

LIFESTYLE

HEALTHY WEALTHY YOU MAGAZINE



Understanding Post-Natal Depression

Discover how awareness of motherhood challenges can reduce post-natal depression and boost mental clarity

Bullying in the Workplace

Explore expert tips for a sustainable coping mechanisms when dealing with toxic workplace

Expert Interviews
Inspirational Stories
Health Tips



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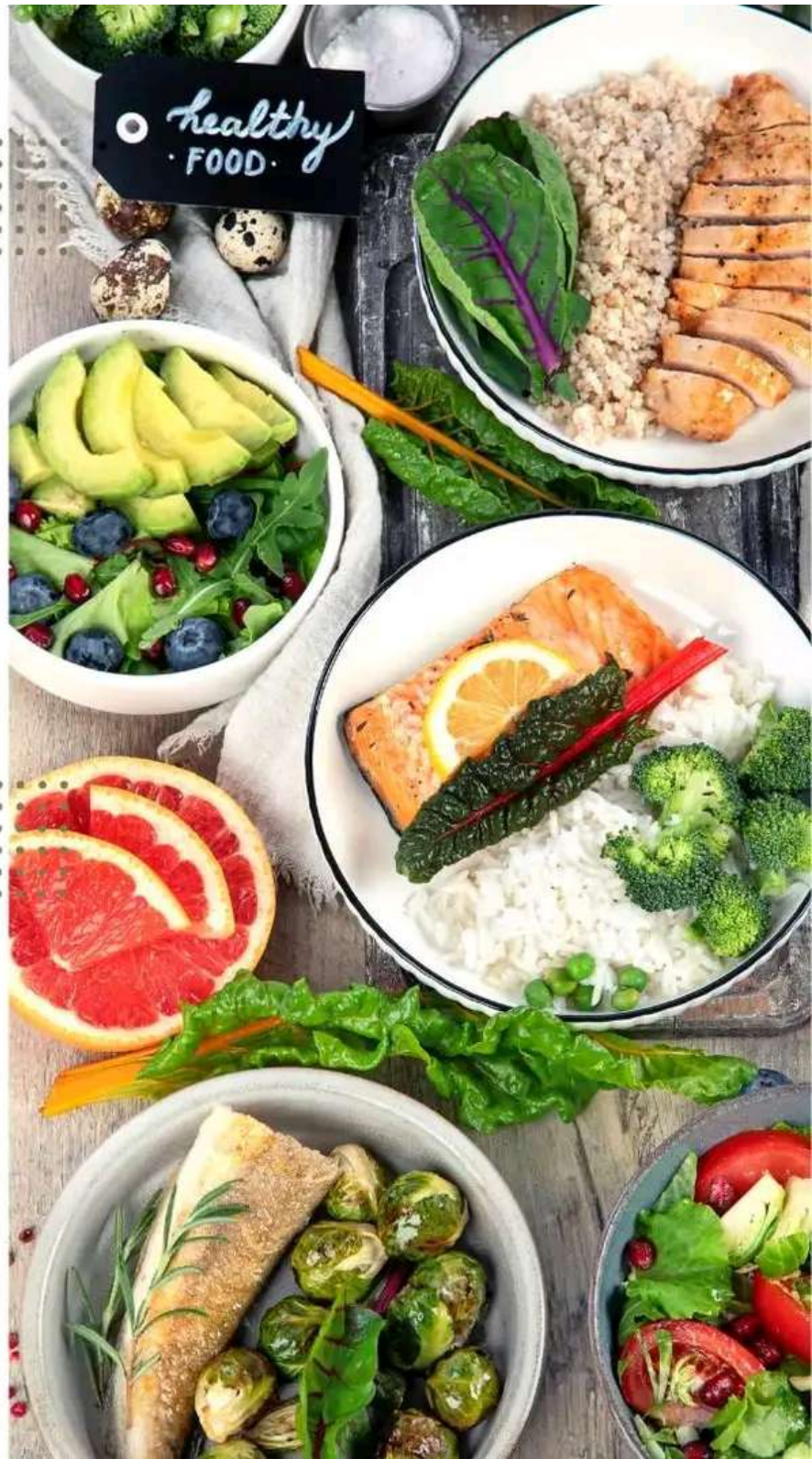
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Unbreakable: A Woman's Guide To Ageing With Power



Beauty and Health

Profile of Nomakade, Natural Hair Products



Feature Story

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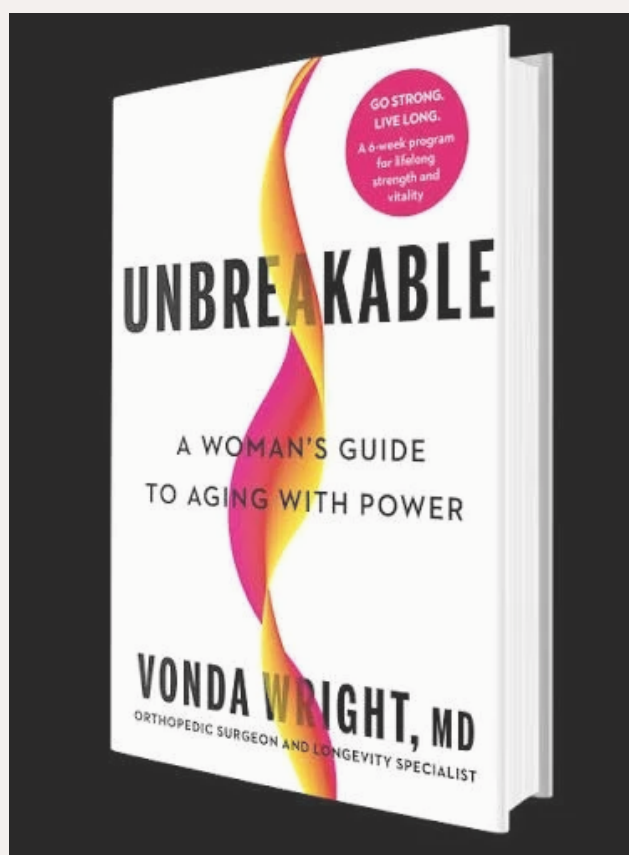
Mental Health and Wellness

Understanding Post-Natal Depression

In the pursuit of vitality, there's a secret women of all ages should know: the path to aging gracefully and powerfully begins with the right mindset, nutrition, training, and lifestyle. Dr. Vonda Wright, renowned orthopaedic surgeon and longevity expert, has spent decades pioneering a system to help women reclaim their strength and health. Her book *Unbreakable* is not just a guide, but a promise to optimize your body and shield it from the ravages of aging.

Whether you're in your 30s, 40s, 50s, or beyond, *Unbreakable* offers a proven path to maintaining strength, health, and vitality. Dr. Wright's decades of expertise make this book an invaluable resource that will guide you through every stage of life with strength and grace.

This groundbreaking guide is available now for R440, at Exclusive Books, and it's your first step toward a future that is not just about surviving—but thriving.



Nomakade

A NATURAL HAIR BRAND BUILT ON LOVE

Nomakade isn't just another haircare brand—it's a celebration of Black womanhood and natural beauty. This brand was founded with a deep love for Black women and girls, aiming to restore pride, dignity, and joy in every natural hair journey. It's a refreshing departure from the often misunderstood and overlooked products that have historically neglected our unique textures. Nomakade's mission is clear: to honor and elevate the beauty of curls, coils, and kinks.



Empowerment through Nourishing Ingredients

What sets Nomakade apart is its commitment to pure, nourishing ingredients. Every product is crafted without harsh chemicals, focusing on kind, honest formulas that respect and nurture your natural hair. From oils to creams, each product is designed to celebrate, not tame, your hair. Nomakade is a reminder that your natural texture is not something to be fixed but something to be loved and cherished.

Self-Care as a Sacred Ritual

For the founder, Noma Diko, natural hair care isn't just about products—it's about rituals of self-love. Nomakade believes that every wash day should feel like an act of self-care, a sacred moment where you honor your roots. Whether you're new to the natural hair journey or have been embracing your texture for years, Nomakade makes you feel seen and celebrated. It's a brand that's here to grow with you, through every challenge and triumph.

A Crown Worthy of Tender Care

Nomakade's true purpose isn't just healthy hair—it's empowered women who know the value of their natural crown. Every jar, every mist, and every product speaks to the strength and beauty of Black women's hair. It's more than a brand; it's a movement to reclaim the narrative of what natural hair means. No more hiding, no more shame—just pride in the curls and coils that are undeniably ours.

Contributor | Dr. Bavanisha Vythilingum, Specialist Psychiatrist

Understanding Post-Natal Depression

A holistic approach is crucial for the recovery of women experiencing postnatal depression (PND). According to Dr. Bavi Vythilingum, a Cape Town-based psychiatrist, women need a comprehensive care plan that includes both psychological and medical support. “It’s not just about treating symptoms; it’s about having the full package of care,” she says.

A psychiatrist or general practitioner plays a vital role in medication management, while psychologists provide therapeutic interventions like Cognitive Behavioral Therapy and BrainWorking Recursive Therapy. Lactation consultants and baby clinic nurses assist with feeding and sleep routines, and a supportive pediatrician and gynecologist complete the circle of care.

The key, Dr. Vythilingum notes, is ensuring that all practitioners are on the same page and delivering a unified message of support.



Recognizing postnatal depression early is essential for effective intervention. Dr. Vythilingum highlights some of the most common signs: “Women may feel down or low most of the day, nearly every day, for two weeks or more.” There may be a lack of motivation or drive, and a marked difficulty bonding with the baby. Anxiety can also be a significant symptom. These feelings are often more intense and prolonged than the normal emotional shifts many women experience after childbirth. “If a woman is struggling to bond with her baby or experiencing persistent feelings of sadness, it's crucial to seek professional help,” she advises.



Dr. Bavi Vythilingum

Specialist Psychiatrist



How Chronic Conditions Affect Postnatal Depression Risk?

