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Study benefits for dependant children upon early retirement



NMMU has a Policy on the Management of Formal Study Benefits. Family of employees remain eligible for these benefits in terms of the policy if their services are terminated as a result of a medical disability as approved by the relevant pension scheme; or retirement whilst in the services of the University; or in obtaining permission to go on early retirement (the benefit will apply unless a stipulation approving the early retirement, specifically excludes this benefit) or death whilst in the service of the University.

Why you should take a break—Elizabeth Scott

Take A Break For Stress Relief - Letting stress build up can be unhealthy in several ways. The body is designed to respond to short bursts of stress, but when stress is prolonged and the stress response is triggered repeatedly and on a regular basis -- as can happen in a stressful job or a conflict-ridden relationship --the situation turns into one of chronic stress, where the real health problems set in.

How It Helps To Take A Break -Vacations and even shorter breaks provide some 'space' from the demands that life can bring . They give us a break from chronic stress so we can restore ourselves physically and mentally to a healthier place. Chronically-triggered stress responses can lead to decreased creativity and memory problems. The break in the stress cycle can lead to sharper thinking and increased creativity that can spill into all areas of our lives.

When Do You Need To Take A Break? - Sometimes, it's obvious when a vacation is necessary. But other times, the stress we experience can sneak up on us, and we may be less able to recognize when we're at risk for burn-out. Because we all respond to stress in unique ways, our signs of overwhelm may be unique as well. However, there are some general warning signs that apply in most cases. If you're experiencing one or more of the following, it's a good idea to start planning some down time: lack of energy and motivation, more frequent frustration, feeling 'fuzzy-headed', mild health issues or sleep disturbances due to stress.

Options for taking a break

Vacation: The key to a restful vacation is to prioritize rest and fun when you go; don't overbook yourself with tourist activities or bring so much work with you that by the time you return you feel you need a vacation from your vacation!

Staycation: People have a greater need to take a break, but with fewer means to pull off an exotic trip. The staycation is all about rest and relaxation, and enjoying your home sweet home. This is trickier to pull off: don't overdo it, and *don't let work creep in*. That means no cleaning, office work, or dealing with regular responsibilities.

Playcation: Stay home, but make it fun! The difference between a staycation and a playcation is that staycations tend to focus more on resting and relaxing, while playcations are for -- you guessed it -- fun! Have some fun as a way to recharge your batteries and be sure you're enjoying life.

Short Breaks: Sometimes we just need to take a break from stress long enough to disrupt the body's stress response cycle, and then get back into the action. For quicker options, you might want to take a hike or a bike ride, enjoy a movie, or even have a 5-minute meditation session.

A change is as good as a holiday