



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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**PRIORITIZING WELLNESS IN YOUR LEADERSHIP JOURNEY:
A PATH TO SUSTAINABLE SUCCESS**

In the fast-paced world of leadership, it's easy to get caught up in the demands of the job and neglect our well-being. However, prioritizing wellness is not only essential for personal health but also crucial for effective leadership. By taking care of ourselves, we can lead with clarity, resilience, and authenticity, ultimately driving greater success for ourselves and our teams.

Why Prioritize Wellness?

Leadership is demanding, requiring high levels of mental, emotional, and physical energy. When we neglect our well-being, we risk burnout, decreased productivity, and compromised decision-making abilities. Prioritizing wellness allows us to recharge our batteries, manage stress effectively, and maintain a positive mindset even in challenging times. Additionally, leading by example inspires our teams to prioritize their own well-being, creating a culture of health and resilience within the organization. By prioritizing wellness in your leadership journey, you not only improve your own health and well-being but also foster a positive and productive work environment for your team.

Remember, taking care of yourself is not a luxury; it's a strategic investment in your long-term success as a leader. So, prioritize wellness, lead with intention, and watch as both you and your team thrive.




KNUST WELLNESS CENTRE

THEME:
REDUCING WORK-RELATED STRESS

Quote of the week

STAY POSITIVE:
FOCUS ON GRATITUDE AND
POSITIVE THINKING, AS IT CAN
IMPROVE RESILIENCE TO STRESS.

Contact the KNUST Wellness Centre on: 032 219 1673
Contact our Professional Psychologist on: 024 288 7536

"Your Wellbeing, Our Priority"

THE NUTRITION CORNER

NUTRITIONAL STRATEGIES FOR STRESS REDUCTION

ELIZABETH KWARTENG (MISS)
UNIVERSITY HOSPITAL

Feeling frazzled? You're not alone. Stress levels have been on the rise, but your diet can be a powerful tool to find relief. As a registered dietitian, I would like to share some simple nutrition tips to help you better manage stress.

First, prioritize complex carbohydrates. Whole grains like the brown rice, quinoa, whole oatmeal and wheat fruits together with vegetables provide a steady supply of mood-boosting serotonin. Pair them with lean protein (e.g. Tuna, salmon, skinless chicken and egg white) to keep blood sugar stable and energy levels high.

Next, reach for foods rich in stress-busting nutrients like B vitamins, magnesium, and omega-3s. Good sources include leafy greens like cabbage and spinach, fatty fish like mackerel, salmon and herrings, nuts, and seeds. These micronutrients help regulate the body's stress response.

Finally, stay hydrated! Dehydration can exacerbate feelings of anxiety and fatigue. Aim for at least eight cups of water per day. With a few tweaks to your diet, you can eat your way to a calmer, more collected you.

Wishing you a stress free-April.



PSYCHE GIST

EMERITUS PROFESSOR ANNA MEYERWEITZ
(UNIVERSITY OF KWAZULU-NATAL)

Tips from 'Managing Work Related Stress' webinar

HELP SEEKING FOR MENTAL DISTRESS: EARLY WARNING SIGNS.

- Being irritable with family, friends and colleagues
- Yelling or fighting with family and friends
- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking more than usual or using drugs
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared.