



01. Introduction

Welcome to the KRISP Wellness Brochure; a guide to help you achieve good health, happiness and find a balance between the demands of work and the life you live outside of it.

As part of the KRISP family, we want to help all of our employees and students realise their full potential, discover their passion and live their best lives. Health and well-being are at the heart of this

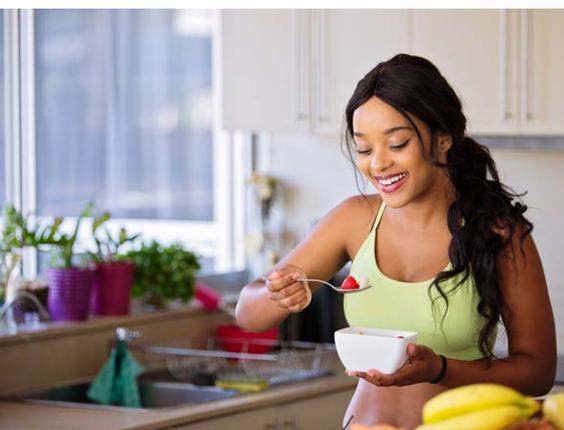
strategy because the people in our team are our greatest asset, and it is only through happy, healthy and committed people that we can fully achieve KRISP's vision.

Health and wellness can also not be viewed in isolation of each other, as each feeds into and supports the other. Health is a state of body, and wellness is a state of being.

Former COO of Coca-Cola, Brian Dyson, explained it well with this story:

"Imagine life as a game in which you are juggling some five balls in the air. You name them – work, family, health, friends and spirit and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls – family, health, friends, and spirit – are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged, or even shattered. They will never be the same. You must understand that and strive for balance in your life."

Let us work together to do this!





02. UKZN Health Facilities

As a post-graduate student or staff member of UKZN, there are several facilities and benefits that you have access to around campus:

Health Clinics

The Campus Health Services provide effective and efficient health care to all registered students and staff of UKZN.

Each campus has its own fully-fledged clinic which focuses on the following:

- Treatment of minor ailments
- Treatment and monitoring of health problems (e.g. blood sugar levels, blood pressure)
- Health education
- Family planning, contraception and pregnancy testing
- Treatment of STI's and AIDS tests (pre and post-test counselling)
- Assessment and referral of drug and alcohol-related problems
- Referral to government and private hospitals

All clinics have fully trained nurses on duty. Doctors by appointment.

Open during normal business hours (09h00 – 16h00)

Closest clinic to KRISP is at the Howard Campus.

Contact: 031 260 3285 or 4506



Student Counselling Services

UKZN's Student Counselling Services offer free, confidential and professional counselling and support services for all registered students, covering the following topics:

- Career counselling and careers library
- Curriculum and course counselling
- Personal counselling and therapy
- Crises and trauma counselling
- Study skills, life skills and diversity awareness
- HIV/AIDS prevention programmes and counselling
- HIV/AIDS voluntary counselling and testing (VCT)
- Advocacy and mediation work

All counselling services are strictly confidential.

Contact: Medical School Campus, 2nd Floor, Main Building, Room 238, 031-2604595/ 7087 or email chs.sss@ukzn.ac.za to make an appointment.



Employee Wellness Provider – Durban Coastal Mental Health (DCMH)

As part of UKZN's goal of being an employer of choice, the University organises employee wellness days to promote physical, emotional and financial wellbeing and offers workshops on financial and stress management.

In partnership with the UKZN Medical Aid, the University has appointed DCMU to provide telephonic and face-to-face counselling to employees as per need – either through self-referral or line manager referral. The University will pay for this service up to a maximum of 4 sessions per employee, following which, employees are to utilize their medical aid for further and more in-depth assistance.

All information received during these sessions remains confidential between employee and the service provider. Except in cases where the Line Manager has made the referral; DCMH will provide high-level feedback to the manager concerned.

