

DECEMBER 2025

VISTA

**SERVICE
GROWTH
EXCELLENCE
AND MATURITY**

The festive season gives us the perfect opportunity to look back with gratitude at the challenges we've overcome, the growth we've experienced, and the difference we continue to make in the lives of those we serve.

Your dedication, compassion, and willingness to support mental health awareness is what keeps our mission alive and moving forward.

May this season bring you rest, joy, and meaningful moments with the people who matter most.

Let's step into the new year with hope, courage, and the same determination that has carried us this far.

Wishing you a wonderful and safe festive season!

**NEW
YEAR
S**



The Leader in Specialized Psychiatric Care



Stewardship over Consumerism

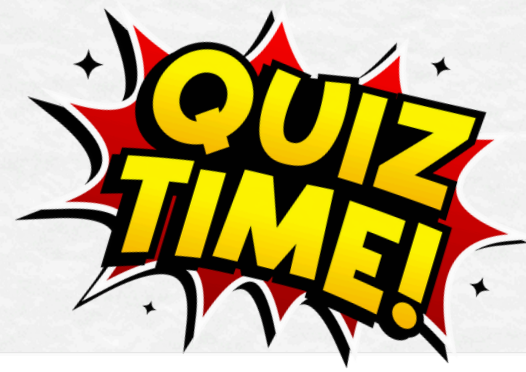
Vista Clinic celebrated White Monday - our alternative to Black Friday - highlighting financial stewardship. Staff exchanged white-elephant gifts and received a message about prioritizing wellness and wise spending over commercial pressure.

A small tradition with big impact
Tap A Christmas ball for your preferred channel, like and share our video with your network.

Let's make White Monday a South African tradition



CRAZY for WALKING



Last month, we invited you to share in the Crazy Walkers' experience and take part in a quiz; answering 10 trivial questions about Vista's history, the fauna, flora and astronomy of South Africa, a photo challenge, and a bonus question.

1. Vista - Provide the names of all Vista sculptures

Faith; Faces II Mask; Whirlwind; Voelvry; Ques Mask ;Resonance

2. Vista - In which year was Vista Academy established?

2014

3. Flora - Which tree is known as the "Tree of Life" because it can provide food, water, and shelter in arid regions?

Baobab

4. Flora - Which indigenous South African plant is used to make a popular herbal tea?

Rooibos

5. Fauna - What is the only venomous snake in South Africa that has a neurotoxic venom affecting the nervous system rather than the blood?

Black mamba

6. Fauna - Which large African mammal has skin so thick that it is mostly immune to the bites of tsetse flies?

African Elephant

7. Astronomy - What is the name of the green-glowing comet that was visible in Pretoria skies around October 21, 2025, and won't return for over a thousand years?

Comet C/2025 A6 (Lemmon)

