

sept2021

wellness @work

your wellness matters

keeping you healthy – keeping us all healthy



spring 2021 to revitalise: to give *new life*

After more than 500 days in lockdown we can be proud of the way in which we as a team have adapted with confidence to the demands of change in our daily lives. We embraced our Primeserv Health and Safety protocols to help protect our livelihoods during the COVID-19 pandemic. We mastered new ways of working – be it at home, remotely or on site. We supported each other to ensure that we maintain our levels of productivity and service excellence to our valuable clients.

With Spring upon us – *the time of new life and new beginnings* – we celebrate our renewal as we re-energise to continue the good work we do. Let us thank one another for having our back.

thank you for the days



make room for **moments of positivity**

september health calendar

Awareness Month for:

- Albinism
- Bone Marrow Stem Cell Donation and Leukemia 15 August (until 15 October)
- Cervical Cancer
- Childhood Cancer
- Eye Care 20 September (until 17 October)
- Muscular Dystrophy
- Heart
- Deaf People (National)
- Oral Health (National)
- 6 – 10 National Kidney Awareness Week
- 9 International Foetal Alcohol Syndrome Day
- 10 International Gynaecological Health Day
- 14 National Attention Deficit Hyperactivity Disorder Day
- 17 World Patient Safety Day
- 17 Sunflower Day
- 20 – 26 World Retina Week
- 21 World Alzheimer's Day
- 25 World Pharmacist Day
- 26 World Environmental Health Day
- 26 World Contraception Day
- 28 World Rabies Day
- 29 World Heart Day
- 29 World Retina Day

recharge yourself

A: Personal recharge

- Focus on your strengths
- Identify your strongest assets
- Be open to improvement
- Know your worth
- Refresh your views

B: Recharge at work

- Work with others
- Motivate yourself and others
- Monitor to maintain your performance
- Share and delegate
- Serve the purpose of the business
- Manage risk and deal with crises
- Look at the big picture





self care to get you through the drag

As the COVID-19 pandemic drags – now beyond a year with potentially many more months to go – the value of practicing self-care and trusting in good habits is evident. It remains critically important during this time to continue to make sure we take care of ourselves.

Fatigue is real. Fear is real. Feeling disconnected is real. Our minds, emotions, and abilities are being taxed to the extreme on a daily basis. *Whatever your reality, you need to take extra care of yourself to make it through the marathon.*

You need to step away from it all, to create that pause to give your mind time to heal and recover:

- Focus on the present moment and embrace what's current
- Focus on realistic daily goals and manage your expectations
- Focus on what you did accomplish and your strengths
- Focus on what you learned from mistakes made
- Use your skills and resources to make different decisions
- Create a positive and thriving workplace

Guard against falling back on bad habits when stressed and overwhelmed.

in sync with nature

COVID-19 has reminded us how dependent we are on our ecosystems, and the acute connection between our own fragile health and our planet's health. In a post-pandemic world, concern for our health and the health of the planet has grown, and with it, willingness to support sustainable systems and materials that sync with nature. We now have an opportunity to reflect, reevaluate, and re-imagine the ways in which we use our valuable and scarce resources.

We need to rethink how we work and what we value.

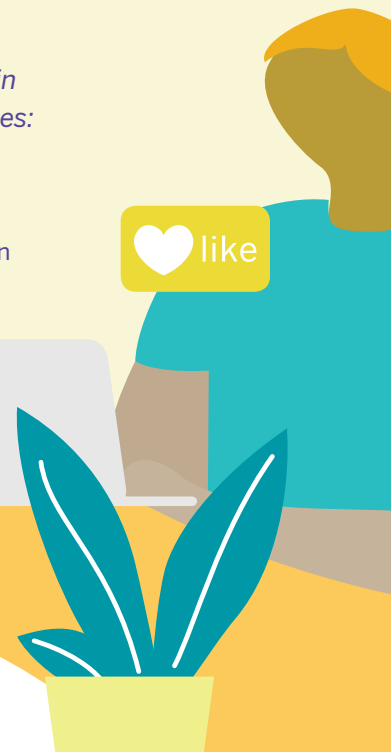
What we rely upon and what we care for. And what we need to understand to be able to adapt to co-exist and better connect to our natural world.

Here are a few small steps to consider in promoting sustainability of our resources:

- A: Look for healthy alternatives
- B: Maintain your good health
- C: Support local to help reduce your carbon footprint – *and it's lekker!*
- D: Be responsible in using your natural valuable resources
- E: Try to use less single-use paper and plastic items
- F: Support your local recycle programs to help reduce landfill waste
- G: Donate what you no longer need



care for yourself everyday



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



motivation is your best defense

Experiencing positive emotions has a real impact on our levels of motivation and productivity, and will improve our performance at work as well as our physical and mental health.

1. Taking small steps to calm the fear

To deal with fear we need to get it out into the open and understand what the gaps are that we need to fill in to manage our risks.

2. Identify the goals that promote personal growth

In setting personal goals we need to recognise that we have an Essential Self side and a Social Self side.

Our Essential Self side is spontaneous, creative and playful – and knows what's most important to keep us true to ourself.

Our Social Self is the part that helps us to stay safe and follow 'the rules' of our society and culture.

What we need to do is to find the balance that will help us meet our personal goals.

3. Become comfortable and confident in moving to a new reality by finding clarity

If we want to create something that is different from our current familiar reality it is not only necessary to know what we don't want, but more importantly what we do want.

4. A fear of failure or a fear of boredom

Challenges play a crucial part in motivating us by providing the opportunity to test our skills set. The risk however in any challenge is finding the balance between a challenge being too great – with a real fear of failure or – too small and leading to boredom.

As humans we need challenges and opportunities to master our newly acquired skills and knowledge.

What we need to find are projects that:

- Require us to grow
- Make us learn new things and acquire new skills
- Move the boundaries of our current thinking and views



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

