

CORPORATE WELLNESS ISN'T ABOUT FRUIT BOWLS. IT'S ABOUT YOU.

LET'S CUT THROUGH THE FLUFF.

Corporate wellness isn't only about HR policies or gym discounts. It's about how you show up to work... and more importantly, how you go home after it.

THE TRUTH NO ONE TALKS ABOUT

- It's not normal to be exhausted by 10AM.
- It's not okay that you haven't taken a proper lunch in weeks.
- "I'm fine" isn't the same as feeling okay.
- Working while sick isn't heroic. It's a warning sign.

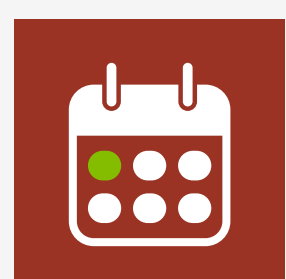
Most wellness advice skips over the obvious:
you're surviving, not thriving.

REAL WELLNESS = DAILY SURVIVAL TOOLS

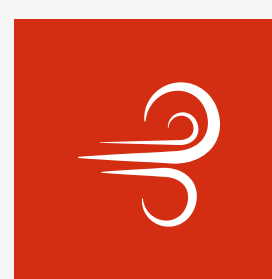
THIS ISN'T ABOUT MOTIVATION QUOTES. THIS IS ABOUT:

- Feeling safe enough to say, "I'm not coping."
- Asking for help without fearing judgement or job risk.
- Knowing your company doesn't just care when it's performance review season.

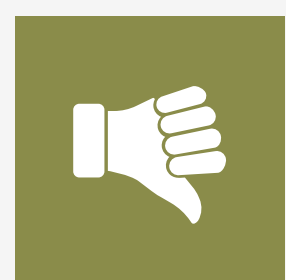
WELLNESS AT WORK SHOULD MEAN:



Not dreading Mondays



Breathing between meetings



Saying no, without guilt



Sleeping better because your mind's not racing



Having energy left over for your family, not just your boss



ASK YOURSELF:

- When last did you check in on you?
- Are you coping, or just used to chaos?
- If this job drained you tomorrow... would anyone notice before you burnt out?

IT STARTS WITH A CONVERSATION

Wellness isn't a poster. It's a culture. And it's okay to want better.

Speak up. Check in. Choose you.



For more information, support and advice feel free to reach out to us on transneteap@mhg.co.za

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