

EMERGENCY PREPAREDNESS FOR SOUTH AFRICA

HAVING A SURVIVAL MINDSET

Faith over fear • Emotional resilience
Helping children in crisis
Physical readiness • Skill development



1 HAVING A SURVIVAL MINDSET

1.1 FAITH OVER FEAR IN UNCERTAIN TIMES



Before we go any further, I want to address a question that many Christians quietly carry but rarely ask out loud: "If you truly trust God — why do you need to prepare at all? Is this not a lack of faith?"

It is one of the most important questions this book raises and it deserves a clear answer.

Preparation and faith are not opposites. They never have been. Throughout Scripture, God's most faithful servants were also His most diligent preparers. Joseph received a God-given dream warning of famine and spent seven years building grain reserves that saved an entire nation — and preserved the bloodline through which the Messiah would come. That was not anxiety. That was obedience. Noah received God's warning of the flood and built an ark for a hundred years. That was not a failure to trust God. Building the ark was how he trusted God. The Proverbs 31 woman — held up by God Himself as the model of godly character — plans ahead, provides for her household and prepares for the future. And Proverbs 6 holds up the humble ant as a picture of wisdom, precisely because it stores its provisions before it needs them.

God warns us because He loves us. He does not send prophetic warnings so that we can sit helplessly and watch them unfold. He sends them so that those with eyes to see can recognise the season and respond wisely.

I also want to be honest about the limits of preparation. No one can prepare indefinitely. God Himself tells us that in the end times He will shorten the days — because without His direct intervention, none would survive. Our preparations are not our salvation. They are wise stewardship of the time and resources He has given us. Our trust ultimately rests not in our stockroom or our emergency plan, but in the God who holds the future in His hands.

So — prepare practically. Trust completely. And do not be afraid.

For me, if I'm honest, nothing matters more than your spiritual mindset and your relationship with Jesus Christ — especially when we're talking about faith over fear in uncertain times. Out of everything in this guide, if there's

just one thing you take to heart, let it be this: get your spiritual foundation right. When life feels shaky and fear starts creeping in, it's your faith that steadies you, anchors you, and carries you through.

Open your eyes and look around you. The signs are everywhere. Inflation is emptying our wallets with every passing month. The Rand continues to weaken. Load shedding disrupts businesses and family life daily. Unemployment is at record levels. Corruption has hollowed out our public institutions. Political tensions simmer just below the surface.

As the songwriter Ira Stanphill (1950s) once wrote: *"Many things about tomorrow I don't seem to understand, but I know who holds the future, and I know who holds my hand."* Though the reality is daunting and things may look dim, we will not fear. Our faith is anchored in God's promises.

Proverbs 22:3 gives us a clear warning:

"A prudent man foresees evil and hides himself, but the simple pass on and are punished."

These are not just isolated events unfolding around us. They are urgent calls to seek wisdom and to prepare for what lies ahead. The following five steps are not merely suggestions. For those of us who believe, they are divine instructions. What you do in the coming days, weeks and months will determine not only your financial future, but your family's well-being and your testimony before God.

1.1.1 STEP 1 – STRENGTHEN YOUR SPIRITUAL FOUNDATION

As we face the looming storms ahead, our first and most critical step is to strengthen our spiritual foundation. I cannot emphasise this enough. In times of crisis, it is not your bank account or your investment portfolio that will sustain you. It is your unwavering faith in God.

Isaiah 26:4 reminds us:

"Trust in the Lord forever, for in the Lord God is everlasting strength."

