

JUNE 2023

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING: THE DAY IS OBSERVED ANNUALLY TO DETERMINE ACTIONS AND COOPERATION TO CHECK DRUG ABUSE AND PREVENT DRUG TRAFFICKING.

- SIGNIFICANCE OF INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

- ABNM HR OFFERS THE SERVICE OF EMPLOYEE RELATIONS

- WORK PLACE HARASSEMENT

- TIPS FOR THE MONTH

SIGNIFICANCE OF INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

- The International Day Against Drug Abuse and Illicit Trafficking is a critical global observance that highlights the negative impact of drug abuse and the illicit trade of drugs.
- The day serves as an opportunity to raise awareness about the dangers of drug abuse and to encourage individuals and communities to take action to combat drug abuse and illicit trafficking.
- The day raises public awareness about the dangers of drug abuse and the negative impact it has on individuals, families, and communities.
- The day focuses attention on the illicit trade of drugs, which fuels organized crime and undermines the rule of law.
- Raising awareness about the harmful effects of drug trafficking is a critical step in combating these crimes and promoting a safer and more secure world.
- It highlights the need for cooperation and coordinated efforts among governments, organizations, and individuals to combat drug abuse and illicit trafficking
- The day provides an opportunity to celebrate the successes and progress made in addressing the global drug problem



**INTERNATIONAL DAY AGAINST
DRUG ABUSE AND ILLICIT TRAFFICKING**

Employee Relations



At ABNM HR STAFFING LIMITED, we believe that the most important part of any business is its people that is why establishing a healthy relationship between employers and their employees is our priority and value.

Our Employee Relations programs are typically part of our out-sourcing strategy designed to ensure the most effective use of people to accomplish the organization's mission by focusing on issues affecting employees, such as pay and benefits, supporting work-life balance, and safe working conditions. Our Employee Relations program starts with clearly written policies describing the company's philosophy, rules, and procedures for addressing employee-related matters and resolving problems in the workplace.

As a professional out-sourcing agency, we have designed employee relations representatives to our prospective clients. These are persons who work with the Human Resources department to ensure that company policies are followed fairly and consistently.

Be sure to entrust us with this responsibility to help you establishing professional and healthy employee relations in fostering organized growth.

WORKPLACE HARASSMENT

According to the EQUAL EMPLOYMENT OPPORTUNITY COMMISSION harassment can also include “offensive jokes, slurs, epithets or name calling, physical assaults or threats, intimidation, ridicule or mockery, insults or put-downs, offensive objects or pictures, and interference with work performance.

Workplace harassment exists throughout all types of workplaces in Nigeria From bullying to outright discrimination, it's important to understand workplace harassment so you can avoid a hostile work environment in your small business. By creating a workplace harassment policy, you can take the necessary steps to create a safe working environment for all your employees.

While the most basic types of harassment are verbal and psychological, there are also more serious forms, such as physical and sexual. All types of workplace harassment are illegal. They not only affect an employee's productivity, comfort and safety at work, but they can also expose an organization to legal liability if it does not handle harassment properly.

TYPES OF HARASSMENT IN WORKPLACE

- Verbal harassment
- Psychological harassment
- Digital harassment (cyberbullying)
- Physical harassment
- Sexual harassment

HOW TO REPORT WORKPLACE HARASSMENT

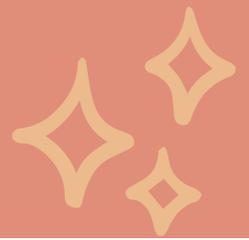
- If the harassment does not involve physical violence, try to resolve the situation directly with the perpetrator by having a kind of conversation.
- Escalate the matter to your manager and if he is the perpetrator, bring the issue to the attention of the HR if your attempts to resolve it with the harasser fail.
- If you feel that your managers, HR and company management did not deal with your case satisfactorily, get in touch with the EEOC, which can investigate the incident impartially.

