



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

DR. ELIZABETH ANOKYE- WAA SARFO FORDJOUR (KNUST COUNSELLING CENTER) HOW TO DEAL WITH THE WORK-LIFE BALANCE

A healthy work-life balance involves maintaining a harmonious relationship between work and personal life. It involves being able to combine the demands of family and work in addition to prioritizing self-care and well-being. However, poor work-life balance can manifest differently for different individuals, some of the signs associated with poor balance include:

- You can't stop thinking about work when you're not at work.
- Your relationships – both inside and outside of work – are beginning to suffer. You may be easily irritated with coworkers and distant with loved ones.
- You feel off. You have unexplained aches and pains. You may rarely have energy or find it difficult to focus when at work.
- You just don't feel like doing anything unless you have to. You often turn down invitations, further isolating yourself from your friends.
- You spend a lot of money outsourcing support for personal tasks.
- You struggle to take time off when you're sick, mentally strained, or when you need to take care of personal tasks.
- You can't imagine doing what you do for the rest of your life even though you used to love and enjoy your work.
- You always feel like you should be doing something else aside the current job.

To improve work-life balance,

Build positive relationships and social support to help you cope with the stress of life and work. Plan time with your loved ones, and create a calendar for romantic and family dates.

Prioritize your health: exercise regularly as it helps reduce stress and other mental health conditions such as anxiety and depression. Get enough sleep at regular times and eat healthy food.

Manage your time efficiently: You can employ useful apps, calendars, and to-do lists to help you plan your day, manage your time, and keep track of your time.

Have downtime: use this time to disconnect from the world and do something you enjoy. This can be reading a book, playing a sport or just doing nothing.

Time-to-Time Feedback: The fear that you are not doing enough may likely affect your work-life balance. Talking to your leaders can help you prioritize where to spend your time.

Set Boundaries: Set boundaries such as avoiding work-related emails or projects when you leave the office. Use separate devices for work and personal platforms, and set specific work hours.

Talk to a counsellor or therapist: If you feel overwhelmed or don't know what to do. Talking to a professional can be invaluable. You can talk with a counsellor at the KNUST Counselling Centre or the Wellness Centre.

Start small; you're more likely to stick with a new habit if you start with smaller targets.

DR. ISABELLA AMARTEY

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MYTHS AND FACTS ABOUT IMMUNIZATION

Immunization is the process through which individuals are protected against diseases by the administration of vaccines. Vaccines stimulate the body's immune system to recognize and fight pathogens, such as viruses and bacteria, without causing the diseases. They prevent the disease from occurring or reduce its severity should it occur. Have you had any concerns about vaccines? You are not alone! Here are some myths and facts about vaccination.

• **Myth:** Vaccines contain harmful ingredients.

Fact: Vaccines contain ingredients in safe amounts that are necessary for their effectiveness and safety. These include antigens, which help the body recognize and fight diseases, and adjuvants, which enhance the immune response.



Fact: While natural immunity can sometimes provide strong protection, it comes at the risk of severe illness, complications and even death. Vaccines provide immunity without exposing individuals to the dangers they protect against.

• **Myth:** Vaccines can overload the immune system.

Fact: The immune system is capable of handling multiple vaccines at once. Children are exposed to numerous antigens daily through their environment. The number of antigens in vaccines is relatively small compared to what the immune system already manages daily.

• **Myth:** Vaccines are only for children.

Fact: Vaccines are important for people of all ages. Adults need vaccines to protect against diseases like Hepatitis B and COVID -19. Pregnant women are advised to get tetanus and other vaccines to protect themselves and their babies.

• **Myth:** Vaccines can cause severe side effects

Fact: Most vaccine side effects are mild and temporary. Severe side effects are extremely rare

The benefits of vaccination in preventing diseases far outweigh the risk of side effects.

•**Myth:** It's better to wait until children are older to vaccinate.

Fact: Delaying vaccines put children at risk for serious diseases during the period when they are most vulnerable. The recommended vaccination schedule is designed to protect children when they need it most.

•**Myth:** Once a disease is under control, vaccination is no longer necessary

Fact: Continuous vaccination is essential to maintain disease control and prevent outbreaks. Some diseases, like polio, have been nearly eradicated, but until they are completely eliminated worldwide, vaccination must continue.

ANNOUNCEMENT

1. Time With The Dietitian is scheduled for second Thursdays of every month.
2. Psyche Gist is scheduled for last Thursdays of every month.
3. Saturday Health Walk and Aerobics is scheduled for every Saturdays from 5:00am - 7:00am at the KNUST Wellness Centre. The Saturday walk and aerobics sessions are open to all and it's free for all.

Emergency Lines

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