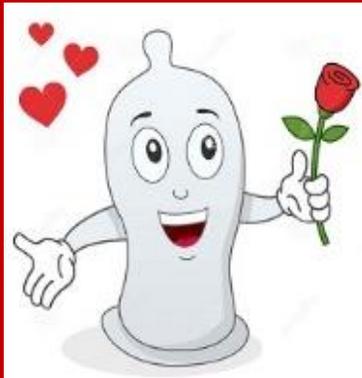


Dear colleagues – I trust that all is well with you.



Yes, February is here, and the adjustment to new routines is in progress.

It is a month in which the focus is on healthy lifestyles – soon to be tested by delicious sweet offerings under the guise of Valentine's Day!



Over the years, the reproductive health focus for Valentine's Day has incorporated rather innovative strategies around condom use.

We have been silent around the environmental impact of discarding used condoms and their packaging.

Unfortunately, the 'Avoid – Reduce – Re-use – Recycle – Compost' approach cannot apply to this product.

Does this perhaps present an entrepreneurial opportunity?

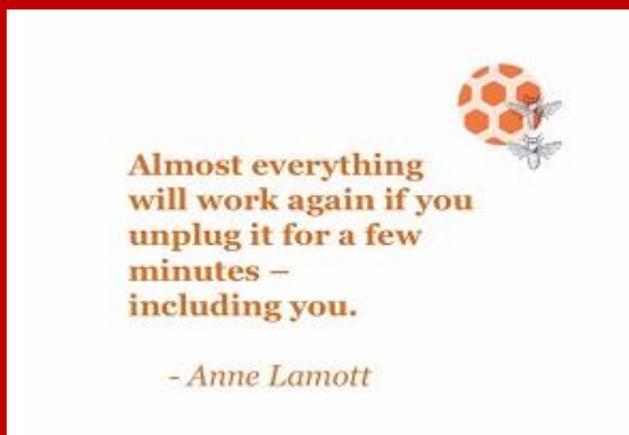


So, I challenge you to see the system in which you operate, and step back to allow ourselves time and space to **pause and reflect**.

This is an element that we teach to WEL participants: we can choose and make conscious decisions rather than operate on 'automatic pilot'.

A WEL participant shared:

"I have learnt from you that it is very important to pause before you respond. I will now wait before I send a very angry e-mail".
FS 2014



Business e-mails

Following on with the e-mail theme, I recently read an informative article on the do's and don'ts when sending a business e-mail that made me realise "Oops, I tend to lapse into these, despite the prior guidance".

Notably, it is recommended that we do not leave the subject line blank – but it is also not advisable to write 'Hi', 'FYI' or 'Touching base'. The preferred method is a clear concise description that relates to the body of the e-mail.



You can read more at the following link:

<https://businesstech.co.za/news/business/295350/the-dos-and-donts-when-sending-a-business-email/amp/>



Health Systems Trust has condensed Chapters 1 to 14 of the ***South African Health Review 2018*** into easy-to-read KwikSkwiz briefs.

This month I alert you to **Chapter 2** – ‘Human resources for health and universal health coverage: progress, complexities and contestations’, authored by Laetitia C Rispel, Duane Blaauw, Prudence Ditlopo and Janine White. As the WEL Programme focuses on the people in the system, this is the chosen starting point.

Click here to view the chapter summaries in the KwikSkwiz series (Volume 5): <http://www.hst.org.za/publications/Pages/HSTKwikSkwiz.aspx>

Before I present the practice for this month, I want to share that I overcame my excuses of ‘too many people’, ‘I hate running’, etc. and attended a Park Run – of course, I walked, and my teens quietly mentioned that they would meet me at the finish-line, but I did it!

www.parkrun.co.za



Choose your practice for this month



Stop eating 'C.R.A.P.' Consider choosing to reduce your consumption of only one letter:

C = Carbonated drinks

R = Refined sugars

A = Artificial foods

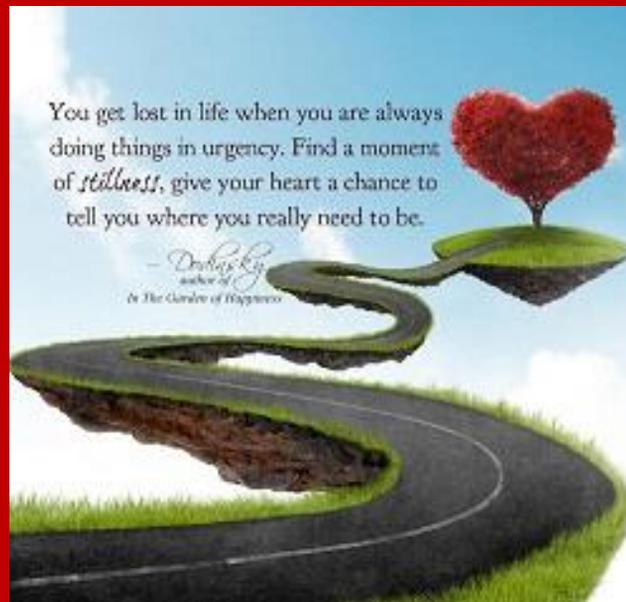
P = Processed foods



Set your alarm for five minutes of your day and just **be still**. Sakyong Mipham said: "The body benefits from movement, the mind benefits from stillness."



Read the two-page SAHR KwikSkwiz.



As ever, I welcome your feedback and input.

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.