

july 2021

# wellness @work

your wellness matters  
keeping you healthy – keeping us all healthy



## cultivate an attitude of gratitude

Remind yourself of the many positive things that you do enjoy, even during lockdown.



*Staying positive as we face the next wave depends on our ability to maintain a positive mind-set in dealing with the disappointment, and frustration of another lockdown. While many of us will struggle with the effects of the ongoing uncertainty, it is important to adjust our view of the situation into a positive mindset, and move on quickly.*



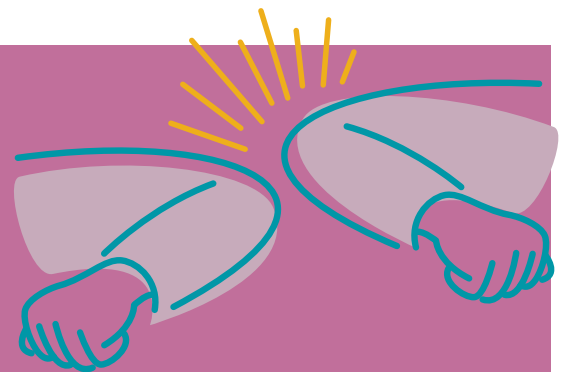
## staying positive – in dealing with disappointment during another lockdown

Being in another lockdown doesn't have to be viewed as a negative experience. In fact, it can help motivate us to find smarter ways of doing things: working smarter, socialising smarter, exercising smarter, and thinking smarter. **It can also help us to enjoy a more appreciative viewpoint of our circumstances, enabling us to bounce back stronger from it all.**

Maintaining a positive mind-set throughout this crisis could be our greatest challenge, but also our best opportunity of surviving, moving forward and coping with this unpleasant situation. If you ever reach a stage when you feel you can no longer cope, it is important to seek help. Remember, we are in this together.

## stay connected

Social contact remains really important in staying healthy. While it is absolutely vital to tackling the pandemic, many of the health and safety restrictions are particularly challenging, causing increased disruption to our treasured relationships. **What you need to do is find the safe alternatives to stay connected, to reach out to others.** Make that daily "How are you doing?" call to family and friends; send a message to a love one; wave across the passage to a co-worker; say "Hi!" to a stranger while you walk in the park; and smile at yourself in the mirror.



wellness is a choice investment



integrated business support services

**good news stories** Feeling well-informed can help us cope with uncertainty, but we must make sure that we are turning to reliable sources of news that reflect the truth, the facts, and a balanced view – not rumours and speculation.



### soak up nature

Boost your spirits by heading outdoors – there’s never been a better time to make the most of our beautiful country.

### being optimistic



Challenges and setbacks and even tragedies are nonnegotiable parts of life, but what is negotiable is how we face them.

People who score high on optimism – being hopeful about the future – have significantly lower rates of heart disease, cancer and mortality than those who score high on pessimism.

In addition, people with lower cynicism compared with those who viewed most other people with suspicion, had lower risk of death.

As with most matters involving health, it comes down to lifestyle and attitude.

## smart food choices to make



You can now knock a few years off the age by numbers by tweaking your diet with smarter choices in foods.

Avocados are full of monounsaturated fatty acids – the healthiest type of fat for the cardiovascular system.

Blueberries are soaring in popularity because of the amount of vitamin C and E they contain fighting aging by ridding the body of harmful chemicals that have damaging effects on our organs.

Natural yogurt contains not only calcium and protein, but, vital nutrients essential for multiple body functions, including cell growth.

Foods such as cucumbers, watermelon, apples, peaches, melons, and celery, are some of the best hydrating solutions for the skin.

The more colorful the better – bright veggies are stocked with phytonutrients and antioxidants, which protect against damaging free radicals. The beta-carotene and lycopene found in them also protect the skin from sun damage and repair skin cells.

Kiwifruit will help maintain a clear skin and promote healthy bones.

Spinach is a great vegetable choice as it contains exceptional lutein content which helps keep our eyes healthy and bright.

The ‘good’ compounds found in dark chocolate promote circulation and can even protect against moderate sun damage.

The complex carbohydrates found in whole grains maintain blood glucose levels and reduce glycation.