Contact: Ms Moonira Khan – 031 502 3622 to make an appointment

UKZN Medical Aid Scheme

The UKZN Medical Scheme, administered by Discovery Health, provides benefits to all employees of the University and their immediate family members registered on the Scheme.

The UKZN Standard Plan offers a range of benefits including full emergency cover, a hospital benefit from network hospitals and a medical savings account for day-to-day medical expenses.

To find out more about the benefits or to register to the scheme please contact General Queries on 0860 11 33 22 or email service@discovery.co.za



Other useful contact details:

Philippa Hempson (UKZNMS Principal Officer) – 031 576 7015 or PO-Ukznms@ukzn.ac.za

Claims – 0860 329 252 or claims@discovery.co.za

Preauthorisation – 0860 11 33 22 or preauthorisations@discovery.co.za

Emergency Services (Ambulance): ER24 – 084 124

Other Facilities

Sports - Howard College has its own indoor sports complex and offers more than 20 different sporting codes. The campus also has its own tennis and squash courts, swimming pool, jogging areas and gymnasium.

Students and Staff of UKZN are encouraged to make use of the facilities in their own time or join a club for more structured sessions and coaching.

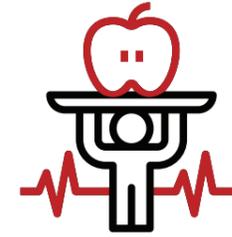
For more information or to register contact Sports Administration - 031 260 2197



Yoga and Mindfulness Meditation

Classes are offered to UKZN students and staff.

Classes will be held on Wednesday afternoons from 15h00-16h00 in the Medical School Examinations Hall.



03. Health and Wellness at KRISP

The health and wellness of our KRISP team is of utmost importance. In aid of this, we have put together some information to help our staff and students recognise the issues that pose a threat to our general well-being, as well as suggesting a few solutions and interactive resources to help protect and grow our sense of health and wellness in the workplace.

Website

Visit the wellness page on the KRISP website to get access to the following:

- A KRISP calendar for upcoming events and activities. Choose to get involved or just go along to support your fellow KRISP team members.
- Profiles of some of the more active members of KRISP. Feel free to chat to them about their hobbies and see if any spark your interest.
- A range of stretches and exercises you can do in the workplace
- A photo gallery of all KRISP activities relating to health and wellness.
- Healthy and affordable recipes for everyone to enjoy.
- Additional resources on issues such as depression, anxiety, stress and tips for healthy living, life hacks
- A directory of local medical practitioners - doctors, dentists, physiotherapists, dieticians – if ever you should need to make an appointment.

Visit: www.krisp.org.za/wellness

“The higher your energy level, the more efficient your body. The more efficient your body, the better you feel, and the more you will use your talent to produce outstanding results.”

- Anthony Robbins



There are a number of common issues in the workplace that can negatively impact your health and wellness, such as stress, anxiety, burnout and depression. It is important to be aware of these issues, understand the signs and symptoms and to know how best to combat them.

None of these issues operate in isolation either and if left unchecked, for example, prolonged periods of stress and anxiety can lead to more serious issues such as burnout or depression.

Stress and Burnout

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. Someone experiencing burnout feels overwhelmed, emotionally drained, and unable to meet constant demands.

Burnout also reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give. Most of us have days when we feel helpless or overloaded – but if you feel like this most of the time, however, you may be burned out.