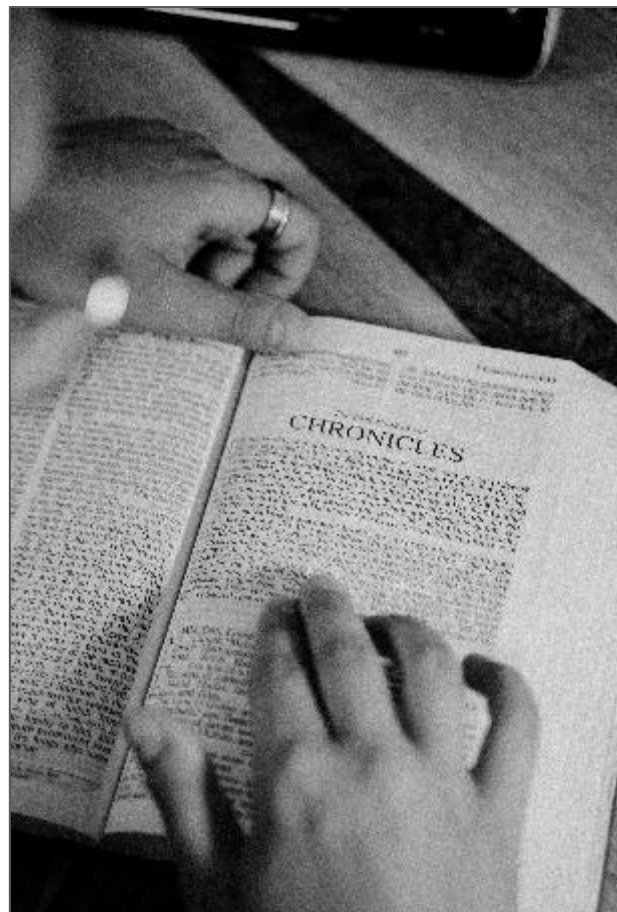
This is not just a comforting verse to put on your wall. This is a lifeline in turbulent times. But how do we build this kind of unshakeable trust?

1.1.1.1 READ GOD'S WORD

It starts with immersing yourself in God's Word. Now is the time to dust off your Bible and dive deep into scripture. Set aside time each morning — even if it is only fifteen minutes — to read, meditate and pray over God's promises. Let His truth sink into your spirit and become an anchor for your soul. Faith comes by hearing, and hearing by the Word of God.

1.1.1.2 PRAYER

Next, prioritise your relationship with God above everything else. In a world obsessed with material wealth and financial security, we must fix our eyes on the true source of our provision. Seek His face in



prayer — not just for a few hurried minutes, but with intentionality. Pour out your fears, your doubts, and your needs before Him. But don't just talk. Listen. Create space in your life for God to speak, to guide, and to comfort you. As you do this, you will find a peace that surpasses all understanding, even in the middle of economic turmoil.

1.1.1.3 SURROUND YOURSELF WITH FELLOW BELIEVERS

Surround yourself with fellow believers who can encourage and support you. Iron sharpens iron, and in these challenging times, we need each other more than ever. Your church community, your small group, your trusted friends of faith — these relationships are not a luxury. They are part of God's provision for you in a crisis.

1.1.1.4 GOD REMAINS IN CONTROL

Our God is not caught off guard by economic downturns. He is not wringing His hands in heaven wondering what to do about inflation or job losses. He remains on the throne, sovereign and in control. And as His children, we can rest in that assurance. So let us build our houses on the Rock of God's Word. When the storms of economic uncertainty rage around us, we will stand firm.

1.1.2 STEP 2 – DEVELOP FINANCIAL WISDOM AND STEWARDSHIP

As we navigate these turbulent economic waters, we must develop godly financial wisdom and stewardship. This is not just about balancing your budget or saving for a rainy day. It is about aligning your finances with God's principles and purposes.

Proverbs 3:9-10 says:

"Honour the Lord with your possessions, and with the first fruits of all your increase; so that your barns will be filled with plenty and your vats will overflow with new wine."

Our financial decisions must always begin with honouring God. What does this look like practically? It begins with a change in perspective. We are not owners of what we have. We are *stewards* entrusted with God's resources. Instead of asking, "How can I accumulate more?" we begin to ask, "How can I use what God has given me to further His kingdom and provide for my family?"

In Chapter 21 we will discuss the practical steps of cutting expenditure, paying off debt, and buying in bulk. Let me add a few further principles here.

1.1.2.1 DIVERSIFY YOUR INCOME STREAMS

In uncertain times, relying on a single source of income is like putting all your eggs in one basket.