Chronic medical conditions can complicate the experience of postnatal depression, making recovery more challenging. Dr. Vythilingum explains that women with chronic conditions often face more difficult pregnancies, leading to increased physical challenges and heightened anxiety. These added stressors can interfere with bonding and the ability to care for a newborn. Similarly, women with eating disorders may struggle with the physical changes of pregnancy and the demands of breastfeeding, which can trigger or worsen postnatal depression. “It’s vital to address these underlying issues as part of the treatment plan,” she emphasizes.

Severe Cases May Require Intensive Intervention

For severe cases of postnatal depression, medical intervention may go beyond conventional treatments. Dr. Vythilingum points to electroconvulsive therapy (ECT) as the gold standard for treatment in these cases. “When depression is life-threatening or accompanied by severe suicidal thoughts, more intensive treatments like ECT or ketamine therapy may be considered,” she says. These treatments are particularly effective in cases where other methods haven’t worked. Transcranial magnetic stimulation (TMS) is another option, particularly for women who are pregnant, as it is a non-invasive treatment. Dr. Vythilingum stresses that these treatments are considered when the risk of harm to the mother or baby is high.

Hormonal and Psychological Factors Play a Key Role

The interplay of hormonal and psychological factors is a significant contributor to the development of postnatal depression. Women with a history of mood disorders, such as Premenstrual Dysphoric Disorder, or those who have experienced trauma or depression in the past, are more susceptible to PND. According to Dr. Vythilingum, hormonal fluctuations after childbirth can exacerbate these underlying psychological issues. “It’s crucial to address both the hormonal and psychological aspects of postnatal depression to ensure comprehensive care,” she concludes.

By Thulisa Mangcotywa
Photos Supplied



Bullying in the Workplace

In today's fast-paced and often stressful work environments, many employees find themselves feeling "trapped" due to economic fears and toxic workplace dynamics. Navigating these challenges can take a significant toll on one's mental health. In this enlightening conversation, Dr. Mashego, a Clinical and Sports Psychologist, shares valuable insights on how individuals can manage psychological distress, build resilience, and ultimately thrive—even in less-than-ideal work conditions.

From fostering emotional intelligence in leadership to the importance of therapy in healing workplace trauma, Dr. Mashego provides practical advice for both employees and employers alike on how to create a more supportive, psychologically safe environment. Here's what she had to say:



GHWE: How can employees who feel "trapped at work" due to economic fears manage the psychological distress of remaining in a toxic environment?

Dr. Mashego: Firstly, it's important to note that toxic systems or people rarely change, and the only thing we can control is ourselves. Therefore, one should be aware of how these systems or individuals impact us, even affecting our general view of life or others. It's crucial to avoid internalizing any negative narratives that might be created about oneself—such as negative comments about one's ability. It's vital to develop a strong understanding of oneself and seek help to ensure the environment doesn't negatively affect us. Doing the internal work while remaining in the job is not always easy, but it's necessary. Building resilience, processing emotions, and not personalizing the toxicity are key steps toward eventually finding a healthier work environment.



GHWE: What specific training and tools can managers use to foster a psychologically safe workplace without feeling that it compromises their authority?

Dr. Mashego: Understanding mental health and taking care of the mind are essential for productivity. Having support from HR and Employee Wellness is critical. Managers, too, need to develop Emotional Intelligence (EI), which can be cultivated through training. This helps with self-awareness and understanding others. Additionally, managers should learn how to handle different personalities and balance employee health with company needs. They must also exercise discernment in recognizing employees who may try to misuse available support.



GHWE: From a clinical perspective, what are the most common mental health challenges you are seeing in clients who have returned to in-person work post-pandemic, and what are the most effective ways to address them?

Dr. Mashego: Anxiety about job security, shared grief, post-trauma, substance use (such as alcohol or over-the-counter medication), depression, and stress—sometimes manifesting as physical symptoms—are some of the most common challenges. Burnout is another significant issue. Addressing these requires intentional internal work and individual therapy. Support at work, clear intervention policies, and sufficient leave options are essential. Outside of work, engaging in healthy hobbies that aren't linked to work roles or societal expectations can also help individuals heal.

WORKPLACE WELL-BEING

GHWE: How can employers create a comprehensive mental health policy that addresses systemic issues while also providing individualized support needed for employees who experience trauma differently?

Dr. Mashego: A well-implemented strategy is essential to balance both the company's needs and the health of its employees. Ideally, a functional HR department should offer fair policies and an employer-sponsored Employee Assistance Wellness Program (EAWP) to identify and assist employees facing personal issues that impact their work performance—whether related to physical health, family matters, substance abuse, or emotional challenges.



GHWE: Why is individual therapy so crucial for processing workplace trauma, and how does this process build long-term resilience against future harm?

Dr. Mashego: Trauma is never our fault, but healing is our responsibility. Whatever we don't heal, we project onto others who may not have caused us harm. This makes therapy particularly important—it allows us to work on ourselves. Understanding our own personalities, triggers, and the ways in which others impact us is key to better managing future challenges. It's about building self-awareness, resilience, and processing emotions to ensure we don't personalize toxicity. Over time, this helps us recover from workplace trauma and, hopefully, transition to healthier work environments.

