

Validium Newsletter

for employees

February 2016

Getting on with people



Like all life-skills, we can learn how to get on with people better and there are plenty of ways to put this into practice so that over time it becomes second-nature.

Firstly, think about the image you project to others so that they also want to get on with you! Being polite and considerate in your dealings with others can help to avoid conflict or arguments, and smiling and making eye contact when you speak will help you to be seen as friendly and approachable.

If the thought of talking to new people makes you anxious, take a few deep breaths to compose yourself and try to have a couple of easy-to-answer questions in mind so that there are no awkward silences to make you feel worse. If you appear to be interested in the other person, they will be put at ease and more willing to engage with you.

Remember that if you need some support to get on with people, whether in your relationships at home or at work, the Validium helpline is available 24/7.

For example, counselling can help you to build self-confidence, deal with anxiety or manage your emotions so that you can get on with the people in your life, whether you love them or loathe them!



To save or spend - that is the question

With interest rates remaining at all time lows, there seems little incentive to save our hard earned money. In our Debt & Money Blog, Payplan explain how important saving is to keep on top of your finances.

To find out more, visit the vClub Debt and Money Blog today!

Did you know?

The health & wellbeing team offers information, help and guidance when ... your toddler won't eat or sleep and you need some support and practical ideas to try.

Can you be forgiving?

When someone close to you hurts you, you can either hold on to anger and bitterness or let go, forgive and move forwards.

As you grow into an adult you have to learn to survive through feelings of resentment, frustration and sadness. By embracing forgiveness, you can embrace peace, hope and joy. Holding a grudge or planning revenge may feel easier, however, by refusing to practice forgiveness, you may be the one who pays most dearly.



Let go of bitterness and make way for happiness, health and peace, as forgiveness can lead to:

- Healthier relationships
- Stronger immune system
- Lower blood pressure
- Less anxiety and stress
- Fewer symptoms of depression

So try to be more forgiving! As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding for yourself too.



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Keeping your brain active

We can usually notice changes in our memory as we get older. Mental decline as we age can be attributed to not exercising our brains enough, combined with neural and chemical changes. We might already be seeing this in friends or family members.

According to the Alzheimer's Association we can help ourselves to have better mental functioning in old age by keeping our brain active – every day. Keep up some of your ongoing interests, or learn new things. Stay curious, active and involved in what is happening around you, at home, in your work and in the world.

Try to:

- **Commit to lifelong learning** – you are never too old to learn a new skill
- **Read** – books, newspapers, lecture notes, magazines – learn new words!
- **Write** – letters, a journal, short stories...
- **Take up new interests** – you could learn some basic phrases in the languages of the countries you would like to visit, for example
- **Keep up with new technology**
- **Maintain physical activity** – gardening, yoga, walking (the dog!), jogging, golf – whatever you enjoy
- **Meet friends regularly** – don't become a social recluse
- **Do some problem-solving puzzles** – crosswords, brain teasers, Sudoku
- **Watch educational programmes on TV** – at least some of the time!

For more information contact your Validium service or go to: www.alzheimers.org.uk



Time to Change is run by Mind and Rethink Mental Illness, and funded by the Department of Health, Comic Relief and the Big Lottery Fund.

Who's to Blame?

Everyone makes mistakes, so why is it when things go wrong that we get emotional, angry or worked up and start casting around in the heat of the moment for something or someone to blame?

If this rings bells with you, you're not alone; it's part of our inbuilt 'fight or flight' self-preservation response; but that doesn't mean we can't take a more constructive approach.

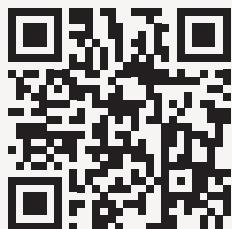
As human beings it's in our nature to seek the cause or reason why an error or event happened and sometimes, in our immediate emotional state, we are not rational and look for someone or something else to blame.

However, if we step back from the issue and give ourselves time to breathe and calm down, we can realise that hunting for a scapegoat distracts us from what we really need to do – which is to find the root cause and take appropriate remedial action.

This may even mean owning the cause of the issue ourselves, correcting it, learning from it and moving on.



The articles here do not necessarily represent the opinions or policies of your employer and should not be considered as a definitive health guide. Please refer to other sources for guidance on work place policies and also on health matters that specifically relate to you.



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