Ecclesiastes 11:2 wisely advises: *"Give a portion to seven and also to eight, for you do not know what evil will come upon the earth."*



Consider starting a small side business, monetising a skill or hobby, or finding ways to generate additional income alongside your regular work. The Apostle Paul was a tent maker alongside his ministry. There is no shame in diversifying. It is wise stewardship.

1.1.2.2 BUILD AN EMERGENCY FUND

If at all possible, work towards saving at least three to six months of basic living expenses in cash. In a South African context where banking systems and ATMs may fail during a crisis, having physical cash in small denominations is also essential.

1.1.2.3 GET OUT OF DEBT

Proverbs 22:7 says it bluntly: "The rich rules over the poor, and the borrower is servant to the lender."

As economic hardships increase, being debt-free gives you flexibility and peace of mind that money simply cannot buy. Create a plan to systematically pay off your debts, starting with the highest interest ones. It may require real sacrifice. But the freedom on the other side is worth every rand.

1.1.2.4 SEEK GODLY COUNSEL

Before making major financial decisions, seek wise, trustworthy counsel. Our ultimate security is not in our bank accounts. It is in our faithful God who promises to meet all our needs according to His riches in glory. Let us honour Him with our finances and watch as He opens the windows of heaven.

1.1.3 STEP 3 – CULTIVATE GRATITUDE AND GENEROSITY

1.1.3.1 GRATITUDE

In times of economic uncertainty, it is easy to fall into a mindset of scarcity and fear. But as believers, we are called to a higher standard: gratitude and generosity. These are not just nice qualities to have. They are powerful weapons against anxiety and greed.

1 Thessalonians 5:18 (NKJV) says: "In everything give thanks, for this is the will of God in Christ Jesus for you."

Notice it does not say for everything, but in everything. Even in the most challenging circumstances, we can find reasons to be thankful. When we cultivate gratitude, we shift our focus from what we lack to what we have. Start each day by listing three things you are grateful for. It could be as simple as a roof over your head, food on your table, or the love of your family.

1.1.3.2 GENEROSITY



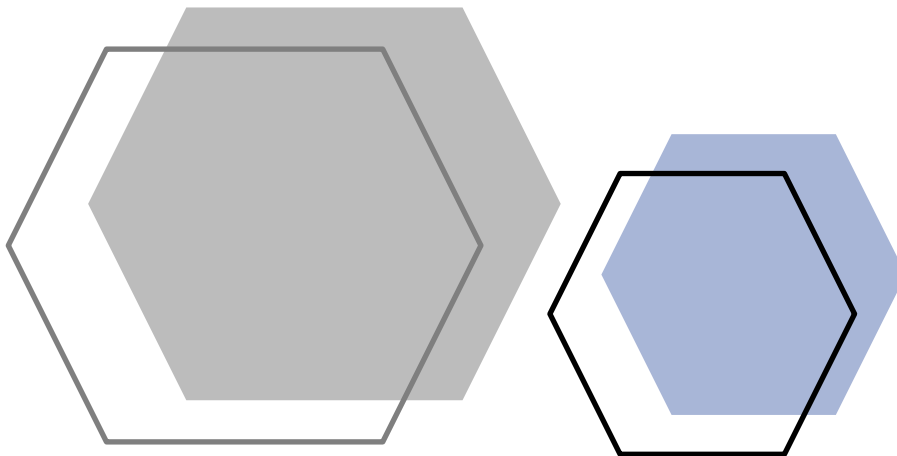
Luke 6:38 (NKJV) says: *“Give and it will be given to you. Good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.”*

This is a profound spiritual principle that goes far beyond mere financial transactions. When we give generously, we are not losing out. We are positioning ourselves for God’s blessing.

Giving and sowing into God’s kingdom could mean tithing to your local church, supporting a missionary, contributing to a ministry feeding the hungry, or simply buying a bag of groceries for the family next door who is struggling. When we sow into God’s kingdom, we are saying: *“God, I trust You more than I trust my bank account.”* And God honours that kind of faith.

