



Time to Reflect



Spiritual prayer is a well-known practice for many religions and studies have shown that 'Spirituality at Work' has the potential to provide employees with a feeling of purpose while reducing negative effects of stress, thus boosting morale and improving commitment to the organization (Karakas, 2010).

Additionally, neuroscientists have shown that practicing mindfulness affects brain areas related to perception, body awareness, pain tolerance, emotion regulation, introspection, complex thinking, and sense of self (Congleton et al., 2015).

Both spirituality and mindfulness can play an important role in addressing key factors in workplace safety, particularly in improving awareness and judgment as they help people better manage stress, work pressure, multi-tasking, sensory overload and multiple distractions.

In line with our effort towards ZERO is POSSIBLE aspiration, all Business Sectors and OPU's are encouraged to practice a Moment of Reflection (MoR) that includes prayer (do'a) and mindfulness at the beginning of each workday and/or at the beginning of work e.g. after the toolbox meeting.



Healthy Body, Healthy Mind.

MULTI-PURPOSE HALL: Last week, the Health Tour event was jointly organised by Health, Safety, Security and Environment (HSSE) and Central Medical Facilities (CMF) to encourage all PIC staff to get to know their body and health condition. The event was held from 8.30 am to 1 pm.

Free services were provided to staff such as glucose and cholesterol test, basic screening, body composition analysis, flu vaccinations as well as medical and dietary consultations. A virtual awareness talk was also held in the afternoon with the topic **"Food Faddism"** which explained on dietary and weight management.

The health screening session was attended by about 120 people and was well-received signaling a good health awareness level among staff. Occupational Health Head Dr Muthukumaran Mariapan said **"The first wealth is health and the first step to a healthy lifestyle is self-awareness."**

LEADER'S QUOTE



'Zero incident' can only start to be possible, when we believe it.

En Irwan A Latif
Head of Health, Safety and Environment (HSE)

Tazkirah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

"Berlapang dada atas segala perbezaan dan perselisihan serta mencari titik persamaan antara kita adalah keutamaan penting pada masa ini. Kikis sifat ego ke'aku'an dan hiasi diri dengan semangat muafakat dan kerjasama dalam usaha ke arah megoperasikan semula loji PIC kita ini."
#United we stand, divided we fall

Muhammad Faiz Lee bin Adi Johan Lee
Executive, Social Welfare



Health Tips



Hydration is an important and often overlooked marker of health. Staying hydrated helps ensure that your body is functioning optimally and that your blood volume is sufficient. Drinking water is the best way to stay hydrated, as it's free of calories, sugar, and additives.

What's Good in Pengerang?

Looking to take Instagram-worthy photos? You may want to drop by Sungai Rengit which consists of fishing villages, an ideal spot for seafood lovers. There is actually an abandoned jetty made out of several steel pillars. The entire spot is filled with strong cultural vibes so if you're a fan of ancient relics, here's the place to go. Enjoy!

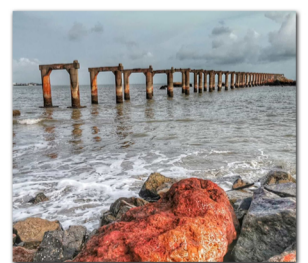


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