WHAT TO AVOID WHEN FACING WORKPLACE HARASSMENT

- Do not retaliate.
- Do not complain to co-workers.
- Do not keep quiet.

ABNM NEWSLETTER

JUNE 2023



TIPS FOR THE MONTH

DO

- Eat a Balanced diet
- Prioritise
- Prep and Cook your food
- Enjoy moving that body (walk)
- Be kind to yourself
- Create a holistic balance
- Focus on positive lifestyle
- Eat your vegetables

DONT

- Skip rest days
- Take the easy way out
- Be hard on yourself
- Forget to reward yourself
- Treat your health like a quick fix
- Sacrifice a full night of sleep
- Eat Packaged and processed foods
- Give up- ever!

QUESTIONS FOR YOUR MENTAL HEALTH

- HAVE I EATEN REGULAR MEALS?
- HAVE I MOVED MY BODY TODAY?
- HAVE I BEEN COMPARING MYSELF WITH OTHER PEOPLES INSTAGRAM LIFE?
- AM I GETTING ENOUGH SLEEP?
- HAVE I BEEN THINKING KIND AND POSITIVE THOUGHTS OF MYSELF?
- HAVE I SPENT TIME OUTSIDE?
- HAVE I CONNECTED WITH FRIENDS AND LOVED ONES?

HR JOKES FOR THE MONTH

HR: YOUR SALARY WON'T BE GOOD STARTING, IS THAT OKAY?

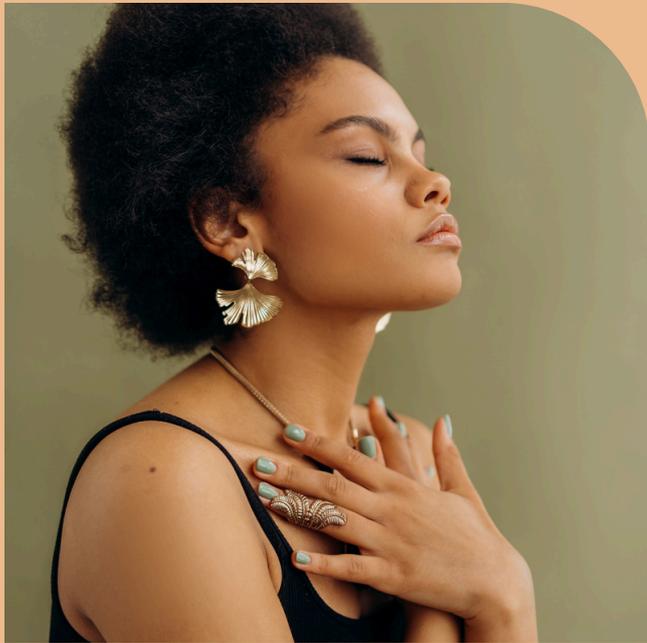
CANDIDATE: NO WORRIES MY PERFORMACE WON'T BE GOOD UNTILL IT IS, IS THAT OKAY?

ASK DR. METETE

WITH LAN HEALTH INITIATIVE FOR UR MENTAL HEALTH QUESTIONS

+234 8113 6627 13
+234 9088 3888 95

News Letter



ASK DR. METETE

Question from RUTH in Ogun State.

Dear Dr. Metete, my Supervisor has some improper behaviour like inhaling CrystalMeth around me in the office, he does it and also harasses me sexually, this is really affecting me to the extent that I don't feel comfortable going to work. I have gotten several queries for not showing up at work, and I am going crazy. How can I get help?

Answer:

Dear Ruth, Quickly report this situation before it gets out of hand. Raise Alarm!!!

Why is Wellness Important?

WELLNESS MATTERS BECAUSE EVERYTHING WE DO AND EVERY EMOTION WE FEEL RELATES TO OUR WELL-BEING.

WELLNESS IS MUCH MORE THAN MERELY PHYSICAL HEALTH, EXERCISE, OR NUTRITION.

IT IS THE FULL INTEGRATION OF PHYSICAL, MENTAL, AND SPIRITUAL WELL-BEING.

