



## OCTOBER 2025 HEALTH & WELLNESS

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- ✓ **Fuel for Focus:**  
How good nutrition supports men's mental strength
- ✓ **Money and the Mind:**  
How Financial Stress Affects Mental Health
- ✓ **Breast Cancer Isn't Just a Women's Issue:**  
What Everyone Should Know
- ✓ **When a Loved One Dies by Suicide:**  
Navigating Grief and Guilt
- ✓ **Stroke Awareness**

### 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!**



CONTACT US: 060 528 5429



# FUEL FOR FOCUS:

## How Good Nutrition Supports Men's Mental Strength

When life is stressful and busy, it's easy to grab whatever food is quick, cheap, or filling. But the truth is, what you eat doesn't just affect your body - it affects your mind, your emotions, and your ability to handle pressure.

**And men, this one's especially for you.**

Whether you're working long hours, providing for your family, or managing personal stress in silence, your brain needs the right fuel to keep going strong. Good nutrition is not about dieting - it's about giving your mind and body what it needs to stay sharp, calm, and focused.

### Why Food Affects Your Mood and Focus

Your brain runs on glucose - the energy that comes from food. But not all food is created equal:

- ✓ Too much sugar and starch can spike your energy and then crash it, making you feel irritable or tired.
- ✓ Skipping meals or eating junk food can cause poor concentration, mood swings, and even anxiety.
- ✓ Not drinking enough water can cause fatigue, headaches, and confusion.

If you've been feeling foggy, tired, short-tempered, or low - your diet might be part of the problem.



**STRONG MIND  
MEAL PLAN**  
(FOR REAL MEN, REAL LIFE)



## 1. START YOUR DAY RIGHT:



- Breakfast is non-negotiable. Try oats, eggs, or a peanut butter sandwich.
- Add a banana or apple – fast, filling, and fuels the brain.

## 2. MIDDAY POWER:



- Eat a balanced lunch. Pap and stew is great - just skip the deep-fried vetkoek or fatty sausages.
- Add veggies like spinach, cabbage, or carrots.

## 3. HEALTHY SNACKS:



- Keep peanuts, fruit, or boiled eggs handy.
- Avoid chips and cooldrinks - they drain your energy.

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## 5. HYDRATE LIKE A BOSS:



- Drink at least 6 glasses of water daily.
- Switch one cooldrink a day for water - it makes a big difference.

## CHECKLIST: IS YOUR DIET FUELING YOUR STRESS?

Tick the boxes that apply:

- I often skip meals.
- I eat mostly takeaways or fried food.
- I drink more cooldrink/energy drinks than water.
- I feel tired or moody for no clear reason.
- I crave sugar or coffee to keep going.



If you ticked 2 or more boxes: your eating might be affecting your stress and energy levels more than you realise.

# STOP SABOTAGING YOURSELF

Here's what to avoid:

- Eating only once a day -it messes with your blood sugar and mental focus.
- Drinking alcohol instead of eating a proper dinner -it may calm you at first, but worsens sleep and anxiety.
- Trusting social media diets -most are unrealistic and unhealthy.

## ASK FOR HELP IF YOU'RE STRUGGLING

Mental stress, anxiety and burnout are real. Eating better is a powerful step -but it's not the only one. If you're feeling overwhelmed, talk to someone.



You can always call the **Kula Partners Health and Wellness support line** (see the top of your newsletter) for help from trained professionals -no judgement, just real help.

## FINAL WORD



A REAL MAN TAKES CARE OF HIS FAMILY - BUT THAT STARTS BY TAKING CARE OF HIMSELF. EAT LIKE YOUR MIND DEPENDS ON IT - BECAUSE IT DOES.



# MONEY AND THE MIND

HOW FINANCIAL STRESS AFFECTS MENTAL HEALTH

Financial stress is more than just a worry about bills - it's a serious risk to your mental and physical wellbeing. In South Africa, many people live with high levels of debt, job insecurity, and unemployment. These pressures can lead to **anxiety, depression, burnout**, and even **hopelessness** if left unaddressed.

## HOW DOES MONEY STRESS AFFECT MENTAL HEALTH?

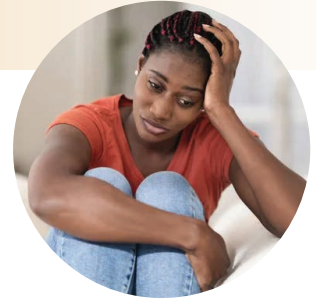
When you're constantly worried about money:

- You may struggle to **sleep, concentrate, or stay motivated**
- You might avoid calls, messages, or looking at your bank balance
- You could feel **ashamed, embarrassed, or isolated**
- It may cause tension in your relationships or at work

**"I felt like I was drowning in debt and couldn't breathe."**

*– Anonymous wellness programme participant*

Over time, this kind of stress raises your risk for conditions like **high blood pressure, heart disease, and digestive problems.**



## QUICK SELF-CHECK: ARE YOU FINANCIALLY STRESSED?

Tick any that feel familiar:

- I lie awake thinking about money
- I avoid talking about my financial situation
- I feel like I'll never get out of debt
- I feel ashamed or like a failure
- I've stopped enjoying time with family or friends

If you ticked 2 or more, it's a sign to take action - for both your **wallet** and your **wellbeing**.



