



HEALTH HEROES

A HERO IS IN YOU

MARCH 2023

HUMAN RIGHTS

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HUMAN RIGHTS DAY IS AROUND THE CORNER

As we are about to celebrate National Human Rights Day on the 21st of March, this day is not only a reminder to us of the tragic event that took place on the 21st March in 1960 (the mass shooting of peaceful protesters) but it is also a reminder of how important our human rights are and what it cost us as a country to get us to a place where we have the Bill of Rights as the cornerstone of our democracy.



BENEFITS OF THE PROGRAMME

- 24-Hour health and wellness Support for you and your family
- Less stress
- Improve your wellbeing
- Find solutions
- Improve your happiness

*How can
we help you?*
WE ARE WAITING FOR YOUR CALL!





THE BILL OF RIGHTS

AFFIRMS THE FOLLOWING RIGHTS FOR US

- The right to equality before the law
- The right to freedom from unfair discrimination
- The right to human dignity
- The right to freedom and security
- The right to language and culture

This article focuses on the issues we are still facing as a country, specifically that of stigma around the unfair treatment of individuals with psychosocial disabilities and mental health problems. The term psychosocial is used to describe the relationship between social movements and the way in which individuals or groups process information.

According to the United Nations Human Rights report, people with mental health problems and those with psychosocial disabilities are most likely to experience higher rates of poor health and a reduced life expectancy. The stigma attached to people with mental health issues and psychosocial disabilities also determines the quality of care they are most likely to receive, and the extent to which they will be able to access services which might perpetuate social inequality.

THESE SERVICES CAN INCLUDE BUT ARE NOT LIMITED TO:

- Access to education
- Access to possible employment
- Access to dignified healthcare
- Access to safety and security

WHY ARE HUMAN RIGHTS IMPORTANT?



- Human rights ensure that people's basic needs met.
- Human rights ensure that people can stand up to social injustice and corruption.
- Human rights ensure that vulnerable groups are protected from abuse.
- Human rights provide a universal standard that holds individuals and groups accountable.

HOW CAN WE PROTECT, SUPPORT, AND RESPECT THE HUMAN RIGHTS OF VULNERABLE GROUPS?

