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# The W Community Monthly Newsletter

May 2022



Wow! How time flies! It's the fifth month of the year already, which means the first quarter is over and a new one has begun, so, don't slack on your goals! In April, we talked about financial fitness, staying healthy in the rainy season, tips for enjoying your holiday, and the W power vehicle finance loan. Catch up on these via the link in our bio on any of our social media pages (**Instagram, Facebook, and Twitter @thewcommunity**). Take a seat and grab a drink as we go into this month's newsletter edition.



IT'S TIME TO  
**STEP  
UP!**



Did you know that you are an integral part of your organization and a catalyst for change? Well.... now you know! Your hard work, resilience and focus is worthy of our celebration. We celebrate every career woman this month. Now it's time to step up your career to the next level. Your career buddy is here to help you STEP UP with the following hacks:



## 1. Master Your Space



What is that special touch everyone in the office tags you with? That's your competitive advantage! The world is evolving, and this means you have to evolve with it. Do some research: learn, unlearn, relearn, then put in the work. Never be too comfortable, always strive for excellence. Most importantly know what you are great at, be passionate about it and offer an exceptional service.

## 2. Create A Balance



Work can be sometimes overwhelming that you get so busy and lose out on other areas of life. Don't miss out on the chance to bond with family, hang out with friends, create special moments with the people you care about and network at social events. Now is the best time to create that balance!

## 3. Enjoy Your Career



When you enjoy something, it means you find it pleasurable. It is the same for your career; you must always be up to the task and ready to take on new projects. The more reason you need to choose a career path you are interested in. This helps you have a positive mindset, be more creative and productive. Having a career is good but being passionate about it is even BETTER!



**Watch this space!!!**

**A new W segment is about to  
be unveiled**



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# DEAR STRESS,

**CAN WE BREAK UP?**



Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. When stress lasts for a long time, it may harm your health.

**Here are some tips to help you keep your stress level in check:**



## 1. Relax And Be Taken Care Of



Deep breathing, yoga, exercise, and muscle relaxation are good means of reducing stress, as it controls your body's reaction to a perceived threat. There are lots of meditation practices and relaxation activities available on the internet too. Check it out, try them out and share your results.

## 2. Eat Your Food As Medicine

**So You Don't Eat Your Medicine As Food.**



You can't take on the world on an empty stomach! To stay healthy, you need to eat healthy. Boost your daily diet with Vitamins A, B complex, C, Iron, and other minerals. Multi-Vitamins and food nutrients help your body manage stress.

## 3. Time Waits For Nobody



Time management is Life management. Stress can come from feelings of anxiety which leads to depression. Anxiety comes from the pressure of having a lot of work to do with little time and depression comes from failing to achieve it. One way to fight this is by managing your time effectively and efficiently. A journal for scheduling your to-do-list and strictly abiding by it is a good way to start!

## 4. Learn To Rest



Your body is your greatest treasure. So, you need to take care of it, it's the only place you have to live in. So.... you need to take a break and REST! We are not talking about a short nap or a 10mins time out to catch up on your favorite movie that keeps you awake. It is sleeping well, going for a massage, reading or watching your favorite 'relaxing' book/movie, or playing a game. The list is endless! The most important thing is doing the things that make you feel relaxed and happy.



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# 3

# NURTURING OUR TOMORROW



Just as we nurture a seed till it germinates and bears fruits, so do kids need nurturing and guidance. They are our tomorrow, our future and our HOPE! The best part of nurturing is you don't need to be a biological parent to provide guidance to that child in your family, place of worship, school, neighborhood, orphanages etc.

**May 27 is an opportunity to celebrate, invest and secure the future of Children. Here's how you can go about it:**

## 1. Give Them Opportunities



If you could go back to your childhood, what would you do differently? Would you change your school, your course of study, friends or would you take that opportunity you missed out of fear of failure? Well, it's not too late, you could help the kids in your life avoid the same mistake. You have what it takes morally, intellectually, financially to give them the best opportunity to blossom.

## 2. Reach Out Regularly



According to WHO (World Health Organization), children between the ages of 10 and 19 account for a substantial number of adolescents. They are therefore included in the age-based definition of a child. Children in this category go through a lot of changes physically, mentally, and psychologically. You need to reach out to them, show your support as you guide them into the new phase of their life. That is the best way to ensure a safe transition from adolescence to adulthood.

## 3. Throw In A Little Surprise Occasionally



When was the last time you received a surprise package, visit or message from a loved one? I bet you can still remember that

feeling of joy, excitement, and fulfillment. For a child, a surprise gives them triple that joy and excitement. We understand the financial challenging times, but don't let that rob you off the smile on your children's faces and the gratitude in their voices. When it comes to surprises, it's not about the cost but about the thoughtfulness of it.

#### 4. Have Heart To Heart Conversations



You know the relief you feel after a heart-to-heart conversation. Yeah...That inner peace kind of feeling, every child deserves that too. Every day they are constantly faced with new struggles at School, Home etc. so it's better to establish a connection with them via engaging conversations. Heart-to-heart conversations create an opportunity to connect and build trust. Have that seemingly difficult conversation today before it's too late.



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# THE MATERNAL HEALTH SERVICE SUPPORT (MHSS) LOAN



Have you heard about the Maternal Health Service Support (MHSS) loan? It's one of the numerous value propositions of the W initiative specifically tailored to support women. It was created to ensure that women can finance their health concerns in the following areas:

## 1. Fertility



You deserve a shot at having your own child! We trust you would be a great mom and that's why we want to help you make your dreams come true. Based on facts/ statistics, the MHSS loan has financed a respectable number of fertility procedures over the years, and we have achieved a record of about eighty-one (81) healthy babies delivered successfully to various families.

## 2. Weight Loss



You no longer need to worry about health issues such as High Blood Pressure (HPB), coronary heart disease, stroke, breathing problems, body pain, etc. that come with weight gain if you let us finance your weight loss journey.

## 3. Medical Conditions



Get quality medical services with flexible repayment plan, at a highly subsidized for your dental care, orthopedic treatments, optical treatment, and any other specialized procedures. Follow up on our page to see the numerous reliable hospitals we have partnered with, all over Nigeria.

**We care about women and will continually stay committed to our vision of inspiring, connecting, and empowering them.**

**Apply now by sending an email to [wcares@accessbankplc.com](mailto:wcares@accessbankplc.com)**



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## *Bye Ladies!*

I hope you enjoyed this month's edition. This May, be more intentional about your goals, spend time with family, friends, and most importantly take care of yourself. The April holiday was a fantastic opportunity to relax and unwind and I hope you had time to enjoy it too. May this month come with lots of pleasant surprises! This May, what are you doing to relax and be taken care of? Join the conversation **#relaxandbetakencareof** on our Instagram page.