## STEPS TO TAKE CONTROL (AND BREATHE AGAIN)

You don't need to fix everything overnight. Try one of these today:

1. List what you earn, owe, and spend - it helps remove the fear
2. Create a simple budget using a free app (see below)
3. Ask for help - talk to a trusted person or counsellor
4. Prioritise mental health - eat well, sleep, and take breaks
5. Use financial wellness tools - they're easy and often free



## TOOLS TO HELP YOU MANAGE MONEY BETTER

Platform / App	What It Offers
Discovery Bank App	Tracks spending, sets goals, and rewards smart financial choices
Standard Bank WalletWise	Free online courses and budgeting tools
Vault22	Smart alerts, spending trends, and savings insights
FinWise	Easy-to-use dashboard for managing debt and tracking progress
22seven, moneysmart, Spendee	Simple apps for budgeting, bill tracking, and getting control over your cash flow

These apps are **free** or part of your banking package. Many are built for **South Africans**, with local insights and smart, easy tools.



Mental Health Support Is One Call Away

If money worries feel overwhelming, talk to someone. Mental health support is available - and you don't need to go through this alone.

→ To contact Kula Partners Health and Wellness, call the **toll-free number** at the top of your newsletter. It's **confidential**, 24/7, and includes support for financial stress and anxiety.

## FINAL WORD

Financial wellness is part of your whole-person health. Taking small, steady steps to understand your money better can lead to less stress, more peace of mind - and a brighter future.

Would you like me to create this as a branded PDF or slide version for the newsletter?



**BREAST CANCER**  
**ISN'T JUST A**  
**WOMEN'S ISSUE**

**WHAT EVERYONE SHOULD KNOW**



When we hear “breast cancer,” most people think of women. But breast cancer affects both women and men, and everyone should know the facts, signs, and steps for early detection.

### Yes, Men Can Get Breast Cancer Too

Although rare, **men can develop breast cancer**. It's often diagnosed late because people don't expect it. In men, it usually appears as:

- A hard lump near or behind the nipple
- Changes in the skin (dimpling, redness, or scaling)
- Discharge or bleeding from the nipple
- Swollen lymph nodes under the arm

**Any unusual change in the chest or breast area should be checked by a doctor - no matter your gender.**

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### Early Detection Saves Lives

Whether you're male or female, knowing the early signs and acting quickly can make a life-saving difference.

For **women**, be aware of:

- Lumps or thickening in the breast or underarm
- Changes in breast size, shape, or skin texture
- Inverted nipples or unusual discharge
- Pain that does not go away

**Any unusual change in the chest or breast area should be checked by a doctor - no matter your gender.**

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### Who Should Get Screened - and When?

- **Women over 40:** Get a mammogram every 1 to 2 years
- **Younger women with family history:** Talk to your doctor about earlier testing
- **Men with a family history:** Be alert to any changes and speak to your doctor

Family history matters. If your **mother, sister, father, or grandmother** had breast cancer, **you are at higher risk**, regardless of gender.

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### Talk About It at Home

Cancer is not just personal - it affects families. Don't avoid the topic. Discuss:

- Any family members who had cancer
- When and how to get tested
- Healthy habits that reduce risk

**Start the conversation. Ask your family: “Do we know our cancer history?”**



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## What You Can Do Today

- ✓ Check your chest or breasts once a month
- ✓ Book a screening if you're due
- ✓ Eat a balanced diet, exercise, and avoid smoking
- ✓ Share this article with someone you care about

## Need Help or Have Questions?

If you are unsure about your risks or symptoms, reach out for professional guidance. If your employer or wellness programme includes health screening or support, make use of it.



For clients of Kula Partners Health and Wellness, you can call the toll-free number at the top of your newsletter to speak to a **professional wellness advisor** - confidential, compassionate support is available 24/7.

**Remember:** Breast cancer is **not just a women's issue**. Knowledge, early action, and open conversation can protect the lives of the people you love - including yourself.



# WHEN A LOVED ONE DIES BY SUICIDE: NAVIGATING GRIEF AND GUILT



Losing someone you love is always hard. But when a person dies by suicide, the grief can feel even heavier - filled with shock, confusion, guilt, and pain that's hard to explain. This kind of loss touches every part of your life: your emotions, your relationships, and even how you see yourself and the world.

