

Looking after you ...  
 Keeping you informed ...  
 Keeping you up to date.

## HEALTH BYTES

### The right help is key

Your brain is responsible for what you think and feel, and for making decisions. Just like your body, it can become tired or stressed. While 1 in 3 people face mental health challenges during their life, many don't seek help because they feel afraid or embarrassed.

Serious health problems, such as cancer, can also affect your mental state and can lead to feelings of worry, sadness, or even depression.

These reactions are normal - and it's important to know that support is available.

### Common mental health challenges

#### Anxiety

- **Signs:** Worry, racing thoughts, trouble sleeping, muscle tension
- **Self-help:** Breathing exercises, walking, mindfulness
- **Get help:** If anxiety is persistent or overwhelming, professional therapy or medication may be needed.

#### Depression

- **Signs:** Sadness, tiredness, hopelessness, changes in sleep or eating.
- **Self-help:** Set small goals, keep a routine, take care of yourself.
- **Get help:** Clinical depression is very serious and can be life threatening. Therefore medical intervention is critical.

#### Obsessive compulsive disorder (OCD)

- **Signs:** Repeating actions or thoughts to feel less anxious.
- **Self-help:** Delay the repetitive pattern with grounding techniques (simple mental or physical exercises that help you stay connected to the present moment).
- **Get help:** OCD is a complex condition best treated with cognitive behavioural therapy and/or medication.

#### PTSD (post-traumatic stress disorder)

- **Signs:** Nightmares, flashbacks, panic, avoiding places or people.
- **Self-help:** Grounding techniques may help in the moment.
- **Get help:** Trauma recovery often requires specialised counselling.

#### You're not alone

Asking for help is a sign of strength, not weakness. Get professional support from your employee wellness programme or a healthcare provider.

**Reference:** Mental Health Foundation



#### Eating disorders

- **Signs:** Obsession with food or body image, bingeing or starving.
- **Self-help:** Journalling and self-kindness.
- **Get help:** These are serious medical conditions that need professional treatment.

Administered by

**momentum**  
health

**MM**  
**Medimed**  
Managing your healthcare security

**Hospital pre-authorisation:** hospauth@medimed.co.za  
**Email:** info@medimed.co.za  
**Call us/WhatsApp:** 0861 777 660/060 715 5131

**Website:** www.medimed.co.za  
**Ambulance provider:** ER24: 084 124