

# Validium Newsletter

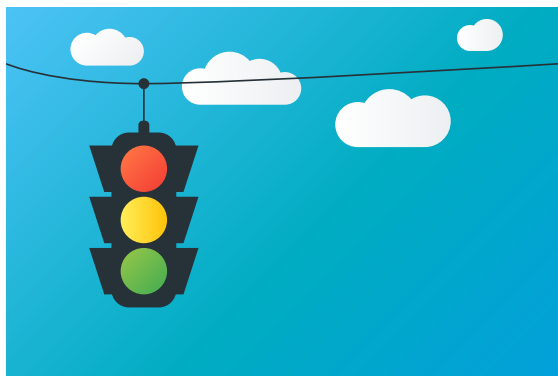
for employees

July 2016

GROUP B STREP  
AWARENESS MONTH



## Why do I have to keep boundaries?



Have you ever found yourself:

- Doing work because it is easier than explaining it to the new person who should be doing it, or negotiating an alternative
- Giving in to your toddler for a quiet life;
- Finishing off someone's sentences for them;
- Helping yourself to your favourite biscuits from the office kitchen when you know they are someone else's; or
- Leaving at 6pm when you are supposed to finish work at 5pm – and you are the first to leave?

These are all ways that we ignore boundaries at work and in our personal lives. So why do we do this?

Sometimes it is to make life easier for us, because we don't have time to listen or negotiate, because we think it doesn't matter or because we are blissfully unaware that we are doing something that might be disrespectful to others. Keeping boundaries is an important form of respect, as well as self-respect, and boundaries are necessary if we are to enjoy healthy relationships.

To read more, see the information sheet that accompanies this newsletter.

### Did you know?

The legal team offer information, help and guidance when your second hand car turns out to be stolen and you want to know about your rights.

## That isn't fair!

Life can throw many obstacles at us, and it may seem that you have more than others. You may long for what someone else has, become bitter towards a person who has more and feel like life's unfair.

When we feel like we've been treated unfairly, it triggers the primitive part of the brain that controls fear and anger and we go into "fight or flight" mode. This causes anxiety which can be harmful if prolonged.

So how can we handle unfairness well?

- Notice emotional responses before they escalate into long term bitterness
- Think rationally about how to deal with the situation
- Recognise what we can and can't control

You can't create positive change from a negative mind-set. For support with managing your feelings and to talk an issue through, call your Validium service.



### Don't face debt alone: How to Talk to Your Partner about Your Debt



In the early days of a relationship, talking about a sensitive subject like the details of each other's finances is probably not going to feature too highly on your agenda. But if you're at a point where your relationship is serious, you might find yourself asking this question... "What should I tell my partner about my debt?"

**Find out more by visiting vClub Debt and Money Blog today!**



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## You're having a laugh

We all love having a good laugh. It can be infectious, create closeness with others and is recognised for its positive effects to reduce feelings of stress and grief, and can bring about feelings of relaxation. It is an all-round tonic for the body and soul. Some benefits of laughter include:

- 1. Helping to improve mood** – Laughter can help to lessen the effects of anxiety and depression.
- 2. Reducing tension** – Laughing can help to relax the muscles which can reduce the physical symptoms of stress
- 3. Making us better able to cope with difficult situations** – Laughter can help you to cope in difficult circumstances and connect with others.
- 4. Boosting the immune system** – When we think negatively we can bring more stress into our system which can decrease the effects of our immune response.



Whether it's having a good laugh with friends and colleagues or watching a comedy event, the benefits of laughing are wide ranging.

Try to have a good laugh today!

## Curiosity and Engagement

One definition of 'Curiosity' is: 'A strong desire to know or learn something'. When you are really interested in something, you're curious and want to know more; you ask questions and research; you want to look below the surface and increase your understanding.

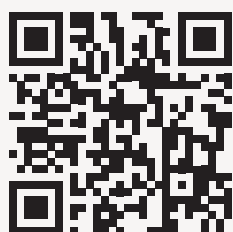
This generates a sense of being fulfilled and excited by, or actively engaged in, what you are doing - whether it's work, a hobby, a relationship or a learning opportunity.

When you feel really engaged in something, you feel absorbed by it, enthusiastic, positive and have a strong connection to what you're doing, the team you are working with and the company you are working for.

You feel energised and motivated. This leads you to feel curious, to want to find out more, to innovate and move forward. As for which comes first, well that's a little like 'the chicken and egg' conundrum.



*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 workplace policies and also on health matters that specifically relate to you.*



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