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A talk by: Lillian Cingo  
Venue: Rhodes University

The Chancellor, Vice Chancellor, Members of the Senate and Council, Deans, Professors, Lecturers, Staff members of the University, relatives and friends of the graduates, I am deeply grateful to be honoured in this way by this prestigious University. Congratulations to both the staff and those graduating from the faculties of Law, Education and Pharmacy. I am certain that for the mentors, and students the road was, perhaps at times wearisome, onerous, maybe even painstaking, but you were indefatigable and you remained focussed

My speech or talk to be shared with you is about Wellness, with particular attention to Physical Wellness. There are many types of Wellness's and some people here, have perhaps, achieved two, three or just one. My focus on Physical Wellness is because it seems to be the starting point of any being - is the new born baby breathing well, are all the limbs in place, what is the sex? Wellness to most people means being Physically well, free from any disease, from any illness, perhaps brought to this state by exercise and good nutrition. Also this Wellness is supposed to mean a healthy balance of body, mind and spirit, consequently resulting in an overall feeling Wellbeing.

The National Wellness Institute of Wisconsin explain Wellness "as an active process of being aware of, and making choices, towards a more successful existence". Thus this state of Wellness is a health view that impresses the state of the entire being and it's ongoing development. Herbert Dunn, on the other hand does not mention the choices but seems to note Wellness as an integrated method of functioning which is orientated towards maximizing the potential of which the individual is capable .

I will mention a few other types of Wellness's.

Intellectual Wellness, wherein mental activity is encouraged and stimulated there is learning and creativity, keeping abreast of current affairs, challenging yourself- and others, ,to opportunities to grow. Occupational Wellness includes preparation for work that will give satisfaction, where you find your special unique talents- a career that will reward you not only by being financially well but where you can develop transferable functional skills in an organisational way. On the other hand, Emotional Wellness is when we are aware and accept our limitations, a development of aptitude, to cope with stress and maintain satisfying relationships. Over these few years we have been inundated with messages of doom if we do not care for the environment Wellness, a Wellness that intensifies harmony with earth. Spiritual Wellness, here we seek meaning and purpose in human existence.

Two very important aspects of life have no Wellness attached to them. They are called Mental and Psychological unwellness. The causes of these unwellnesses can be biological or due to problems of living, society find these too scary, I think, afraid of being labelled as crazy, so seeking help to get to a degree of Wellness is delayed, or never happens.

Whilst planning to talk on Wellness I asked a few people what Wellness meant to (A) them ...Ndidinwa ,ndigule ndizigcina, kangaka kanti ndibityile". "Ndisindwa zizinto en DI THAKATHWE NGAZO zihleli apha kum. Ndifuna zikhu tswe ndizophila". I" will experience Wellness when I don't feel exhausted-,heavy all the time ,thin as I am. there are evil bodies in my body which need to be removed. I have been bewitched".

(B)"Zintlungu kum emini nasebusuku andilali umqolo intloko". Day and night I am in pain, headaches,lumbar, abdominal pains ,so for me Wellness would be feeling no pain at all .I could laugh ,joke and smile-- be well.

(C)"Ke na hlehloho esafeleng ,ngwanaka o hatilwe ke koloyi habone hohang -ke tlare ke phetse hantle ha dingaka le ba molawu ba ka lukisa dintho tsena" . my child was hit by a car ,now he is blind. I have endless headaches.I will say I am well when the doctors , pharmacist, and the lawyers can sort this out-but they are doing nothing. He has no wellness,because of what happened to his son not to him,

When people are not physically well whether due to hunger ,disease ,lack of shelter , a belief in being bewitched ,or feeling let down by professionals, or anxiety , they find it difficult to function. Creativity and getting to their full potential is compromised. Some spend their days and nights focussing on the illness. If they are in a job they don't give it their best. The person who wants no pain at all ,"" ,wants to be well ,laugh and smile ,to a certain degree is right-With laughter, because T cells are activated and stress levels lowered and endorphins would be produced.,a certain degree of Wellness would be attained.

The Maryland School of Medicine found out that blood flow increased by 22percent.after laughing. I am not sure if no pain brings a state of wellness. Consider the case of McLeay, the only person in the whole world who feels no pain since birth. He fell from a tree on his knees on a cement surface, smelt burnt flesh, not feeling he was sustaining burns from learning on a radiator-So not feeling pain in this case does not bring Physical Wellness. Feeling pain in some instances is a sign of wellness.

