

BEATING BLUE MONDAY

Monday 17th January has been dubbed Blue Monday, which is the name given to a day in January (typically the third Monday of the month) said to be the most depressing day of the year.

However, some can experience January Blues, or any given day can feel blue especially with the festive season, extended family time, a major project or successful delivery coming to an end, and for some financial hardship, the new pressures a new year brings, or the general pressures of life can kick in and the feeling of being overwhelmed or anxious can kick in.

BEAT THOSE BLUES

What can we do to make those blues not so blue?

Acknowledge any feelings of depression and anxiety, it's completely normal and you will be in good company as 70% of the population will be feeling the same.

TOP TIPS:

Start a Good things jar or notebook – write down good things that happen during the week, put them in the jar or note them down and when things get tough go back and read some of them, collect them throughout the year to remind you that good things do happen. Imagine how many you will have by the end of the year.



Stay hydrated. Water is key to feeling better, it's not only good for the body it's good for the mind and gives you energy especially if you have a sweet tooth. Dehydration can cause fatigue, dizziness or make you feel light-headed as well as having negative impact on your skin. Think about it your plants or pets couldn't survive without it, what makes you think you can thrive without it?



Some people struggle with drinking water but make it enjoyable for you, jazz it up: add a drop of honey or a slice of lemon, lime, strawberries,



cucumber to liven it up. Whatever helps you to drink more, the more you drink everyday helps it to become a habit and will improve your health.

Get active – Especially if you are working in an office environment or working from home, it is easy to stay stuck to your desk, put your head down and forget to move around, but take a movement break every so often, take phone calls standing up, go refill that water bottle. Go for a walk at lunch time and get some fresh air. Little things can make a big difference.

Get in touch – call someone, a family member, a friend, a neighbour or a colleague, be mindful to always try to connect with someone whether it's face to face, on a video call or just a phone call. Human interaction is important, be sure to connect with people who make you feel good, you never know, you getting in touch could be helping them too.

Pre-plan good things, whatever you enjoy book it in, time with loved ones, a phone call to a friend, neighbour, or colleague a walk in the park, a fitness class, shopping spree, the doctor's appointment you have been putting off, a bike ride, whatever it is, book it in so there is something to look forward to.

Be brave and connect Join a local activity / group – focus on the social aspect and meeting new people. Search your local council website, social media sites or Google local activities and get involved. Making new connections and finding a common interest with others can do you a world of good. Whatever you are into (walking, zumba, martial arts, painting, baking, hiking, gaming, cosplay, new parent groups) find your tribe and if you can't find your tribe start your own thing and build your tribe.

Ultimately – don't dwell, this too shall pass, be kind to yourself.

NEW YEAR NEW YOU?

What better way to start the year than to add the extra pressure of a new year's resolution? High expectations of changing everything we have wanted to change at the beginning of the year, only to find that by March we now have the disappointment of possibly setting ourselves up for failure.

Top New Year's resolutions for 2022

- Eat healthier or change diet.
- Get fitter and take more exercise.
- Spend more time with family and friends.
- Be more aware and take care of our mental health.
- Sort out finances and cut back spending.
- Travel more.
- Take up a new hobby, sport, or other interest.



Whatever your resolution, know that:

1. It's ok to set small goals, just do one thing different and when that becomes a habit you can add another one if you want to
2. The beginning of the year can be tough on some, so you can start in February or March to take the pressure off
3. It's ok not to stick to it 100% we all have days when it's too much, forgive yourself and get back on track when you can
4. It's ok to not have a new year resolution – who said you have to have one anyway!

YOUR WELLBEING

CHAMPIONS

Looking after your wellbeing is important and we have a number of wellbeing champions in the business who are on hand to sign post you to help if and when you need it.

If you are unsure of who your wellbeing champion is please contact Jude Tymon who can help you.

| DIVISION | LEAD CHAMPION | CONTACT |
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**YOU ARE
FREE TO BE WELL!**

LIVING BY OUR VALUES



At the end of 2021 we introduced our new values - Care | Share | Dare centred around 3 pillars, Caring, Sharing and Daring.

At Colas Rail, we are convinced that our corporate culture and our values are our finest assets. Our Care, Share, Dare values are at the heart of everything we do. These values feed into our main strategies and accompany us daily in realising our ambitions.

FOCUSING ON CARE

Caring is a fundamental value of our corporate culture. Whether it is self-care, care for our employees, care for our customers and partners or care for the environment and society – from the very essence of our activity - we are driven by the same duty of exemplary and benevolence.

Acting ethically and preserving the safety of those who accompany us will always remain our priority.

...BECAUSE WE CARE.

- We care about our people, customers, and stakeholders, always engaging safely and collaboratively on meaningful projects.

- We take care of our employees and make safety a top priority.
- In our teams, we believe in long-lasting relationships based on mutual trust and respect. We provide the opportunity for everyone to build their own career path in an environment that fosters development and fulfilment.
- Our experience affords us the ability to advise and support our customers in developing cost-effective practical solutions to keep the railway moving. Our consideration and commitment to CSR and our impact on the environment allows every employee to play a vital role in having a positive impact on society and our planet.
- We want to make a positive impact today and tomorrow.



USEFUL TOOLS & LINKS

- For non urgent questions on wellbeing email: wellbeingenquiries@colasrail.com
- Aviva Wellbeing 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 8am to 10.30pm, Monday to Friday
- Construction Industry Helpline 0345 605 1956
- [Top 10 UK Mental Health Charities](#)