



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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MENTAL HEALTH CONCERNS

- ESTHER OHENEWA (MRS.)

BEHAVIOURAL SCIENCE DEPARTMENT

INSOMNIA

It is typical to experience challenges in falling asleep once in a while. However, when such challenges persist and significantly impacts your wellbeing it is referred to as insomnia. Insomnia is a sleep disorder characterized by difficulty initiating and maintaining sleep (Morin et al., 2015). Insomnia affects sleep duration and quality (Morin et al., 2015). Insomnia is usually diagnosed by a health care professional to prevent what is referred to as sleep state misperception or paradoxical or subjective insomnia (Bernstein, 2023). Paradoxical insomnia is a condition where an individual with a normal or near normal sleep pattern underestimate the duration and quality of their sleep the night before (Avvenuti et al., 2022; Bernstein 2023).

People with insomnia experience the following:

- ~ Lay awake for a long time before falling asleep
- ~ Stay awake for most of the night
- ~ Wake up often in the course of sleeping and have trouble getting back to sleep

Types of Insomnia

Malan and Dlamini (2017) summarizes the classification of insomnia by the American Diagnostic and Statistical Manual of Mental Disorders as follows:

Transient insomnia - difficulty in sleeping that lasts for a few days or up to a week

Acute insomnia - stress-related insomnia, occurs for a period of less than 3 months

Chronic insomnia - difficulty falling asleep that lasts more than 3 months

Causes of Insomnia

Insomnia can occur as a result of:

- ~ Primary causes such as stress, lifestyle, work habits, etc
- ~ Secondary causes such as the presence of mental health issues like depression, side effects of a medication, hyperthyroidism, pregnancy, menopause, etc

Kindly expect a continuation of this insomnia education in our next edition.



DID YOU KNOW?

Saying thank you may improve your mood.
Practice gratitude everyday.

PRIORITIZING ADMINISTRATOR WELLNESS AND WELLBEING – MRS. ABIGAIL KWARTENG (KNUST WELLNESS CENTRE)

As a caring and resilient administrator, you can lead by example and inspire others to prioritize their wellness and wellbeing too. Your health and happiness are valuable assets that should be nurtured and protected to ensure long-term success and fulfilment in your role as an administrator.



Administrators often dedicate themselves wholeheartedly to their roles, overseeing teams, managing resources, and ensuring the smooth operation of their organizations. However, neglecting your own health and happiness can lead to burnout and hinder your ability to effectively lead others. These are a few reasons why the wellness and wellbeing of an administrator should be prioritised.

- 1. Set an example:** In your capacity as an administrator, you influence the culture of your company. Sending a strong message to your staff about your dedication to fitness and wellbeing will inspire them to put their own health first.
- 2. Increased Productivity:** When you're rested and psychologically in-tune, you're better able to make sound decisions and lead effectively. Therefore, scheduling time for self-care and relaxation may increase your productivity.
- 3. Resilience:** A focus on wellness builds resilience, allowing you to navigate challenges and setbacks with greater ease. In turn, this promotes a more positive workplace atmosphere.
- 4. Longevity:** Sustaining a high stress lifestyle can lead to health issues in the long run. Despite the sedentary nature of your job, putting your health first as an administrator can help you have a long and fruitful career.

CONGRATULATIONS



We celebrate,
Mrs. Nana Adjoa Insaideo
of Prempeh II Library, KNUST in a special way for her consistency and determination towards the Saturday Walk. You have been with us for through this journey. The KNUST Wellness appreciates your effort and your participation.

Ayekoo!!!