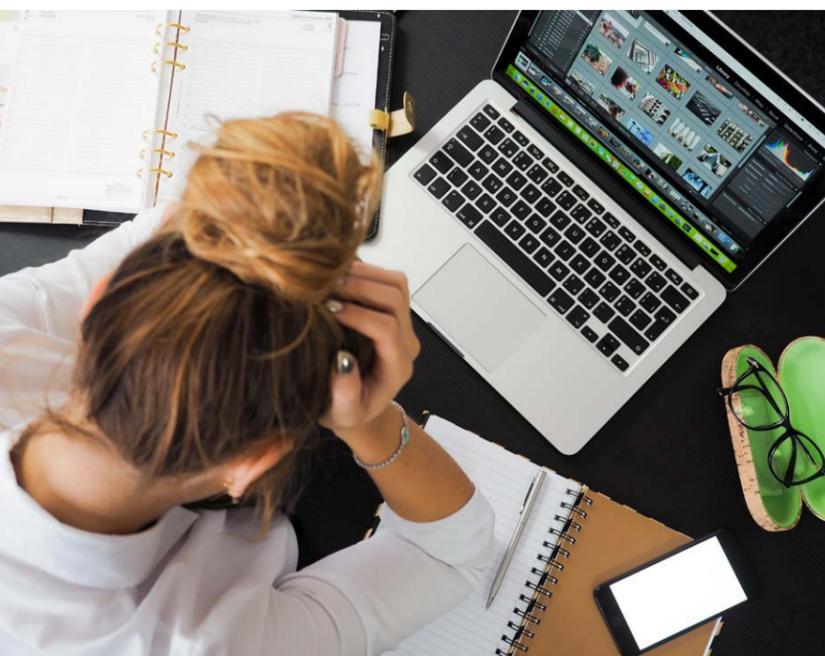
Burnout is a gradual process. It doesn't happen overnight, but it can creep up on you. The signs and symptoms are subtle at first but become worse as time goes on. Think of the early symptoms as red flags that something is wrong that needs to be addressed. If you pay attention and actively reduce your stress, you can prevent a major breakdown. If you ignore them, you'll eventually burn out.

The difference between stress and burnout: Burnout may be the result of unrelenting stress, but it isn't the same as too much stress. Stress, by and large, involves too much: too many pressures that demand too much of you physically and mentally. Burnout, on the other hand, is about not enough. Being burned out means feeling empty and mentally exhausted, devoid of motivation, and beyond caring. People experiencing burnout often don't see any hope of positive change in their situations.

If excessive stress feels like you're drowning in responsibilities, burnout is a sense of being all dried up. And while you're usually aware of being under a lot of stress, you don't always notice burnout when it happens.

To deal with burnout and stress:

- Reach out to others (social contact is nature's remedy for stress)
- Limit your contact with negative people
- Connect with a cause, community group or club
- Reframe your perspective on life
- Find some value in your work
- Find balance in your life, focus on the parts that bring you the most joy
- Take time off
- Re-evaluate your priorities
- Take time daily to completely disconnect from technology
- Make exercise a priority
- Get plenty of sleep
- Eat a healthy diet



Screen time

In today's world we all spend a considerable amount of time in front of screens, be it our computer screen, tablet, television or cell-phone. According to market research the average working adult is exposed to screen for 11 hours each day.

Although many of us are reliant on screens to do our work, it is important that we regulate our exposure with strategic breaks to give our eyes and minds a rest.

Over-exposure can lead to:

- Fatigue
- Headaches
- Eye strain
- Lower productivity and
- Poor concentration

There are several free apps one can download to monitor and regulate your screen time:

Screen Time (Android and iOS)

Block and Focus (Google Chrome) – set your work and break times



Anxiety

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come.

It is normal to feel some form of anxiety at some point, but when these feelings become overly intense, or linger for longer periods to the point where they are debilitating or disabling, then you may be suffering from an anxiety disorder. Anxiety is often closely linked to people suffering from depression.

Remedies:

- Seek help from a trained professional,
- Stay active and get regular exercise
- Meditate
- Get enough sleep
- Eat a healthy diet
- Avoid alcohol and caffeine



Depression

Depression is a type of mood disorder and can best be described as intense feelings of sadness, loss or anger that interfere with a person's everyday activities. However, people experience depression in different ways. It may interfere with your daily work, resulting in lost time and lower productivity. It also can influence relationships and some chronic health conditions.

Common symptoms include:

- Mood: anger, aggressiveness, irritability, anxiousness, restlessness
- Emotional: feeling empty, sad, hopeless
- Behavioural: loss of interest, feeling tired easily, thoughts of suicide, engaging in high-risk activities
- Sexual: reduced sexual desire, lack of sexual performance
- Cognitive: inability to concentrate, difficulty completing tasks, delayed responses during conversations
- Sleep: disrupted sleep patterns...either too much sleep or too little (insomnia, restless sleep)
- Physical: fatigue, pains, headache, digestive problems

Don't ignore the symptoms of depression. If your mood doesn't improve or gets worse, seek medical help, as depression is a serious mental illness.