### Why Suicide Loss Is So Different

Grief after suicide is often more complicated than other types of loss. You may feel:

- **Guilt:** "Why didn't I see the signs?"
- **Anger:** At the person, yourself, or others
- **Shame:** Afraid of what people will think
- **Relief:** Especially if your loved one suffered for a long time
- **Isolation:** Feeling like no one understands

These are normal reactions, even though they may feel overwhelming or conflicting.



### How It Affects Your Mental Health

- **Trauma symptoms:** Flashbacks, nightmares, and extreme emotional reactions - especially if you were the one who found them or were present at the time
- **Anxiety or depression:** Losing someone in this way can make you feel unsafe or hopeless
- **Relationship strain:** Grieving families may struggle to talk openly and support each other

You are not alone. Grief is not something to "get over" - but you can learn to live with it and find healing.

### Break the Silence: Address the Stigma

Sadly, suicide still carries a lot of stigma in many families, workplaces, and communities. This silence makes it harder to grieve properly or ask for help.

- There is no shame in suicide loss.
- Talking about mental health saves lives.
- Sharing your story, even with one trusted person, can begin the healing process.



### Where to Find Support

You do not have to go through this alone. Grief counselling and peer support can make all the difference. You can:

- Speak to a grief-trained counsellor who understands suicide loss
- Join a support group - in person or online
- Talk to your doctor or mental health provider
- Let close friends or family know what you need



If you receive this newsletter, you have access to the Kula Partners Health and Wellness 24/7 confidential support line - a trained trauma counsellor is always ready to help.

### Helpful Tools for Healing

- Journal your thoughts: Especially the questions or “what-ifs”
- Create a memory ritual: Light a candle, plant something, or make a photo book
- Move your body: Gentle walking or stretching can help with sleep and anxiety
- Eat and sleep regularly: Your body needs support to carry the emotional weight

### It's Okay to Grieve in Your Own Way

Everyone grieves differently. There is **no right timeline** and no “normal” way to mourn. Be kind to yourself. If the person who died was your partner, sibling, friend, parent, child, or colleague - **your pain is valid**. Help is available, healing is possible, and **you are not alone**.



# STROKE AWARENESS

## "ACT FAST: HOW TO SPOT A STROKE AND SAVE A LIFE"

A stroke can happen at any time - and to anyone. It's one of the top causes of death and disability in South Africa. But with quick action, **you could save someone's life** or prevent permanent damage.

Whether you're at home, at work, or in the street - **knowing the signs of a stroke could make you a hero**.

### WHAT IS A STROKE?

A stroke happens when blood stops flowing properly to the brain. It could be from a blocked artery (clot) or a burst blood vessel (bleed). Without blood, brain cells begin to die within minutes.

That's why **every second counts**. The faster you act, the better the chances of survival and recovery.

# ACT FAST: LEARN THESE 4 SIMPLE SIGNS

Use this easy memory tool: F.A.S.T.



Letter	What to Check	What It Means
F – Face	Ask the person to smile	Is one side drooping?
A – Arms	Ask them to raise both arms	Does one arm drift down?
S – Speech	Ask them to say a simple sentence	Is their speech slurred or strange?
T – Time	Call 112 or get to a hospital immediately	Time is brain: Act fast!

Even if the signs go away after a few minutes, it could be a **mini-stroke (TIA)**.  
Still get medical help right away.

## It Could Be Your Friend, Your Colleague - or You

- Strokes can happen at any age, not just to older people
- High blood pressure, diabetes, smoking, and alcohol increase your risk
- Security workers, shift workers, and high-stress jobs may be more vulnerable
- Men often ignore early signs - don't be that guy. Get checked.

## Prevention Tips

- **Know your numbers:** Get your blood pressure and cholesterol tested
- **Eat smart:** Less salt, less fat, more fibre and veggies
- **Move your body:** 30 minutes of walking can help protect your heart and brain
- **Quit smoking:** It doubles your stroke risk
- **Limit alcohol:** Heavy drinking raises your risk



## What You Can Do Today

- Learn the FAST signs
- Teach your family, your kids, your team at work
- Stick the FAST chart on the fridge or staff board
- If you're feeling strange - don't wait. Get help.



## Support Is Just One Call Away

If you or a loved one has had a stroke, **you don't have to face it alone.**

You can speak to a trained counsellor for support, recovery tips, and coping with trauma.

**Use the number at the top of your newsletter** to reach the Kula Partners Health and Wellness counselling team - 24/7, free and confidential.

## Quick Recap:

- Spot a stroke with F.A.S.T.
- Time is brain: Act immediately
- Learn, share, and save lives

# ACT F.A.S.T.

