Week 7 challenge:

Stress management

Olá Nandocas,

Welcome to **Week 7 of the Nando's 10-Week Consistency Challenge!**

This week, we're focusing on stress management. Stress can affect your sleep, energy, mood, and overall wellbeing. Looking after your mind is just as important as staying active and making healthy choices.

This Week's Challenge:

Choose one **stress-management technique** and practise it every day this week.

Easy ways to improve your sleep this week:



Spend 5 minutes breathing deeply and slowly



Go for a short walk



Write down what's on your mind



Unplug from your phone for a while each evening



Talk to someone you trust



Reach out to Sizani
(confidential & free of charge)

If stress is affecting your sleep, appetite, or mood for a prolonged period, please reach out to someone you trust or a healthcare professional.

Need a little extra support?

Life can sometimes feel a bit overwhelming, and that's okay. Remember, you don't have to face life's challenges on your own.

Our Employee Assistance Programme, Sizani, is here to support you with anything from emotional wellbeing and family matters to financial, legal, or workplace concerns. The service is completely confidential and available to all Nandocas.

Here's how to reach out:

Toll-Free Call: 0800 NTHUSE (684 873)

USSD (no airtime needed): *134*1103#

Taking care of your mind is just as important as taking care of your body. Reaching out for support is a sign of strength, and sometimes one conversation can make all the difference.

Let's continue firing up our wellbeing, together

Siya Phila

Firing up your wellness

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