So what can be done to bring people in South Africa to a state of Physical Wellness.? We need trained staff to man the new Hospitals and Institutions of Education envisaged or those present already. We are desperate for new graduates. There should be a serious understanding that Psychological , Emotional, and Occupational Unwellness can lead to Physical Unwellness.

Special attention should be given to rural communities,There is very little there that promotes Physical Wellness i.e.balance of spirit,of mind and body.In some semi-urban and even urban areas,this wellness is non-existent.

**Educators:** South Africa, especially in the rural areas has more illiterate or semiliterate people of all ages including grandparents who now care for their grandchildren and we need educators in these areas. Some parents and grandparents cannot even read what's in the letter when a teacher wants to see them to discuss a child's progress or behaviour at school. Continue to be patient, have empathy and understanding whilst maintaining your integrity. Remember your students come from different backgrounds- LISTEN, LISTEN and LISTEN, to

the verbal and nonverbal. Though not in the health fraternity be aware /know about certain illnesses like cholera so that you can warn your students and advise them on what to do or avoid, without delay.

**Pharmacists:** with pharmacy costs escalating worldwide and African health problems increasing, more information is needed from you, to share with your clients the causes and effects, prevention and control of the spread of diseases. The communities, at least most of them, are illiterate or semi'-illiterate .I am told there is a shortage of you in this profession...another brain drain, when the need is so enormous in this country. Not everyone can access a doctor or a clinic so you are the port of call. Is it feasible to get more information about Community Pharmacy---generate cheaper medicines? Although this might affect your Financial Wellness, it is for the greater good. The best time to do this is now. You are in pursuit of Physical Wellness for your client/patient and thus your community.

**Lawyers:** There is a constant need to look at the effect some of the laws have on wellness. The legal system must continue to re-visit their systems. Fifty , sixty years ago some laws were necessary ,appropriate ,and suitable but there is need to re-asses and check from time to time if they are not counter-productive. I do congratulate the judiciary for the changes made concerning the dispensing of medication to 12-year-old children. This indeed benefitted, not only the Physical Wellness of these child headed families but their Emotional and Psychological Wellness too. Graduates

As you leave the gates of this leader producing university ,remember that the majority of people you will be serving in this country haven't even got to Maslows basic needs of shelter, water, and food.

This attainment of Physical Wellness it seems to me, need a multidisciplinary group of professionals to sit , discuss/ maintain or change policies as they see fit i.e. suitable, safe, and appropriate .Priotizing wellness their deliberations will afford better physical Wellness in the country, especially for the rural communities.

Psychologists, lawyers, pharmacists, educationists, scientists, medical doctors, and every one in this hall, most people, find it difficult to get to other types of wellness if they don't have Physical Wellness. Intelligentsia ,graduates, and this congregation, even though the National Wellness Institute of Wisconsin sees wellness as "choices", some people simply cannot make choices towards a more successful existence and others are also not able to maximize the potential of which they might be capable of. They need you.

I do not know if an individual could have one or two or even all of these wellness's. What is certain is that wellness is an ongoing process or development. It is not a luxury pursuit. If we approach it from a quality of being, then, it is something to be strived for regardless of where the human being is in the strata of need. It is as necessary for a person who goes to the gym as it is for the one desperate for food.

I would like to complement, give gratitude and applaud the visionaries in this university, the Chancellor, the Vice-Chancellor, and members of the staff, in particular Professor Walker, Wendy Wrench, and other staff members in the Pharmacy Faculty, and also Professor Macleod and staff members in the Psychology Department. They not only saw and heard about the sorry state of health and the emotional/ psychological issues causing unwellness in rural areas but created an opportunity for their lecturers and students to be part of the healing.

Their students, with Transnet's Phelopepa Health Care Train, travel to far off places, covering all of South Africa, providing some of the wellness so desperately needed in those areas. I know this participation and involvement continues to have a positive appreciated indelible mark in these communities.

Graduates, having excelled and got through your examinations, at law, in education, and in pharmacy, researchers, academics, scientists and members of this congregation, ---is wellness a right? It is not, since rights are absolute. What methods can be used so that wellness could be measured qualitatively and be quantified?

In conclusion ladies and gentleman: Meditate on these three points I pose to you:

1. What does wellness mean to you?
2. Which type of wellness are you passionate about?
3. A request...On the journey with the wellness you already possess, or hope to achieve, take an individual with you, take a group, or a community to mentor or support.

This might not be said often enough to you but it is a reality-...We rely on you.

The universe has an investment in you.

Go labour on spend and be spent!!

Bibliography/References

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