



# WELLNESS NEWSLETTER

## FIVE WAYS TO STAY POSITIVE THROUGH THE WINTER

Welcome back! As we say goodbye to 2020 and jump into 2021, we are mindful that due to the pandemic, not much has changed and people are still dealing with issues such as looking after their health and wellbeing, grief and isolation.

The Winter season can be tough for many, even in normal circumstances. So to help, we have taken a look at what some of the country's leading mental health experts have to say, to give ourselves a lift.



### GET MOVING

We can all agree that getting motivated for exercise during the winter months can be difficult, but you'll thank yourself for it.

It's cliché but **'healthy body = healthy mind'**

Exercise releases endorphins which can provide many benefits such as pain relief, a sense of accomplishment and giving your mental health a boost.

Now we're not suggesting it begins with a half-marathon, but short periods of exercise up to 10 minutes or anything that can leave you slightly out of breath can make the difference!



### STOP OVER-THINKING

It's perfectly normal to worry, but many of our worries never materialise. One study of patients with anxiety found only around one in 10 worries ever turn out to be real problems. One explanation is the way we have evolved.

It has made us highly tuned to negativity and danger, as a defence against threats which led to death or serious injury.

Harness that energy used for worrying and channel it into practical problem solving!

### SET A NEW TARGET

Setting a new goal can really help you pull through, no matter how big or small!

Whether you take on that jigsaw puzzle you've been meaning to complete or you're finally take the plunge and learning a new language.

The main thing is you're getting yourself outside of your comfort zone, giving you focus and motivation to achieve your goals.

This motivation will give you the self-worth and purpose you deserve to feel during this difficult period.

### TALK IT OVER

Although the pandemic has made this goal a bit harder to address, use this time to maximise the social contact that is available to you.

It's easy to get lost in your own thoughts and feel isolated, talking through your problems with someone can give you the help and perspective you need to reframe your problem and help you work through them.

On the other side of things, try and make yourself available to someone, it can all start with a simple gesture and a 'how are you?'

### DO IT BADLY

They say optimists live longer, have better relationships and better immune systems!

In other words, don't wait for the right time or worry about doing things perfectly.

Go into everything with a glass half full and be prepared that things might not go to plan - we can almost guarantee it's almost better than doing nothing at all!

Full article can be [viewed here](#)

# WELLNESS HUB LAUNCHED



Our Safety Team have been busy working hard to set up our own internal **Health and Wellbeing Hub.**

The Wellbeing Hub gives you access to lots of materials, such as [Wellness Plans for Staff and for Managers](#), who your resident [Wellbeing Champions](#) are, a step-by-step guide for [5 Ways to Wellbeing](#) and much more.

The hub can be accessed on the Colas Rail UK intranet, located within the [Employee Benefits](#) intranet page.

## TRYING NEW YEAR'S RESOLUTIONS? MAKE THEM HABITS

CLICK HERE  
TO OPEN

They say old habits die hard, but there can be a way to channel habits into something positive!

As an example, if you put the kettle on a few times throughout the working day, is there something positive you can do while you're waiting for it to boil?

You could perhaps do a few squats, take a couple of minutes of meditation or mindfulness or even take a look out your window and appreciate the outdoors!

There's a great session hosted on Rail Wellbeing Live called [Small Change = Big Results](#) hosted by Change Specialist, Dr Heather McKee who shares some of her secrets on how you can make these positive changes!

Healthy Cultures

**Dr Heather McKee - Behaviour Change Specialist**

Small Changes = Big Results. Learn how to create lasting behaviour change.

Dr Heather McKee



**Rail Wellbeing LIVE**  
Inspiring healthy lives across the railway

Colas Rail are proud to be a founding partner of Rail Wellbeing Live.

Join us on 4-5 November



## REVISITING RAIL WELLBEING LIVE

Last November, Colas Rail UK became a Founding Partner of [Rail Wellbeing Live](#), the rail industry's first dedicated event for health and wellbeing related matters.

The event brought together over 10,000 people in our industry.

We were joined by over 140 wellbeing experts, rail people and a few famous faces, such as Ruby Wax and Dr Rangan Chatterjee to discuss so many different aspects of health and wellbeing.

There were presentations about mental wellbeing, livestreams on how to manage your stress with swearing as well as interactive Tai Chi and technical workshops.

These can all be accessed on the [Rail Wellbeing Live Library](#), so if you missed any event or wanted to rewatch one you may have seen at the time, then you will be able to see them all here.

Following Rail Wellbeing Live, the team now run [Wellbeing Wednesdays](#), which take place on the first Wednesday of every month where they cover all things health and wellbeing in the industry!

Check out the highlights package below from the event!



# LINKS & APPS



## BBC BRINGS THE CLASSROOM TO YOU

BBC TV is helping children keep up with their studies during the latest lockdown by broadcasting lessons on BBC Two and CBBC, [as well as online!](#)

You don't need a TV Licence to access any of the content online.

With Schools closed at this moment in time, the BBC will show curriculum-based programmes on TV for both Primary and Secondary School aged pupils every weekday on CBBC and BBC Two respectively.

The primary programmes, which will be broadcast on CBBC from 09:00 every day, will include BBC Live Lessons and BBC Bitesize Daily as well as Our School, Celebrity Supply Teacher, Horrible Histories and Operation Ouch.

BBC Two will cater for secondary students with programming to support the GCSE curriculum, including adaptations of Shakespeare plays alongside science, history and factual titles.

Bitesize Daily primary and secondary will also air every day on the red button as well as episodes being available on demand on [iPlayer](#).

Older episodes of BBC Live Lessons can be accessed by visiting the [dedicated page](#).



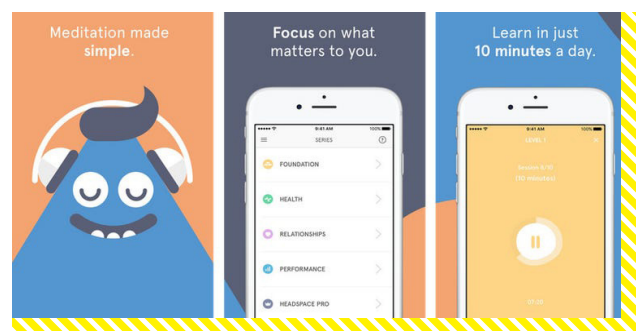
## HEADSPACE - MEDITATION AND MINDFULNESS MADE SIMPLE

Founded by former Buddhist Monk, Andy Puddicombe, [Headspace](#) was created to literally give users a workout for the brain.

The premise is to take ten minutes a day to listen in and clear your mind.

People who have used the app report better attention spans, alertness and instant calm - users including familiar faces such as Gwyneth Paltrow and Emma Watson!

The app carries a monthly subscription or a lump sum annual fee, but also offers users a [14 day free trial](#) and have released some [free resources](#) in light of the lockdown so no harm in giving it a go!



[Headspace](#) is available on the [Apple](#) and [Google Play](#) stores.

## USEFUL LINKS

Well-being email: [wellbeingenquiries@colasrail.com](mailto:wellbeingenquiries@colasrail.com)

Aviva Well-being and Aviva Digital GP App available to all Colas Rail UK staff.

Employee Assistance Programme (EAP) Helpline

0800 030 5182

Able Futures Helpline 0800 321 3137