*So stock up on the smart stuff...it is great finding balance in your life.*

alert alert alert

your health and wellness matters **maintain all the protocols at all times**



wear your mask correctly – over your mouth and nose – to protect yourself and others



sanitise or wash your hands regularly for 20 seconds



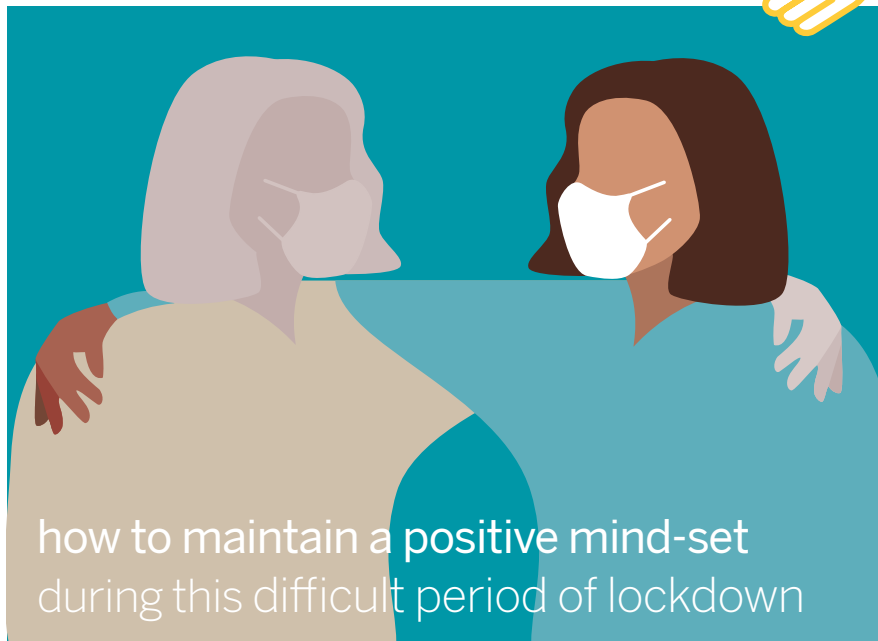
maintain a safe social distance of at least 1.5m

**remember – we are in this together**

# focus

When things seem out of control focus on what you can control

Take care of yourself and your immediate family first, and then everything outside your four walls



## how to maintain a positive mind-set during this difficult period of lockdown

*Decide that you will do your best to see things differently throughout the lockdown*

- Set small milestones and celebrate their achievements
- Highlight the things you are thankful for
- Focus on the time spent with your loved ones, less time spent in traffic, more monies saved, enjoying what you have at home and at work
- Say thank you to the people who make a positive contribution in your life, at home, at work, and all around you
- Reach out to your friends and family members and keep the conversations positive
- Praise other people for the good things they are doing
- Reach out to people you may have neglected in recent times
- Have as much fun as possible within the limitations of the regulations, and ensure that you maintain a healthy atmosphere around you
- Take note of all the unintended positive consequences of the lockdown; less pollution, changes in nature, re-evaluating of our lifestyles, the convenience of online shopping, a decrease in car accidents and crime
- Laugh as much as you can and enjoy our typical South African humour
- Contribute to helping people in need where possible and when safe
- Celebrate your good health and your wellness
- If things do go wrong, then take a break, refocus on a solution
- Evaluate your own positivity

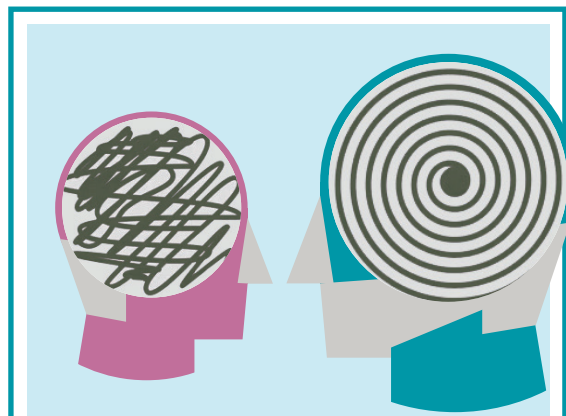
 always here for you

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

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



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## take a different view of a negative situation



- **Don't take it personally** Shift the mind-set to help build positive resilience
- **Lesson learned** Re-frame a negative situation into a positive one and focus on what to do differently in the future
- **Manage expectations** Be more flexible in creating a road map that also allows time to adjust and adapt to change, especially when things don't go to plan
- **Step away** Disappointment often translates into feelings of anxiety, anger or sadness  
To help cope with these emotions not only requires a mind-set switch but even a step away from the situation
- **Count one's blessings** When bad news hits, try to think about the many parts of life that brings happiness – be it family, home, health, friends, career, or life itself

## slow down

Lockdown can be challenging for everyone, so it's important to put your mental health first, to self-care, to check into yourself. If you need to take some time out remember that it's OK to take things slowly. Enjoy the silence, a good book or just a slow walk in the garden.