Remedies:

- Medication – a doctor may prescribe you antidepressants or anti-anxiety medication
- Psychotherapy
- Exercise – exercise increases your endorphins (the feel-good hormone)
- Avoid alcohol and drugs
- Reduce stress
- Get lots of sleep
- Set boundaries – learn to say no
- Look after yourself
- Distance yourself from negative people

Lunchtime Walking Club

During the lunch break every day, a group of committed KRISP members take on the multi-story parkade and surrounds of the medical school. This is a great way to get some exercise in and shake off the cobwebs before the afternoon.

Bring your walking shoes along and please contact the KRISP admin office to find out more.

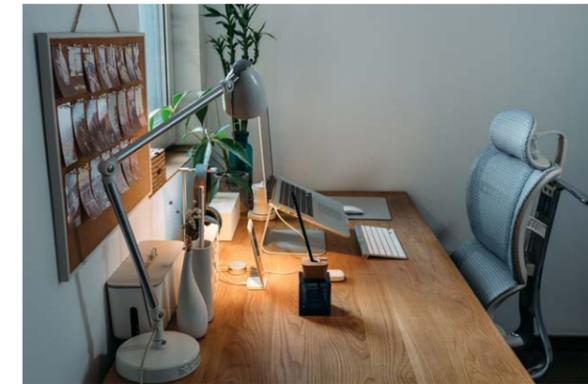


Posture

Our work at KRISP demands that we spend a lot of our time behind a desk or working on a computer. It is so important that we maintain a good/neutral posture at our workstations in order to avoid back and neck pain.

Here are a few tips to help you achieve a good/neutral posture:

- Keep your computer monitor at eye level so your head doesn't tilt
- Pull your shoulders back and keep your back flat against the chair
- Rest your feet flat on the ground—no crossing ankles or legs
- Use a lumbar support tool such as a hard cushion to help keep your upper back straight and prevent slouching
- Give yourself regular movement breaks – research suggests every 30 minutes or so, to perform basic stretches that encourage good posture, or simply just walk around to increase circulation.
- Create an ergonomic workstation which allows for a full range of motion, with easy access to commonly used items – within arm's reach and allow for adequate leg room and a chair position that prevents hunching.



Basic Office Exercise

- **Head and neck** - Turn your head left and keep it there for 2 seconds. Then turn your head right and keep it there for 2 seconds. Repeat several times.
- **Neck Tilt** - Start with your head in a comfortable straight position. Then, slowly tilt your head to your right shoulder to gently stretch the muscles on the left side of your neck. Hold this position for 5 seconds. Then, tilt your head to the left side to stretch your other side. Do this twice for each side.
- **Back** - Start with the arms bent, hands near chest area, and push elbows back. Hold for 5 seconds, then relax. Repeat several times. You can also raise arms in the same fashion, this time close to the shoulders, to work out the upper back.
- **Shoulders** - Roll shoulders slowly in a circular fashion, while trying to make the circle as big as possible. Take about 5 seconds to complete one circle. Repeat several times.
- **Shoulder and arms** - Keep one arm horizontally stretched in front of your chest. Push this arm with your other arm towards you until you feel a mild tension in your shoulder. Hold this position briefly and repeat the exercise for your other arm.
- **Backward Shoulder Press** - Interlace your fingers behind your back. Then turn your elbows gently inward, while straightening your arms. Hold this position for 5 to 15 seconds and repeat this exercise.
- **Wrists** - Hold your hands out in front of you. Slowly raise and lower your hands to stretch the muscles in the forearm. Repeat several times.