I am not suggesting you give recklessly or irresponsibly. Wisdom and discernment are still important. But I am challenging you to stretch your faith in this area. As you cultivate **gratitude** and **generosity**, you will find that it breaks the power of materialism over your life. You will experience a

freedom and joy that no amount of money can buy. And you will be storing up treasures in heaven where economic collapses cannot reach them.





As we prepare for potential economic challenges, we must embrace the power of skill diversification and self-sufficiency. In a rapidly changing world, relying solely on a single skill set — or depending entirely on complex systems that may fail — leaves us dangerously vulnerable.

Acts 18:3 tells us that the Apostle Paul — despite being a learned scholar and a powerful preacher — maintained his trade as a tent maker. This practical skill allowed him to support himself while spreading the gospel. He did not rely solely on his ministry for provision. He used his hands when needed. That is wisdom we should follow.

Start by assessing your current skills and identifying areas where you can grow. Perhaps you are an office worker who could benefit from learning basic home repairs — plumbing, electrical, building. Or maybe you are a tradesperson who could expand into digital marketing or bookkeeping. The key is to become adaptable and resourceful. Every new skill you acquire is a potential tool for provision in a crisis. We cover this in more detail later on in this chapter — “Learn new skills”

Self-sufficiency does not mean isolating yourself or rejecting community. Rather, it is about developing the ability to meet your basic needs with less dependence on systems that may falter. We have already discussed vegetable gardens, water storage and alternative energy in this guide. These are not just prepper hobbies. They are practical expressions of wise stewardship. The following skills are worth investing time in:

- Growing your own food, even if it is just a small container garden or herb pot on a windowsill.
- Basic food preservation such as bottling, drying and pickling.
- Simple home and vehicle repairs that save you money and increase your independence.
- First aid and emergency preparedness — skills that benefit you and your entire community.
- Sewing, knitting and basic garment repair so that your family is clothed regardless of what the shops charge.

As believers, we are called to be wise stewards of our resources and capabilities. Our ultimate sufficiency comes from God. But as we develop these practical skills, we do so with an attitude of humble dependence on Him — knowing that He is the one who gives us the strength, the health and the opportunity to learn.

1.1.5 STEP 5 – ADOPT A MINDSET OF RESOURCEFUL SIMPLICITY

Philippians 4:11 gives us profound wisdom: “Not that I speak in regard to need, for I have learned, in whatever state I am, to be content.”

Paul wrote these words from prison. He was not writing from a comfortable study with a full pantry. He had learned contentment through hardship. And that word “learned” tells us something important: contentment is not a personality trait. It is a discipline. It can be practised and developed.

How do we cultivate this mindset of resourceful simplicity in practical terms?

1.1.5.1 REDEFINE NEEDS VERSUS WANTS

If we are honest, many of us are guilty of confusing the two. In a world that constantly pushes us to consume more, we must learn to find contentment with less. This does not mean living in poverty. It means appreciating and maximising what God has already placed in our hands.

1.1.5.2 PRACTISE CREATIVITY AND PROBLEM-SOLVING

Before immediately buying a solution to a problem, ask yourself: how can I address this need with what I already have? This approach saves money and develops invaluable ingenuity. As South Africans, we have a deep tradition of “boer maak ‘n maak plan” — making a plan with what is available. That spirit is a gift. Cultivate it.



1.1.5.3 LOOK FOR MULTI-PURPOSE ITEMS

When buying equipment or supplies, look for items that serve multiple functions. This principle applies to household items, tools, and even skills. Do you really need a separate gadget for every task, or can one good quality tool serve three purposes?

1.1.5.4 LEARN TO REPURPOSE AND REPAIR

Before discarding something, ask whether it can be repaired, transformed or reused. South Africa’s earlier generations understood this. Ouma’s generation wasted nothing. We would do well to recover that wisdom.

1.1.5.5 SIMPLIFY YOUR LIFESTYLE

Evaluate each area of your life and honestly ask: is this essential? Does this add real value to my family's life and our walk with God? You might be surprised at how much you can let go of without feeling deprived. In fact, many people who simplify their lives report feeling freer and more peaceful than before.