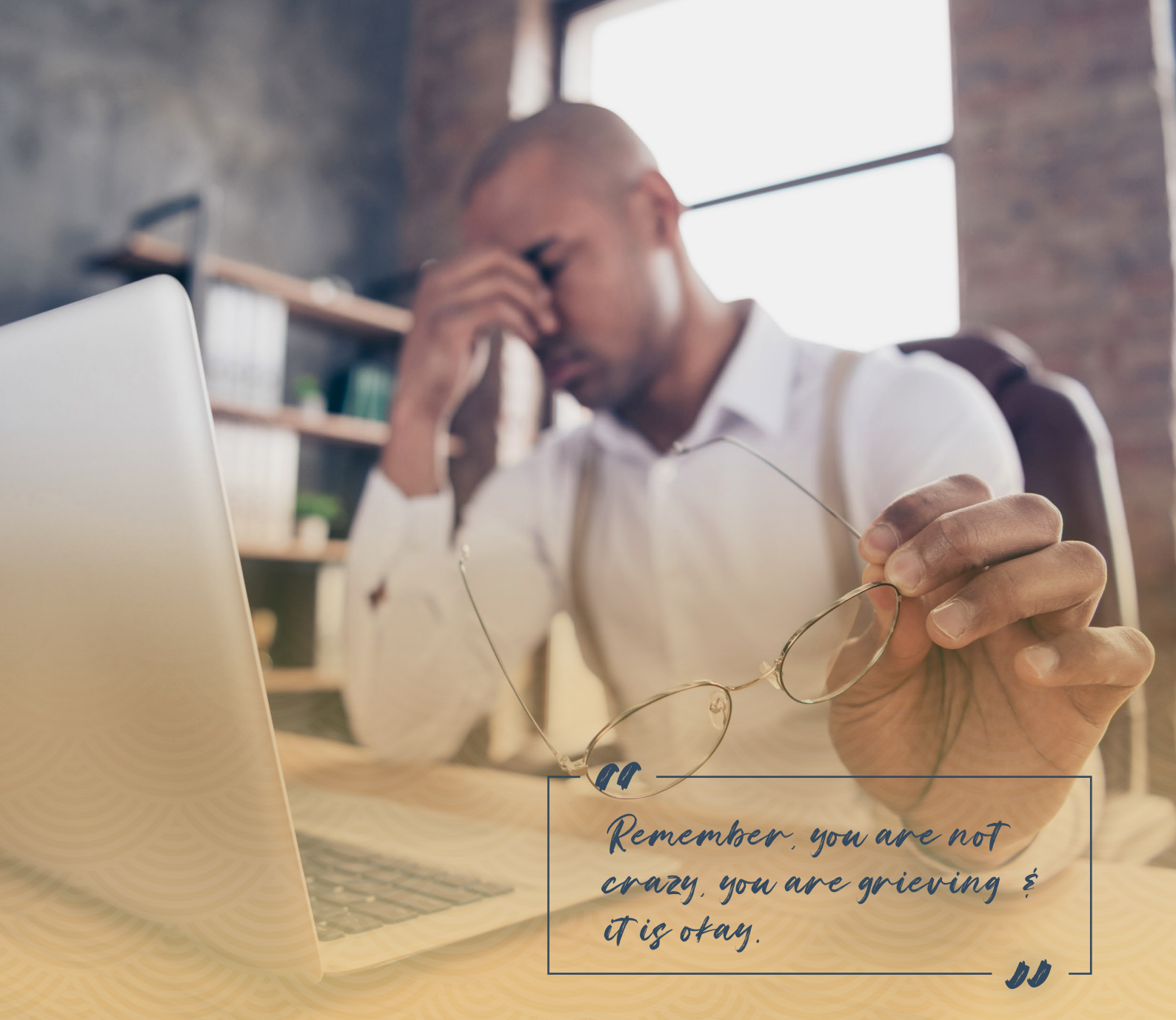
It is often believed that people with psychosocial disabilities, mental health problems, or women and children are not in a position to make sound decisions regarding their own lives and matters that concern them. Therefore, it is important that we as a people report any form of abuse and cruelty against those who are more vulnerable, to defy the effects of stigma, and to also offer support and respect for the choices make.



"To deny people their human rights is to challenge their very humanity."

- Nelson Mandela





*Remember, you are not
crazy, you are grieving &
it is okay.*

DEALING WITH GRIEF AND LOSS

Grief can be a difficult and confusing experience, but it's important to remember that there's no right or wrong way to feel. You may have heard of the different stages of grief, but they're just guidelines. Every person's journey through loss is different and personal.

It's natural to feel a deep sense of sadness and pain when you've lost something important to you. Just know that you're not alone and that your feelings are valid.

The experience of grief and the mourning process involves many changes in the lives of the individuals affected. It is a period of adaption and transition in all aspects of the individual or family's lives.

The many losses we experience in life may lead us to respond in various ways.





TYPES OF GRIEF

THAT PEOPLE HAVE EXPERIENCED

1. SHOCK GRIEF

This happens when you lose something suddenly and unexpectedly, like a job, a loved one, or a relationship. It can be really tough to handle.

2. COMPLICATED GRIEF

This is when you have trouble moving on from grief because of past losses and trauma. If you don't deal with those feelings, they can build up and create a confusing mix of emotions.

3. CHRONIC GRIEF

This is when grief doesn't go away, even over time. You may feel just as sad and upset now as you did when the loss happened. This can happen with a loss that can't be changed, like a long-term illness or the death of someone you love.

