

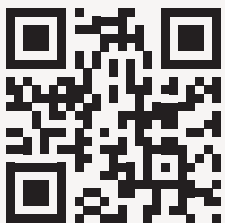
How Resilient Are You?

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Don't Succumb to the Negatives – Focus on the Positives

- Look after yourself and keep hydrated
- Relax and believe in yourself
- Challenge negative attitudes and thoughts
- Focus on what went well each day
- Make time to have fun
- Use your support networks

Remember you can call Validium for support on a variety of issues - or go online at validium.com to check out vClub



0800 3 58 48 58

Outside UK: +44 141 271 7179

For online support join vClub at validium.com

Username: **NetworkRail**

Password: **onlinesupport**



Confidential Service

 **validium**
INCREASING WORKFORCE VALUE