04. Healthy Living in Durban and surrounds

Durban is an amazing city to live and work in. According to a recent study in 2018, Durban was rated as having the highest standard living of all South African countries. So, it is important that we take advantage of all Durban has to offer and strike a balance between work and play. Here are a few free or affordable activities and facilities to consider:

Park Runs

A series of timed 5km runs are available every Saturday at 8am, across 10 different venues around the greater Durban area: - Durban Point, North Beach, Blue Lagoon, Umhlanga, Amanzimtoti, Ballito, KwaMashu, Westville, Shongweni and Thousand Hills.

You against the clock!

Registration and participation is free

Visit www.parkrun.co.za for more information.



Durban's Promenade

Durban's expanding promenade along the beachfront from the Point to North Beach or from the Umhlanga lighthouse to the Umdloti Nature Reserve provide the perfect opportunity for a walk, run or cycle.

Get easy access to the beach for some much needed sand between the toes or hire a bicycle from:

Xpression on the Beach for R60 - Call 074 134 1232

eThekweni Bicycle Hire - Call 031 312 2559 OR

Bike and Bean - Call 082 065 7096



Outdoor Gyms

There are a number of outdoor gyms available (weather-permitting), free to use for members of the public. Those with the closest proximity to KRISP are:

Bulwer Park, along Bulwer road, just up from Glenwood Prep School.

People's Park, Moses Mabida Stadium

Durban's South Beach

La Lucia Park, Durban North

Rinaldo Park, Glen Hills

Surfing/Paddle Ski's

Durban beachfront hosts some of the best surfing spots, bring your surfboard and come catch some waves.

If you don't have a board you can take advantage of one of the many places where you can hire boards, stand up boards or paddle skies.

Contact:

Xpression on the Beach - Call 074 134 1232

Surf Sessions - Call 031 332 0563 OR

Surf HQ Durban - Call 031 332 0281 or visit www.surfhq.co.za



Canoe Hire

Self-guided canoe trips along the uMngeni Estuary from the GreenHub. Paddle up the river to Conought Bridge and down towards the river mouth. Make sure you call and book. (Guided tours are available at an additional cost.)

Approx R55 pp. Call - 031 322 6026 for more information.



Meditation

The Kadampa Meditation Centre offers practical meditation classes for daily life show how we can develop authentic inner peace, overcome daily problems and bring about positive changes in our life that enable us to experience deep and lasting happiness.

Each class consists of guided meditations and clear explanations, as well as an opportunity to ask questions. Classes are suitable for absolute beginners and participants to sit on chairs.

Cost Approx R50 pp



Geocaching



Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices or smartphones. The kids love it and it's a great way to get the whole family involved and searching the Durban surrounds.

Navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Log onto the website to find out how to play and find your closest Geocache. There are over 2000 Geocaches hidden in KZN.

Go to - <https://www.geocaching.com>

Free to join!

Fishing



The Durban coastline boasts many great fishing spots. Take the family along for a picnic on the beach.

**Don't forget to get the necessary fishing license from the post office.

Alternatively join the Natal Fly-fishing Club and get access to more than 100 freshwater dams, lakes and sections of river to fish for the likes of trout and yellow fish.

Visit: <http://www.nffc.co.za>

Walking/Hiking



There are many great places to walk in the Durban area, such as the Durban Botanical Gardens, the beachfront promenade and Makaranga, up in Hillcrest.

The Umhlanga Lagoon Nature Reserve is also a great, free option for the whole family, with trails that lead through dune forest across the lagoon and onto the beach. It is a sanctuary for small wildlife, there are a number of wetland, coastal forest species and over 208 species of birds in the Durban North area.

There are daily guided walks through the Umhlanga Lagoon Nature Reserve along the trail, at 9 am, 11 am and 3 pm that takes roughly an hour and a half – speak to the Breakers Hotel reception for more information.

Entrance is free. Call - 031 205 1271

Or consider signing up for the Amblers Hiking Club - <http://www.ambleshikingclub.co.za>

Members enjoy hiking at 52 different venues in and around Durban between 2pm and 4:30pm every Sunday.

Contact: Please call - 0726150559

