



Welcome to the FastPulse newsletter.

### What do we provide?

We offer Workplace Wellness Solutions. All companies insure their physical assets but how many look after their intellectual assets?

### What are these?

The company's intellectual assets are held with their staff. If a member of staff is ill, the company suffers from the absence of this skilled person.

A particular function of the company becomes redundant and the company suffers. If the company depends upon its staff members for its production plant and a percentage of staff are absent due to ill health, production is affected, resulting in loss of profit.



Therefore, it is paramount that companies intellectual assets are equally protected.

At Fast Pulse we can tailor make Wellness Solutions to fit your particular industry and staff compliment.



We offer E.A.P, Primary Health care, Occupational Health, Sick leave and Absenteeism, Wellness Days, Call Centre Solutions and HIV/ AIDS education and training.

Looking after your staff equates to the well being of your business. Happy, healthy people mean a healthy, flourishing business.

### News

FastPulse is more interactive than ever, you can see what we are about by friending us on Facebook, ask us questions on Tumblr or follow us on twitter.



### Compress and Conquer Stress

Managing stress can include detaching from it, avoiding it, rethinking it, and escaping from it. But have you tried compressing it? Identify tasks that you have been putting off, the ones that cause stress just thinking about them. Pursue them with a full frontal assault!



This stress technique can work because you regain control over events that until now have been controlling your thoughts and even your mood. Taking charge gives you back the feeling of being in control, instills a feeling of accomplishment, and diminishes the impact of your stressors.

**You choose your attitude for the day.**

**Holding onto negative or bad moods will not serve you, make the choice to have a positive happy attitude.**

### Shared Space Squabble Busters

Working harmoniously in close quarters requires self-awareness and sensitivity toward others because shared space environments naturally magnify minor irritants and disagreements. Getting along with coworkers is a lot like dealing with family, so take the occasional squabble in stride. Squabble busters: Keep a neat work space and wipe down surfaces once per day to prevent spreading germs. Pitch in on maintaining community areas – those microwave splatters won't disappear by themselves. Dispose of your lunch remains in an outside garbage can rather than towering the trash in a tiny wastebasket and fouling the air. Keep noise levels to a minimum and take personal calls someplace private. Tune in to the mood and stress levels of those around you. A slack period for you may be crunch time for others.