Adopting a mindset of resourceful simplicity is not about deprivation. It is about finding freedom from the constant pressure to acquire and consume. It is about developing resilience and creativity that will serve your family well in any economic climate. As you embrace this mindset, you will discover a richness of life that does not depend on material abundance. True wealth is not measured by what you possess, but by your contentment in Christ and your ability to creatively use what God has entrusted to you.

1.1.6 IN CLOSING

As we face the economic storms on the horizon, let us commit to these five steps: strengthening our spiritual foundation, developing financial wisdom, cultivating gratitude and generosity, expanding our skills and self-sufficiency, and adopting a mindset of resourceful simplicity.

By doing so, we prepare not only for the challenges ahead, but for the blessings that flow from faithful stewardship. We position ourselves not merely to survive, but to thrive — and to be a light to those around us in the coming darkness.

I close this chapter with a prayer. I invite you to pray it with me, or simply to read it and receive its blessing in faith.

PRAYER:

Almighty God, Creator of heaven and earth, I stand in awe of Your majesty and power. Your wisdom surpasses all understanding and Your love knows no bounds. You are the source of all provision, the giver of every good and perfect gift. Thank You for Your unfailing faithfulness even in times of economic uncertainty.

Forgive me, Father, for the times I have placed my trust in worldly wealth rather than in You. Lord, I pray for a strengthened spiritual foundation that can withstand any economic storm. Grant me the discipline to immerse myself in Your Word daily. Help me develop godly financial wisdom, always honouring You with my resources. Cultivate in me a spirit of gratitude that sees Your blessings even in times of lack. Empower me to be generous, sowing bountifully into Your kingdom without hesitation or doubt.

I pray for the courage and creativity to diversify my skills and increase my self-sufficiency. Lord, help me embrace a mindset of resourceful simplicity, finding contentment in all circumstances. I declare that my trust is in You alone — not in the fluctuating markets or uncertain economies of this world.

Guide us collectively as we navigate these uncertain economic times, always keeping our eyes fixed on You. For Yours is the kingdom, the power and the glory forever and ever.

In the mighty name of Jesus.

Amen.

1.2 EMOTIONAL MINDSET



Just as important as spiritual preparation, is your emotional mind-set, because in times of emergency it often determines how you will respond when everything around you feel uncertain and out of control.

When crisis hits, fear rises quickly and panic can easily take over, causing people to freeze, make rushed decisions, or follow the crowd without thinking. But if you are able to steady yourself, even for a moment, everything begins to change. Your thinking becomes clearer, your actions more deliberate, and you move from reacting in fear to responding with purpose.

A calm and grounded mind-set helps you see what truly matters, prioritise wisely, and take the next right step, even while the situation is still unfolding. It also allows you to be a source of strength for those around you, your family, your children, your community, who may be looking to you for reassurance and direction.

In many ways, your emotional state sets the tone for the outcome; it can either lead to confusion and chaos or to clarity and control, and that is why preparing your mind is not optional but essential, because in a moment of crisis you will not rise to the occasion, you will fall back on your level of preparation.

1.2.1 STAY CALM

Some people undergo incredible transformations in emergencies situations. They can put together a solid plan and tell everyone what to do with a confident, calm voice. The rest of us "freak out" or scream and sometimes might even use a swear word or two. The good news is that it's possible for any of us to learn the ability to stay calm in emergency situations. Here are some tips from survival and medical experts:

- 1) **BE PREPARED AND GET EXPERIENCE** – The first thing to do is to remain calm and to be confident; knowing what to do in an emergency situation. Learn basic first aid, have at least the basic supplies, learn some survival skills, and read as much material possible. The more you know, the less likely you are to panic.

