

june2021

wellness @work

your wellness matters

keeping you healthy – keeping us all healthy



silver linings – the small moments of happiness and joy

Now is the ideal time for us to foster positive emotions by creating small moments of happiness and joy to help undo the negative effects of stress and anxiety and isolation – *amplified by the pandemic.*



We have so many small silver lining moments to enjoy. The smell of coffee, the feel of the warm sun on one's back, the cuddle of a puppy...a familiar voice or a cosy book to curl up with in bed. When you stop to take in these moments, rather than let them rush by, you give your brain a chance to process the pleasure, which in turn boosts your serotonin levels. That's the feel good neurotransmitter that helps to elevate your mood.

Strengthen your connections and reconnections. Spend quality time with your loved ones. Have long conversations and walks with family and friends. These gestures promote closeness and also boost your oxytocin, which is a hormone that has a calming effect on your body.

If you need help remember your manager or hr person is there to listen. You can also email amandap@primeserv.co.za

When we can say “I’m worth it, I’m happy”, that’s when we appreciate ourselves.



THE POWER of positive thinking

Taking charge of our mental health is a must as we go further into the unknown.

We need positive emotions, a key resource during any health crisis, to help increase our resilience. Research shows that when we experience positive emotions on the back of a stressful event, ***we bounce back more quickly.*** People who have more positive emotions are more likely to fight off illness.

Positive emotions also make you think more clearly: ***the way we feel influences the way we think.*** Positive emotions boost our problem solving abilities as well as our judgment, decision-making, cognitive flexibility and creativity. Staying positive will help you and your kids to be better at solving all the little problems that are being thrown our way right now, such as figuring out new technology platforms for working (and schooling) from home.



integrated business support services



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Tips for getting better sleep to help *improve one's mental health*

If anxiety or chronic worrying dominates your thoughts at night, there are steps you can take to learn how to stop worrying.

To wind down, calm the mind, and prepare for sleep, try taking a warm bath, reading by a soft light, listening to soothing music, or practicing a relaxation technique before bed.

To help set your body's internal clock and optimise the quality of your sleep, stick to a regular sleep-wake schedule, even on weekends.

People who are mentally healthy have:

- A sense of contentment
- The ability to laugh and have fun
- The ability to deal with stress and bounce back
- A sense of meaning and purpose
- The flexibility to learn new skills and adapt to change
- A balance between work and play, rest and activity
- The ability to build and maintain fulfilling relationships
- Self-confidence

Having solid mental health doesn't mean that you never go through bad times or experience emotional problems. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. But just as physically healthy people are able to bounce back from illness or injury, people with strong mental health bounce back from adversity, trauma, and stress.

This ability is called resilience.

remember – it is ok to talk to someone



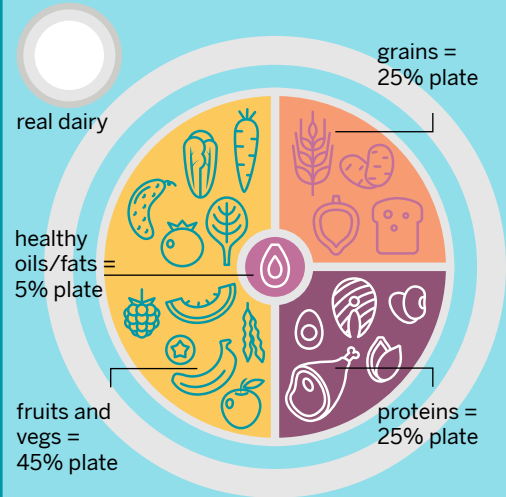
always here for **you**

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

for internal communication only –
always consult a registered health professional for any health related treatment required

June health days

- 1 International Children's Day
- 5 World Environment Day
- 6 National Cancer Survivors Day
- 7-13 World Heart Rhythm Week
- 14 World Blood Donor Day
- 15 World Elder Abuse Awareness Day
- 16 Youth Day
- 21-27 SANCA Drug Awareness Week
- 25 World Vitiligo Day
- 26 International Day against Drug Abuse and Illicit Trafficking



Finding a balance in food – it helps to understand what this means

Finding the balance between what you eat and having a healthy body and mind can be difficult. Even though this has become one of the most talked-about trends, we still lack the ability to organise a balanced diet for ourselves.

Eating is what fuels our bodies and our minds, and we need to listen carefully to what our body really needs. Our aim should be to feed our body healthy, nutritious foods in moderation to help make us feel better and look healthier.

Understanding how food affects our lives can also help us make better decisions when it comes to food choices. We need to read and understand food labels to educate ourselves on what we eat, the nutritional recommendations, and how it can fit or should fit into finding our balanced diet.

Remember, one cannot think well, love well, sleep well if one has not dined well. Be well!

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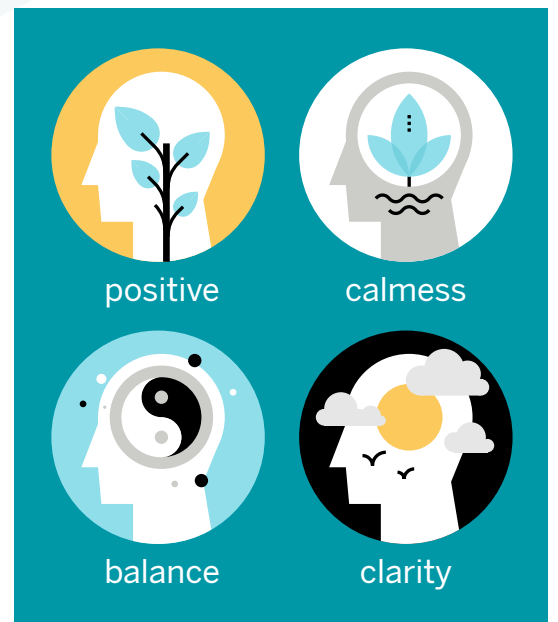
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