4. ANTICIPATORY GRIEF

This is when you know a loss is coming, like when a loved one is sick and you know they're going to die. It can be hard to go through the grieving process before the actual loss happens.

5. OVERWHELMING GRIEF

This is when you experience multiple losses at the same time. It can be tough to handle all the sadness and once.

6. COMMUNITY GRIEF

This is when a whole group of people are grieving the same loss. It could be a family grieving together after the loss of a loved one, or a country grieving after a tragedy.

TIPS FOR MANAGING GRIEF



TIP 1 - ACKNOWLEDGE YOUR FEELINGS

It is important to allow yourself to experience the range of emotions that come with loss, including sadness, anger, and confusion. Do not try to suppress your feelings, but instead allow yourself to feel them and process them in your own way.

TIP 2 - TAKE CARE OF YOURSELF

You need to take care of yourself during this time by eating well, getting enough rest, and engaging in physical activity. This will help you feel stronger and more resilient.

TIP 3 - SEEK SUPPORT

Talk to friends, family, or a therapist. This can help you process your feelings and provide you with the support you need during this difficult time. You may also consider joining a support group, where you can connect with others who are going through similar experiences.

TIP 4 - HONOUR YOUR LOVED ONE'S MEMORY

Whether it be through photos, mementos, or special activities, find ways to keep your loved one's memory alive. This can provide comfort and a sense of connection to them, even after they are gone.

TIP 5 - FIND MEANING AND PURPOSE

After loss, it can be helpful to focus on finding meaning and purpose in your life. This could be through volunteering, pursuing new interests, or simply spending time with loved ones.

How can we help you?

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LOADSHEDDING AND HOW IT MAY BE AFFECTING OUR MENTAL HEALTH

Since the announcement of an indefinite stage 2 or 3 loadshedding over the next two years, the country as a whole has been suffering great turmoil and anxiety. This has also been compounded by the news of an 18.65% increase on electricity prices. Most individuals are currently facing insecurity about the future and great frustrations of how their day-to-day activities and the quality of their lives will be impacted.

The continued loadshedding has become more than just an inconvenience as businesses have been affected, crime is on the rise, traffic has become even more congested, productivity of employees is low, and in many households, appliances are being damaged and need to be replaced.

It has direct financial, physical, and mental implications on individuals. As such, it is important to remember that it is normal to feel frustrated, angry, anxious, and disappointed as loadshedding affects every aspect of our lives in various ways. It is hard to see the "light" at the end of the tunnel and it is difficult to find ways to cope or even deal with the many uncertainties and sudden changes. But this article will help.

Pro Tips

Do not give yourself a heart attack. Try to find humour in some of the situations you find yourself in. Laughter every day keeps joy coming your way.

TIPS TO DEALING WITH MENTAL STRESS OF LOADSHEDDING

BE FOCUSED ON THE THINGS THAT ARE IN YOUR CONTROL - Check your app for updated schedules in order to plan the day accordingly.

BE FLEXIBLE - Be open to having a plan B when plan A does not work out due to a schedule change. Such as having a set of candles ready or petrol for your generator, whichever methods you have implemented.

FIND THINGS TO DO WITH YOUR SPARE TIME - This could include taking walks during the day or spending time with your family or friends without your phone.

LIMIT SCREENTIME - Social media is currently populated with all kinds of information and it is easy to get overwhelmed and anxious. Try to limit the amount of time you spend on social media.

SPEND MONEY WISELY - It is important to do your research before buying generators and invertors. Panic-buying may leave you with a device that does not work to your satisfaction.

HAVE SOME FUN THAT DOES NOT REQUIRE ELECTRICITY - Play boardgames with your kids or enjoy a picnic supper outside.

INVOLVE FRIENDS AND FAMILY IN FINDING SOLUTIONS - Share tips about cooking strategies, recipes and helpful information on a WhatsApp group to help everyone instead of sharing negative thoughts. You can also share some jokes that will make them smile, even if it is about loadshedding!