8. Astronomy - Which planet has the most moons in our solar system?

Saturn

9. Upload a photo which best describes any one of our Vista Values.

10. Bonus Questions

Match the Photo number to the correct
Happiness Helps acronym



Most correct answers
Pearlene Cochlan

8/10



One team in training =
EXCELLENCE

Best photo captured
Jonellda Verhoef

WELL
DONE



Bonus Question Winner
Helena Du Plessis



Spiritual Growth 1

Photographers: Hanneljie & Jonellda

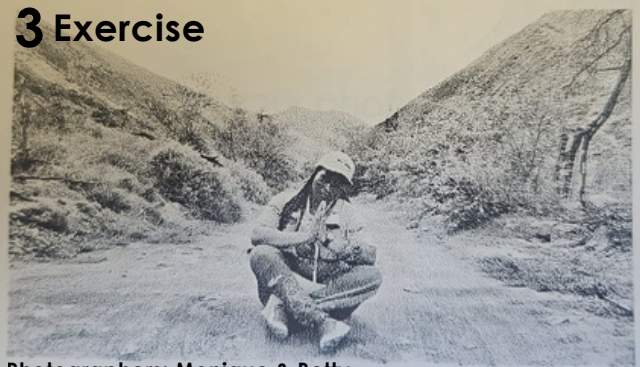
PLEASE CLAIM
YOUR PRIZES
FROM THE
MARKETING
OFFICE

2 Learn



Photographers: Yolanda & Katlego

3 Exercise



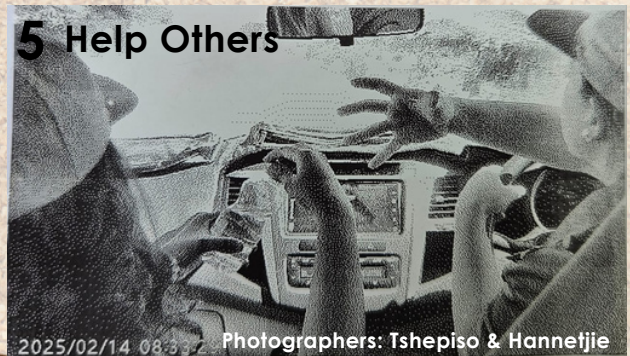
Photographers: Monique & Betty

4 Play



Photographers: Jonellda & Mario

5 Help Others



2025/02/14 08:33
Photographers: Tshepiso & Hanneljie




VISTA CLINIC
reaching caring healing

CAROLS
BY *Candlelight*

3 Dec from 18h00 - 19h30

Visitor's area

A Vista public open day



Please note

Visiting hours will be from
18h00 to 19h30 on
Wednesday 3 December.
Everyone is welcome to invite
family and friends. Patients
follow our visitation procedure.



SAVE THE DATE

**VISTA
MUSIC @ LEISURE
CONCERT**

SPECIAL PERFORMANCE

ARMAND STEENKAMP

7 Dec @ 14h30

Vista Clinic ~ Visitor's area



WITH GUEST ARTISTS,

Nqobile and Jake

Refreshments after the
concert: for your acc
@ Dopamine

Why is Active Rest Important for Mental Health?

Active rest is important for mental health because it supports the brain and nervous system in ways that passive rest alone can't.

1. It reduces stress more effectively than inactivity

Gentle movement—like walking, casual hobbies, fun gaming, stretching, or light cycling - lowers cortisol and helps release tension stored in the body. Passive rest (lying on the couch, scrolling your phone on social media) often doesn't create the same physiological stress relief.

2. It boosts mood through neurochemicals

Active rest stimulates the release of endorphins and regulates neurotransmitters such as serotonin and dopamine. These chemicals help stabilize mood, reduce anxiety, and increase overall well-being.

3. It promotes mental clarity

Light activity increases blood flow to the brain, improving attention, creativity, and problem-solving. Many people find that moving their body helps them "reset" mentally more than sitting still.

4. It breaks cycles of rumination

When you're stuck in worry or overthinking, gentle physical activity interrupts these patterns and helps shift your focus back to the present moment.



5. It improves sleep quality

Active rest supports the body's natural daily rhythms. Better sleep leads to better emotional regulation, concentration, and resilience.

6. It prevents burnout

Active rest gives your brain a chance to recover without total shutdown. It's especially helpful for people who feel mentally exhausted but restless when fully inactive.

7. It reinforces mind-body connection

Activities like stretching, or mindful walking increase interoceptive awareness (awareness of your body's internal signals), which is linked to reduced anxiety and improved stress response.

HR wishes you an "Active-Rest" festive season and we are looking forward to an exciting, educational, and prosperous 2026.

Compassion in Action



Real words from our patients

“

Florah 😊: she's always checking on us and making sure we are all good.

Charity 😊 : when we come to get our meds she always asks how we feel and I appreciate it.

Phillip 🙌: Ke lepara la ka he just made sure I take my meds and his kind oh I'll miss him aka skeem saka 😊

Matshepo 😂 : she's so funny I love her oh my gosh and always smiling.

Mossey 😊: she's helpful and kind.

Desree 😊😊: when I call her "baby girl" then she laughs ncooooh.

Antonerte 😊: always puts on a smile, she's kind, she laughs a lot when I make jokes 🙌

Mamotse ❤️: she's so sweet, it was so easy to talk to her.

Remember to pray sister 😊🙏

Nombuso ❤️: always laughing at my jokes I love that about her, she's so sweet my gosh.

They are all kind, sweet, beautiful and wonderful. I enjoyed my stay because of them God bless them. ❤️🙏

From your baby girl TM 😊🙌😂😊 ”



Happy Birthday

Dr Reshoketswe Leshilo - 3 Dec

Dr Mbali Dhlomo-Sibiya - 4 Dec

Bernadette Newton - 5 Dec

Dr Renecy Koka - 5 Dec

Vella Maseko - 10 Dec

Eugene Kgatle - 11 Dec

Virginia Phosiwa - 14 Dec

Bonolo Makhura - 18 Dec

Johana Mashaba - 18 Dec

Dr Pierre Nel - 19 Dec

Dr Nokukanya Magubane - 20 Dec

Pretty Nyalungu - 22 Dec

Jonelda Verhoef - 24 Dec

Khomotso Molepo - 31 Dec