- 2) **FOCUS ON A GOAL** – The extent of an emergency situation can overwhelm many people, especially when time is limited. If there is one thing you need to learn, is to focus on one task at a time. If the house is on fire, focus on getting the people out. If you're the one who calls emergency services, only focus on your conversation with the operator and nothing else.
- 3) **TAKE A DEEP BREATH** – In emergencies, one's body instinctively switches to a "fight or flight" response. When you are anxious, you tend to breathe fast, superficially – almost as if you're running away from danger. You can overcome it by taking deep breaths, making you feel like you are inflating your stomach to fill your lungs. In your mind, tell your body that you are calm and be in control of your mood.
- 4) **LEARN TO ADAPT TO YOUR CIRCUMSTANCES** – Almost every day we are confronted with unplanned situations. Experts say that people who make peace with their circumstances are calmer in general. The next time something small goes wrong during your day, see it as an opportunity to practice this critical survival skill.
- 5) **BE MORE ADVENTUROUS** – We are so set to follow the rules that we sometimes find it difficult to break social rules when needed. In emergencies, it is sometimes necessary to break emergency measures; such as disturbing the peace by making a noise; fighting with total strangers; tearing expensive clothes; or entering someone else's property, if it's necessary to save lives.
- 6) **LOOK AFTER YOURSELF** – For a large part of the population, panic and worry will not simply disappear when an emergency is over. Emergencies, or the threat of an emergency, can cause prolonged panic and anxiety. If you find yourself panicky or anxious, learn a habit that can help you manage your anxiety.

1.2.2 SUPPORT EACH OTHER

1.2.2.1 HELP EACH OTHER

You can start to empower your people. Start giving your business to your own people. To whom did you award that contract for doing the additions to your home? Who services your car or at which shop do you buy your groceries? The person you support now can support you later if things go wrong. For those of you, who can afford it; give that "little job" to your fellow Christian who struggles, as well as to the person who doesn't have a job. In difficult times, we need to support our fellow citizens, help him now to help himself, and he may be worth more to you at a later stage.

1.2.2.2 BE THE FIRST TO REACH OUT

According to the theory of "diffusion of responsibility" - the more spectators there are on a scene, the less the chances for someone to help the victim. The theory states that people who ask themselves: "**Why should I help the person if somebody else who can do it?**" Others feel that they don't want to get involved, fearing that they may be held liable for something they might do wrong. So here are some tips on how to overcome this "diffusion of responsibility":

- 1) If you are the patient, pick one person out of the crowd and make eye contact with the stranger. Chances are that the person might feel guilty and will come forward to assist you.
- 2) If you are a spectator, do something – Sometimes you have to make the first move before others will respond. Let that first person be you.
- 3) Make use of your natural tendencies to kindness - Expect the best in people, not the worst. Most people have a natural tendency to help others and will gladly do so if they get the chance. Suppose you are the only person in your street that has made preparations for such emergency situations. Will you be the person helping that person? If you take the lead, you will quickly get help from the bystanders if you ask.

- 4) Try not to worry about the consequences of offering help - It is unfortunately true that people fear that they will be held legally liable if things go wrong. But in contradiction to the idea is to live the rest of your life with your conscience if you were in a position to save someone.
- 5) Be an example for young people - By taking control and helping others in need, you will teach your children a valuable lesson.

It is your decision to **(1)** simply turn your back on and live with your conscience or **(2)** be the kind Samaritan to help that person. If you decide to turn away – just remember, the next victim might be your wife or child who needs somebody else's help.

1.3 HELPING CHILDREN THROUGH A CRISIS



As parents and caregivers, our instinct during an emergency is to focus entirely on the practical — food, water, safety and shelter. But children experience disasters very differently to adults, and their emotional and psychological needs during and after a crisis are just as real and just as urgent as their physical ones.

A child who is traumatised, terrified or confused will not eat properly, will not sleep and will not cooperate with the family's emergency plan. Understanding how to support your children emotionally during a crisis is not a soft extra — it is a core survival skill.

1.3.1 HOW CHILDREN EXPERIENCE CRISIS DIFFERENTLY

Children do not have the life experience or emotional vocabulary to process fear and uncertainty the way adults do. What they do have is an acute sensitivity to the emotions of the adults around them. Research consistently shows that a child's emotional response to a disaster is strongly shaped by how the adults in their life respond. If you panic, they panic. If you are calm and purposeful, they will draw strength from that.

