healthy diet and exercise regularly.
- Limit alcohol and avoid smoking.



Did you know?
Men can also develop breast cancer, though it's rarer.

➔ Source: [Cancer Association of South Africa \(CANSA\)](#)

Mental Health Awareness Month – Breaking the Stigma

Mental health is just as important as physical health, yet many people hesitate to seek help due to stigma.

How to Support Mental Well-being:

- **Talk About It:** Open conversations reduce stigma.
- **Take Mental Health Days:** Prioritize self-care when needed.
- **Seek Support:** Counseling services are available

through the EHW Programme.

- **Educate Yourself & Others:** The more we know, the more we can help.



Your mental health matters.
If you're struggling, don't hesitate to reach out.

➔ Source: [South African Depression & Anxiety Group \(SADAG\)](#)

Top Presenting Problem – Navigating Relationship Challenges

Whether with a spouse, partner, family member, or colleague, relationships **play a major role in our emotional well-being**. Unresolved conflicts and communication issues can contribute to stress, anxiety, and dissatisfaction in both personal and professional life.

Tips for Strengthening Relationships:

- **Improve Communication:** Be clear, honest, and listen actively.
- **Set Healthy Boundaries:** Know your limits and express them kindly.
- **Conflict Resolution:** Address issues calmly and constructively.
- **Seek Support if Needed:** Relationship counseling can be beneficial.



Remember:
Healthy relationships create a supportive and positive environment, whether at home or work.

➔ Source: [Relationship Help – Psychology Today](#)

Thank you for your feedback!

A heartfelt thank you to all staff who took the time to complete the Employee Health & Wellness Programme survey.

While the response was a drop in the ocean compared to our overall staff complement, every submission is valuable and deeply appreciated. Your feedback showed that most staff are interested in more psychosocial training interventions, with mental health, resilience, and stress management among the top areas of interest.



We also noted that video clips and short, impactful messages are the preferred way of receiving information. We've carefully considered the recommendations and feedback shared, and our team will work towards implementing improvements as soon as possible. Your input helps us shape a wellness programme that better supports you.

Closing Thoughts:

This October let's prioritize our health—both physical and mental—while fostering strong, positive relationships. When we take care of ourselves and nurture healthy connections, we create a more fulfilling life for ourselves and those around us.

Stay well,
Employee Health & Wellness Programme

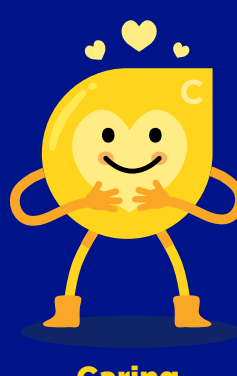


For more information or support, contact the **EHW service provider**.
Toll-free: 0800 111 011
Email: wcled@icas.co.za

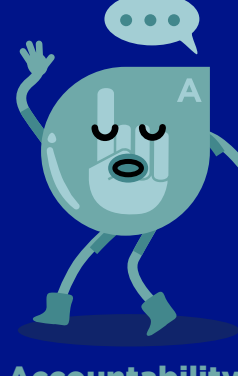


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Education



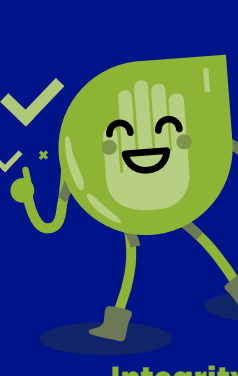
Caring



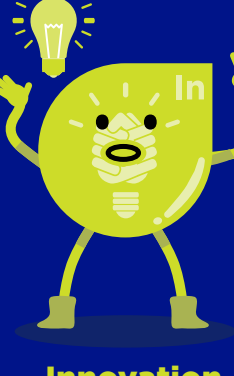
Accountability



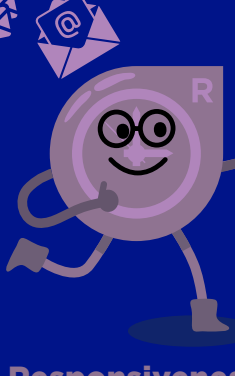
Competence



Integrity



Innovation



Responsiveness