

aug2021

wellness @work

your wellness matters
keeping you healthy – keeping us all healthy



what is kindness?

Kindness is when we show care and support for our fellow beings in tough and difficult times. Kindness shown is a free choice, unreserved and spontaneous.

Acts of kindness are small but meaningful actions that each of us can take or make, to provide a little sunshine to someone. "I see you, and I would like to help".

Acts of kindness helps to make the world a better place. And our country, our city, our workplace, and our home.

time to reach out

In times of crisis we come together to help each other.

The Covid-19 health crisis and the recent social unrest witnessed in KwaZulu-Natal and Gauteng, highlighted the fragile cracks that exists in our society.

Many South Africans continue to be denied the opportunity to earn an income to provide food and shelter for themselves and their loved ones. Many feel isolated, displaced, and overwhelmed by their circumstances.

Whatever the underlying reasons, we remain resilient as a nation. We face our fears with the power of hope. We take our pain with strength and courage. We step up to the plate shoulder to shoulder to rebuild ourselves. We express our gratitude with passion. We treasure the importance of our diverse society. As South Africans we always come together to stand together to support each other with real acts of kindness.



sharing kindness can be addictive

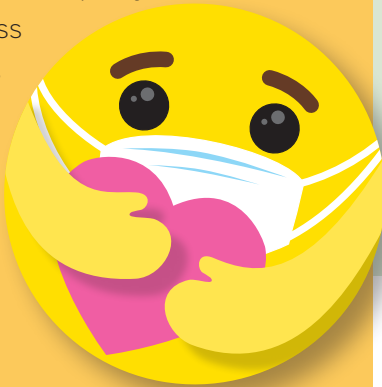


integrated business support services



it's **the right thing** to do

- Kindness shows recognition of an individual's circumstances and needs
- Kindness is about sharing and caring
- Kindness helps to uplift the spirits of both the receiver and the giver
- Kindness is good for our mental health and general wellbeing
- Kindness helps to start the healing process
- Kindness breeds kindness
- Acts of kindness inspires us to be kinder and show greater empathy
- Acts of kindness reduces stress
- Kindness connects us to each other



Have you lately thought about your family and friends? Those that may be struggling to deal with the current situation?

Why not take the time to call them, especially those who are alone or battling to adjust. Cheer them up by resharing some good time memories. **Remind them they are not alone** and that they should stay in touch.

do something unexpected – **share your kindness**



time to give back

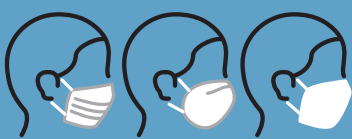
Donating to a cause you really care about is a surefire way to send those feel-good endorphins soaring. There has never been a better time to give back whatever you can. Even just your time, skills or talents.

august health awareness calendar

- 15 August (until 15 October) Bone Marrow Stem Cell Donation and Leukaemia Awareness Months
- National Women's Month
- Organ Donor Month
- Child Health Month
- 1 – 7 World Breastfeeding Week
- 1 – 7 CANSA Care Week
- 3 – 9 Rheumatic Fever and Rheumatic Heart Disease Awareness Week
- 8 – 14 Polio Awareness Week
- 9 National Women's Day
- 11 HPV vaccination 2nd round
- 12 International Youth Day
- 26 – 31 African Traditional Medicine Week
- 31 African Traditional Medicine Day



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 – doing good does you good

be kind to yourself After you've done good for others, remember to be kind to yourself. That long-overdue treat – a 'me'-time book read; a Netflix binge session; an early Sunday morning outside; a delicious home brew cappuccino; precious times spent with a loved one – will enhance that warm glow of kindness you're already feeling.



**wellness
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your wellness matters

One thing that we have seen all over the world is that kindness is prevailing in uncertain times. People reach out to others with random acts of charity and support.

Here's some examples of random acts of kindness that you can spread with big impact during the COVID-19 crisis:

Kindness in Public:

- Make someone's day with a heartfelt 'thank you' or 'hello...'
- Compliment someone with a kind word
- Help a local community or charity
- Donate your 'too-tight-not-my-style-haven't-used-it-in-years' items
- Assist others to register online for their vaccination
- Write a favourable review of a local business or service provider
- Offer to do a 'pay on' for an extra coffee, meal, or food hamper
- Offer help at a local nursing home or hospice

Kindness in the Workspace:

- Compliment a colleague or team for a job well done
- Share a virtual cup of coffee and an online chat
- Check in to see if your colleagues are managing in the new normal
- Follow up on those that WFH or are self-isolating
- Share some good and uplifting news
- Keep an eye out for inspirational acts of kindness

Kindness in the Home:

- Tell your family how much you love and appreciate them
- Make a call to friend that you haven't spoken to for a while
- Arrange for a virtual braai or celebration
- Spend some time with your pet
- Help with the chores around the house
- Check in online on family and friends that are self-isolating
- Leave a positive note on a bathroom mirror



showing a little empathy

- Never forget to encourage those on the way up
- Remember that uncertainty is difficult for anyone to manage
- In times of change and disruption it is totally normal for us to feel anxious
- Give recognition to people's emotions and responses
- Be a little more tolerant and a little less demanding
- Respect the ideas, comments, and suggestions of others
- Never hesitate to pay someone a compliment
- Show respect to others
- Encourage the sharing of the workload



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

