



april 2021

wellness @work

health awareness month

During the month of April our focus will be on promoting the awareness of 'good health' during a pandemic – and the need for change to help you enjoy a better state of wellness.

The impact of Covid-19 on our daily lives continues to be disruptive as we adjust to handling the many new pressures we face – from working at home to getting back to the office; from home schooling the kids to scheduling 'me-time'; from maintaining social distancing to maintaining a social network of friends; from job insecurity stresses to family budget constraints; from losing a loved one to losing direction.

As an organisation, our aim is to engage with you to share information and insights that could guide us all at Primeserv to enjoy a better state of health, wellness, and happiness.

We will be looking at *improved personal hygiene routines; discovering affordable smart and healthy foods; getting active at home with the family; supporting mental health and wellness campaigns; knowing one's health status; and understanding the risks of certain lifestyle choices.*

We would like you to participate in the conversations by sending us your thoughts, comment, tips and ideas to: amandap@primeserv.co.za

your wellness matters

april health days

- 2 World Autism Awareness Day
- 7 World Health Day
- 17 World Haemophilia Day
- 19-25 African Vaccination Week
- 25 World Malaria Day

smashing your work-from-home (in)activity

- schedule a workout slot into your day
- health check your desk set-up
- take up an exercise video challenge
- make a break from the chair
- mind the snack-attack
- keep the water close at hand
- do walk-and-talk meetings



exercise and covid-19: what's the connection?

Reducing the risk of getting sick with Covid-19 and protecting yourself against other health-related concerns, should be your constant focus. Regular exercise stimulates changes in different immune cell types that, together, have an anti-inflammatory effect and support immune defense activity. Your immune system plays a key role in helping you fight off infectious disease.

Boost your immune health through regular, moderate physical activity and staying physically fit while working from home.

Mental health – a parallel pandemic with Covid-19

The pandemic that is leaving a lasting scar on our mental health

We need to help each other cope better during these challenging times.

We will soon be sharing a series of motivational talks to help you focus on your wellbeing and take care of your mental health.



always here for you

national gbv helpline	0800 150 150	suicide helpline	0800 567 567
aids helpline	0800 012 322	lifeline	0861 322 322
childline	0800 055 555	diabetes sa	0861 111 3913
rape crisis	021 447 9762	cansa	0800 226 622

maintain a safe social distance if you can



integrated business support services



substance abuse a trending social disease

Let us start a conversation on substance abuse – a social disease that leads to physical, social and emotional harm.

Your support will help make a difference.
Join our WhatsApp group **#conversations**



zoom fatigued? 4 causes and 4 solutions:

1) **Cause:** Excessive amounts of close-up eye contact is highly intense. **Solution:** Take Zoom out of the full-screen option and reduce the size of the Zoom window relative to the monitor to minimise face size. 2) **Cause:** Seeing yourself during video chats constantly in real-time is fatiguing. **Solution:** Change the default beaming of the video to only sent to others. Use the “hide self-view” button once your face is framed properly. 3) **Cause:** Video chats dramatically reduce your usual mobility. **Solution:** Turn your video off periodically during meetings just to give yourself a brief nonverbal rest. 4) **Cause:** The cognitive load is much higher in video chats. **Solution:** During long stretches of meetings, give yourself an “audio only” break – not simply turning off your camera – but also turning your body away from the screen.



balancing the books

- Getting the balance right can be tricky – sharing your time between office work at home, and homework with the kids and housework – and make you feel stressed about how it’s actually going to work.
- Here are a few top tips from the real experts: parents who are also juggling work-from-home with everything else.
- 1. Start the day in the healthiest way
- 2. Schedule your day into manageable chunks
- 3. Work out where your workspace will be
- 4. Set your priorities
- 5. Set yourself up for video and phone calls
- 6. Schedule short breaks
- 7. Support your child’s learning
- 8. Make the most of online resources
- 9. Plan stress-free meals
- 10. Be flexible and adaptable

the**better**you

- give yourself more sleeptime
- enjoy your breakfast
- be respectful and caring
- choose healthier foods
- go for a long walk
- unplug yourself to unwind
- downsize your plate
- learn to say no
- listen to music not the news
- read a book
- laugh a little, smile a lot
- say hallo!
- be kind