Children of different ages respond very differently:

- **Young children (under 7)** often cannot distinguish between real threats and imagined ones. They may become clingy, regress to younger behaviours such as bedwetting or thumb sucking, have nightmares or refuse to be separated from a parent. They need physical closeness, simple reassurance and consistent routine above all else.
- **Children between 7 and 12** are old enough to understand that something serious is happening but not yet mature enough to process it fully. They may ask many questions, become angry or withdrawn, or complain of headaches and stomach aches without any physical cause. They need honest but age-appropriate information and a sense that they have a role to play.
- **Teenagers** often respond to crisis with either intense anxiety or a show of false bravado. They may withdraw from the family or seek information obsessively on social media. They need to be treated as near-adults, given real responsibilities and included meaningfully in the family's planning and decision making.

1.3.2 WHAT EVERY CHILD NEEDS DURING A CRISIS



Regardless of age, every child needs the following:

1.3.2.1 HONESTY WITHOUT ALARM

Children always know when something is wrong — they read it in your face, your voice and your body language long before you say a word. Do not lie to them or pretend everything is fine. Instead give them honest, simple, age-appropriate information. *"Something difficult is happening and our family is making a plan to stay safe"* is far better than false reassurance that collapses the moment they see the fear in your eyes.

1.3.2.2 ROUTINE AND PREDICTABILITY

In the midst of chaos, routine is an anchor for children. Maintain mealtimes, bedtimes and family rituals as much as circumstances allow. Even small rituals — a bedtime prayer, a story, a familiar song — signal to a child that life has structure and that the adults around them are in control.

1.3.2.3 A ROLE AND A RESPONSIBILITY

Children cope better when they feel useful. Give every child in your family an age-appropriate task in your emergency plan. A five-year-old can carry their own small backpack with their teddy and a water bottle. A ten-year-old can be responsible for knowing the family's emergency meeting point. A teenager can be responsible for keeping a younger sibling calm. Purpose combats helplessness.

1.3.2.4 PHYSICAL COMFORT AND CLOSENESS

Do not underestimate the power of a hug, a hand held or a parent sleeping in the same room during a frightening night. Physical closeness is deeply regulating for a child's nervous system. In a crisis this is not spoiling — it is medicine.

1.3.2.5 PERMISSION TO FEEL.

Allow children to express fear, sadness and anger without dismissing those feelings. Saying "*there is nothing to be scared of*" does not make the fear go away — it simply teaches the child to hide it from you. Instead say "*I understand you are scared. I feel it too sometimes. Let us talk about it.*" A child who can name and express their feelings is far less likely to be overwhelmed by them.

1.3.3 RECOGNISING TRAUMA SYMPTOMS IN CHILDREN

Not all children show distress in obvious ways. The following signs may indicate that a child is struggling and needs extra support:

- Persistent nightmares or difficulty sleeping
- Regression to younger behaviours — bedwetting, thumb sucking, baby talk
- Withdrawal from family and activities they normally enjoy
- Unusual aggression, irritability or emotional outbursts
- Physical complaints without medical cause — headaches, stomach aches, nausea
- Repetitive play that re-enacts the frightening event
- Persistent and intense fear that the danger will return
- Difficulty concentrating or remembering things

If these symptoms persist for more than a few weeks after the crisis has passed, seek professional support from a psychologist or counsellor. There is no shame in this — trauma is a normal response to abnormal circumstances.

1.3.4 PREPARING CHILDREN BEFORE A CRISIS

The single most effective thing you can do for your children's emotional resilience is to prepare them before anything happens. A child who has been included in age-appropriate emergency planning, who knows what the family plan is and who has practised their role in it, will be significantly calmer and more functional when a real emergency occurs.

Talk to your children about emergencies in a matter-of-fact, non-frightening way. Frame it as something the family is preparing for together rather than a catastrophe to be feared. Use the same tone you would use to discuss a fire drill at school — serious but calm, practical rather than alarming.

