

# Validium Newsletter

## for employees

September 2016



### How do I become more Resilient?

**Resilience is 'our capacity to recover quickly from difficulties'. It is our ability to bounce back from everyday challenges and stresses, as well as from major and unexpected events.**

Imagine an elastic band: a resilient band can be pulled, stretched and will return to its original shape immediately - but even an elastic band can lose its resilience.

The good news is that, unlike elastic bands, we can develop and strengthen our resilience – it just takes practice and commitment.

- Look after yourself and keep hydrated: Take care of your mind as well as your body and you'll be better able to cope with life's challenges.
- Relax and believe in yourself: Find a healthy way to manage stress which works for you and build self-confidence by focusing on your strengths.
- Challenge negative attitudes and thoughts: Resilient people don't let negative thoughts deter them from their goals – they look for the positives.
- Each day focus on what went well: mistakes happen, so see them as learning opportunities and recognise the good things.
- Make time to have fun and laugh - these help us regain perspective and relax, which in turn helps us feel stronger.
- Use your support networks; invest in friends and family, and they will help you to bounce back and roll with life's setbacks.



*Remember your Employee Helpline is also a source of support if you would like help to become more resilient.*

### Flexibility

Flexibility is the ability to bend easily without breaking, and in anatomy, this refers to the range of movement in the body, particularly the joints and muscles. Physical flexibility varies between individuals, and anyone who has watched 'Strictly Come Dancing' can see the difference between how the professional dancers move compared to their celebrity partners! The flexibility of the body can be increased by exercise, as is clear in the Strictly finals when, after weeks of practice, even the 'celebs' are moving with more grace and achieving what would have been impossible only a few weeks before.

As with physical flexibility, we also benefit from improving our mental flexibility. Instead of being stuck in a fixed thought process or having a rigid attitude to life, increasing mental flexibility by being open-minded, maintaining perspective and not being judgemental can help boost strategic thinking and enhance problem solving skills. Being physically and mentally flexible may not help us to win any dancing competitions, but it can help us to deal with the challenges that real-life throws at us!



**Don't face debt alone:  
Your step by step process to becoming debt free**



Getting out of debt is not an easy process and it won't happen overnight. However it is possible and there are several ways you can sort out your finances. We look at the steps you will need to take in order to regain control of your debts.

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



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## Is shyness holding you back?

Attending a social event?

If the first thing you think is: 'Will I know anybody?' or 'What if they don't like me?' you may be experiencing symptoms of shyness, angst and/or nervousness!

Being shy could quite possibly bring the fear of judgement and rejection from others. So how do you usually act? You may possibly avoid contact or starting a conversation and you may even find yourself saying critical things to yourself. We find that every effort to escape these negative thoughts will usually intensify them.

So what can you do? Well, you can simply let negative thoughts be and instead cast your energy into what you value in life. Learn to look at yourself with awareness rather than criticism. The practice of mindfulness can help you achieve a healthier state of mind. Surround yourself with good people, these are the people who will bring you confidence and encourage you to face your fears.

## Perseverance

Perseverance is a way of achieving goals in a determined way, usually while overcoming obstacles and addressing challenges along the way. We naturally persevere in matters we are passionate about. This might be a hobby we enjoy or a job opportunity we wish to pursue. Perseverance can also be a measure of our personal commitment to our goal. If we don't have a strong attachment to achieving the goal this will manifest as weak perseverance and even procrastination. However, when we are passionate about it we feel we can successfully deal with any barriers that come our way.

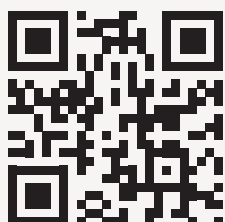
Successful people like Jim Carey, J. K. Rowling and Thomas Edison experienced multiple obstacles, failures and challenges before they arrived at their goals. In many ways, their success could be defined as the sum of their failures and how they dealt with them.



### Did you know?

The counselling team offer information, help and guidance when you have been promoted at work and want to feel more confident.

*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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