

# Wellness Matters

By Khanyi Nzukuma, Chief Executive of Glacier by Sanlam

Although we've just entered the third month of the year, something has become very apparent to me. People I interact with – across many different industries and roles, and from all walks of life – either look exhausted or complain of feeling tired. This is normally something I only notice around mid- to late-November each year.

The pandemic has lasted almost a year now, so it's completely understandable that many are feeling this way. People have suffered in many ways – either having lost people close to them, or their income or even a business they put their heart and soul into. Others are missing friends and normal entertainment activities that used to serve as an outlet for stress.

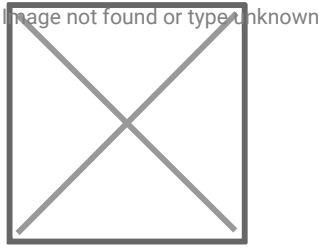
I suspect many of the people who think they're tired, are actually emotionally exhausted or even feeling depleted.

You can't pour from an empty cup, so looking after yourself and recharging isn't a luxury – but rather a necessity. If you're depleted, you won't have anything left to give to your family or your career.

Force yourself to do something that you enjoy and you will feel more energised afterwards. Reach out and talk to someone if you need to. This past year has affected each and every one of us in some way or another – it has left no-one untouched.

Because of what I see on a daily basis, it would be remiss of me to not also point out the importance of financial well-being and the role it plays in your overall mental and emotional well-being. Your financial health is just as important as your physical and mental health. If you're fortunate to still have a regular income, make sure you're setting aside funds for your future. This past year has highlighted how critically important savings are – not just in a financial sense, but for a sense of comfort and peace of mind too.

We have 10 months left to make this a memorable, if not phenomenal, year. I believe we can do this, together.



## Khanyi Nzukuma

Khanyi Nzukuma obtained a BA in Psychology from Rhodes University in 1991. He then obtained a Masters in Business Administration from Potchefstroom University in 1998 and a Doctor of Psychology degree from the University of Johannesburg in 2011. Khanyi joined Sanlam in 1994, where he spent 11 years, starting as a Financial Adviser, and thereafter occupied a number of junior and senior management roles. He joined MMI Holdings in 2008, where he spent eight years, starting as a CEO of Metropolitan. In 2017 he was appointed CEO of Momentum. In January 2018 he left MMI and re-joined Sanlam as CEO of Glacier by Sanlam.

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Glacier Financial Solutions (Pty) Ltd.

A member of the Sanlam Group  
Private Bag X5 | Tyger Valley 7536 | Email [client.services@glacier.co.za](mailto:client.services@glacier.co.za) | Tel +27 21 917 9002 / 0860 452 364 | Fax +27 21 947 9210 |  
Web [www.glacier.co.za](http://www.glacier.co.za) | Reg No 1999/025360/07  
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Private Bag X8 | Tyger Valley 7536 | Tel +27 21 950 2600 | Fax +27 21 950 2126 | Web [www.smmi.com](http://www.smmi.com) \*| Reg No 2002/030939/07  
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Glacier International is a division of Sanlam Life Insurance Limited  
Sanlam Life Insurance Ltd. | Email [life@sanlam.co.za](mailto:life@sanlam.co.za) | Tel + 27 21 916 5000 / 0860 726 526 | Fax +27 21 947 9440  
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