1.3.5 A WORD TO PARENTS



You cannot pour from an empty cup. If you are overwhelmed, traumatised or running on empty yourself, your capacity to support your children will be severely compromised. Taking care of your own emotional and spiritual wellbeing during a crisis is not selfish — it is the most important thing you can do for your children.

Lean on your faith. Draw on your community. Ask for help when you need it. And remember the words of Isaiah.

Isaiah 41:10 — *"Fear not, for I am with you. Be not dismayed, for I am your God. I will strengthen you, yes I will help you, I will uphold you with My righteous right hand."*

That promise extends to your children as much as it does to you.

1.4 PHYSICAL FITNESS



It is common knowledge that regular exercise can dramatically improve one's physical and mental well-being. Health magazines constantly remind us that exercise contributes to weight loss and prohibits heart disease. But there's also a wealth of lesser-known benefits that just a few minutes of exercise each day will do to improve your health and mind-set.

ADVANTAGES OF EXERCISE

- **WEIGHT CONTROL** - Exercise can stop you from gaining extra weight or help you maintain your ideal weight. When you do physical activities, you burn calories. The more intense the activities, the more calories are consumed. You do not need hours of exercise to see the benefits of weight loss.
- **REDUCE THE RISK OF HEART DISEASES** - If we are active, high-density lipoprotein (HDL) or "good" cholesterol is increased and unhealthy triglyceride is reduced. This allows the blood to flow easily, reducing the risk of cardiovascular disease. Regular physical activity can help prevent or manage a range of health problems and issues, reducing the chances of having a stroke, metabolic syndrome and type 2 diabetes.
- **INCREASED ENERGY** - Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to the tissue, and help the cardiovascular system to function more effectively. And if your heart and lungs work more effectively, you have more energy to tackle your daily tasks.
- **IMPROVING PERFORMANCE AND PRODUCTIVITY AT WORK** - Exercise is important to improve our overall quality of life, especially your work. If you are fit, you will feel more confident even in the

workplace and this will help you show leadership and perform better. It will also increase your overall productivity and focus.

1.5 LEARN NEW SKILLS

The question that you might ask yourself is, "*Why learning new skills?*" Most people have two areas of knowledge that they strive to master. It consists of dealing with issues that relates to your work or dealing with matters related to your hobbies and interests.

We don't realise how important it is to constantly learn new skills. Instead of reading story books, it would be worth your while to follow a workshop, course or self-study and in the process, acquire a full set of new skills that could potentially be used to acquire new business.

There are several reasons why it is better to follow a self-study course or workshop:

- When you pay entry fees for a self-study course or workshop, you tend to be more likely to complete the course. This will not only ensure that you follow a set structure, but it will also motivate you to take it more seriously.
- When you have successfully completed the new course, you will be the proud owner of a certificate of completion. This new qualification will not only make your day job easier, but you can also note it on your CV. It will also be possible for you to obtain a better job or negotiate a better salary. It can also mean the start of a new business.
- It is always better to tackle a course or self-study that not only provides textbooks, but also provide video clips that further illustrate their craftsmanship. Of course, if you follow a video course, you can always stop the instructor, the moment you don't get the full explanation. Thanks to technology, students who use self-study can use other methods that are as effective at communicating with a real-life teacher. This includes email, fax, phone calls and other technological miracles that enable our daily communication.
- To follow a course and to succeed with it will greatly increase your confidence and your skills. This will enforce respect from co-workers and greatly improve your own self-esteem.
- When you follow the course on some hobby, you will continually find that additional information and skills are being taught to you, which you will not find anywhere in any book or on the internet. We sometimes use the term "tricks of the trade", which I will translate to the finer art of the hobby.
- During the course you will meet many other people with the same interests as you. You can discuss problems together and find solutions more easily. It may even lead to new friendships and an enrichment of your personal life.
- To learn skills through a course, you may discover much new area that you still want to exploit and gain more knowledge about. It will encourage you to further discover the world around you. In others company you will never be bored, because you will know something about everything and be able to hold a conversation.

