

# Validium Newsletter

for employees

January 2020

Blue Monday  
20<sup>th</sup> January



## Find Time For You

We all have many demands on our time and sometimes we are so busy working or looking after others that we forget to focus on ourselves. We all need some 'me time' to feel energised.

Think about hobbies you used to have time for or things that you would like to do. Start taking small steps towards having some time for yourself.

- Take a step back and evaluate your time/lifestyle
- Think of someone who might be able to support you and let you have some time to yourself – you could repay them in the future by doing the same for them
- Leave work on time – try to be boundaried
- Find time to schedule in a treat, even a small one – every month or payday?
- Do exercise that works for you – jog before work, a brisk walk or swim at lunchtime or spin class at a 24 hour gym after work
- Make healthy meals in batches to freeze – get organised
- Plan events in advance so that you have something to look forward to
- Keep in touch with friends and family

Review how you are spending your time on a regular basis to ensure you are finding time for yourself.



## Reset Your Values - How To Live With Purpose

At the beginning of a new year we often take the time to evaluate our life. We take stock to see if our relationships, job, health and financial position are where we want them to be. If there is something that is not fitting in with our lifestyle decisions, accept the current situation and recognise those issues for what they are.

Sometimes we may need to let go of our current value judgements to recognise we are not being authentic to ourselves. A strong, authentic life will typically follow our core values – and most people have 5 to 7 core values. To reassess the situation:-

- Make a conscious decision to get rid of things that do not make you joyful
- Try to let go of thoughts and worries that may be overwhelming you
- Reconsider your core values as they may have changed over time
- Every time you have a decision to make, consider your core values



## Do You Have A Clear 2020 Vision?



We're not strangers to hearing 'New Year, New Me', setting resolutions and goals for what we'd like to achieve for the year ahead. But do you have a clear vision for your finances this year?

The new year symbolises a fresh start and a chance to make changes in your life. You may feel the pinch after a period of heavy Christmas spending. However, if you shop well and put together a budget, you can start to plan your finances for next year and save money during these uncertain times.

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



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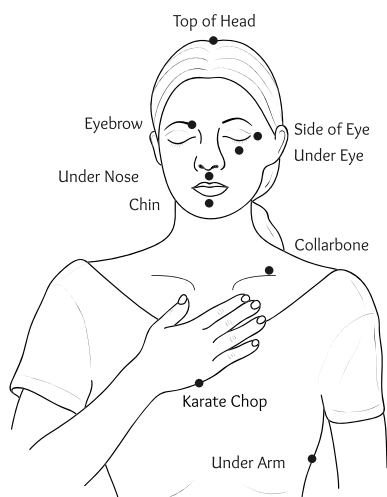
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## What Is 'Emotional Freedom Technique'?

Emotional Freedom Technique (EFT) is a treatment to help us to restore energy and balance in our lives. It can help with the relief of anxiety or physical pain and uses a technique of 'tapping'.

Based on Chinese medicine and sometimes called the psychological version of acupuncture, this fingertip tapping technique allows us to apply pressure to our meridian points. Our body energy flows through these points and releases blockages within the energy system. No matter what part of our life needs improvement, it is believed that there are unresolved emotional issues in the way. As a result, any imbalance in this energy flow can have an effect on our health. EFT may be able to help us to reduce stress or negative emotions by focusing on this issue or fear, while positively accepting ourselves in spite of this.



EFT Tapping Points

### Did you know?

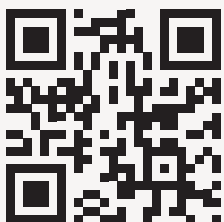
The Health & Wellbeing team offers support, help and guidance when you want information about a medical condition following a diagnosis.

### Why not take a break and relax your mind with this Sudoku puzzle (Easy)

	9				2	3	1	4
3	2						6	
			5					
7				4		9		8
2		4		1		6		7
9		6		2				5
					7			
	3						7	1
6	7	5	2				9	

Fill in the grid with numbers 1-9 so that there is only one of each in every line, column and 3 x 3 box

*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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IMPROVING MENTAL HEALTH

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