

Dear colleagues – I trust that all is well with you.

December is magical as we suddenly become more aware and in tune with our bodies and minds, and give ourselves permission to recognise and verbalise the need to rest and regenerate.



Anxiety is experienced differently by different people, so use this graphic as a guide to avoid replacing work-related anxiety with that of planning your holiday or hosting a celebration:

Anxiety presents itself in many different ways...

<p>The desire to control people and events</p> 	<p>Difficulty getting to sleep</p> 	<p>Feeling agitated or angry</p> 
<p>Defiance and other challenging behaviors</p> 	<p>Having high expectations for self, including school work & sports</p> 	<p>Avoiding activities or events (including school)</p> 
<p>Pain like stomachaches and headaches</p> 	<p>Struggling to pay attention and focus</p> 	<p>Intolerance of uncertainty</p> 
<p>Crying and difficulty managing emotions</p> 	<p>Over-planning for situations and events</p> 	<p>Feeling worried about situations or events</p> 

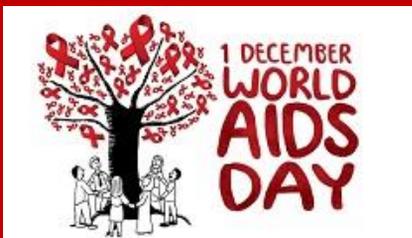
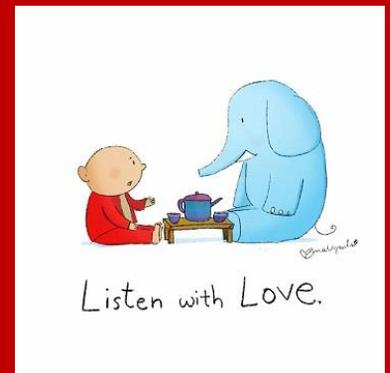
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For those of you with family members completing their schooling, be alert to their feelings while they await their results.

Problems such as depression, eating disorders, substance abuse, grief and illness, as well as traumatic life-events like divorce, domestic violence, crime and road accidents come to the fore at this time of year. Keep the Lifeline 24-hour telephone counselling service number handy – 0861 322 322 – and visit www.lifeline.co.za for useful guidance.



For those family engagements and festive celebrations, remember to **listen with love** while you reconnect with people. If you judge people, you have no time to love them.



In addition to World AIDS Day on 1 December and the International day for Persons with Disabilities on the 3rd, our attention is drawn to SunSmart skin cancer awareness, as we increasingly seek to be outdoors.

World Patient Safety Day on the 9th, followed by International Human Rights Day on 10 December, remind us that environmental and socio-political contexts influence the psychosocial well-being of all.

<http://www.hst.org.za/Lists/Health%20Events/calendar.aspx>

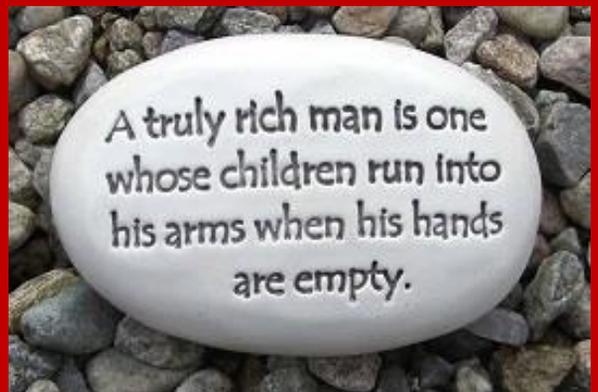
Our practice for this month is to balance the risk of overindulgence:

- Consider Park Run as a new family experience (and you can walk if you prefer) www.parkrun.co.za
- Flavour your water by adding slices of lemon, strawberry, cucumber, peaches or mint.
- Commit to limiting your intake of soft drinks and taking a smaller helping of pudding.
- Make that health screening appointment that you keep putting off.
- Be present and grateful for all as it is now.

Reminder: 14 December 2018

is the closing date for submission of abstracts for the 2019 *South African Health Review*. For more details, visit:

<http://www.hst.org.za/media/Pages/S/AHR-2019-Call-for-Abstracts.aspx>



As ever, I welcome your feedback and input, and I will listen with love.

Sarah Davids

Project Manager: Wellness for Effective Leadership (WEL)

For previous issues of WEL News, go to:

<http://www.hst.org.za/searchcentre/Pages/results.aspx?k=WEL%20News>



WEL develops people so that they can strengthen systems in which they live and work.

Contact us for a seven-day WEL process over six months, or a two-day process, or life-coaching.