

COLAS RAIL

WELLNESS NEWSLETTER

BE KIND TO YOUR MIND

With all the current news events it can be difficult to switch off and manage the flow of negative information especially when watching the news or scrolling through social media.

DOOMSCROLLING

Doomscrolling is mindlessly scrolling through negative news articles, social media, or other content-sharing platforms.

You can unwittingly spend minutes and even hours of scrolling through negative content without even realising it and this can have a negative impact on your mental health and wellbeing.

Doomscrolling is not always intentional, you can start out on a particular story, which can lead to similar stories and before you know it you are in a wormhole of doom and gloom and you start feeling heavy or low.

Doomscrolling prevents you from paying attention to your thoughts and feelings, which is additionally detrimental to mental health and you may not even be fully conscious of how much it's impacting you.

HOW CAN I PREVENT DOOMSCROLLING?

The team at [Very Well Mind](#) give the following Tips to Prevent Doomscrolling:

1. Attend to something else

The moment that you realise what you're doing, stop. Redirecting your attention to something else on the web or simply putting down your phone or logging off your computer.

2. Set a time limit

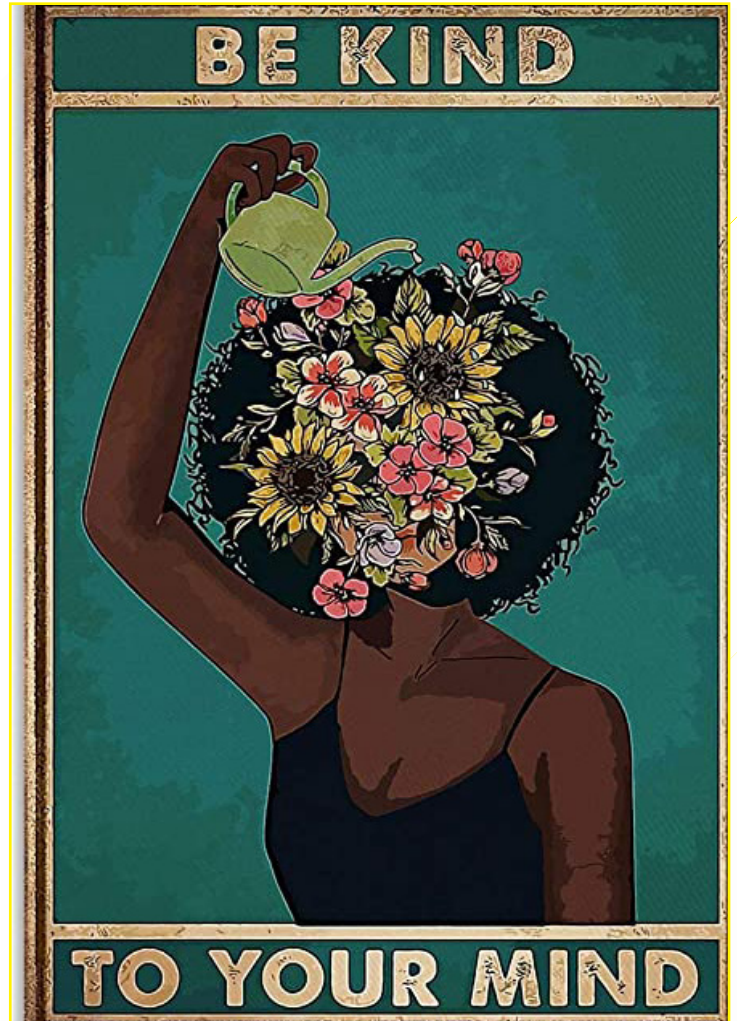
While it's fine to stay informed, keep yourself from entering doomscrolling territory by limiting yourself to only 20 minutes of scrolling.

3. Seek out positivity

Instead of doomscrolling, watch something funny, look at family photos, or read a story about something good in the world.

4. Practice gratitude

Pinpoint things to be grateful for instead of things you need to be fearful of.



Be kind to your mind and make sure you take regular breaks from social media, check your screen time (most phones send automatic updates on this) and actively try to reduce this weekly if you find that you are spending too much time online.

INTERNATIONAL WOMEN'S DAY

The 8th March was International Women's Day and this was celebrated with teams throughout the business to #BreakTheBias in the workplace.



WOMEN'S HEALTH MATTERS

ENDOMETRIOSIS: HOW TO SPOT THE SIGNS

Endometriosis is a condition where tissue similar to the lining of the womb starts to grow in other places, such as the ovaries and fallopian tubes.

Unfortunately, it is notoriously difficult to diagnose, which means that it takes eight years, on average to get confirmation that you have it.

In the meantime, the [symptoms can be serious](#) and hard to cope with: they can include severe pain and infertility, for example.

The [team at BUPA](#) are here to help with anything from expert information and advice through to diagnosis and treatment:

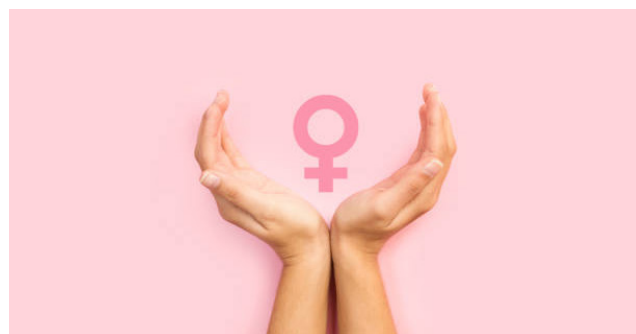
- [Endometriosis support](#)
- [Coping with endometriosis at work](#)
- [Interview with Endometriosis expert, Dr Chris Mann](#)



95% of those with endometriosis say it has a negative impact on their wellbeing

38% are concerned about losing their job because of the effects of endometriosis

If you feel like you're dealing with any of the symptoms we would recommend seeing a GP, Endometriosis UK have put together a [pain and symptoms diary](#) to help anyone that suspects they may have the condition to log any issues they have.



WE WALK THE TALK ON MENOPAUSE SUPPORT

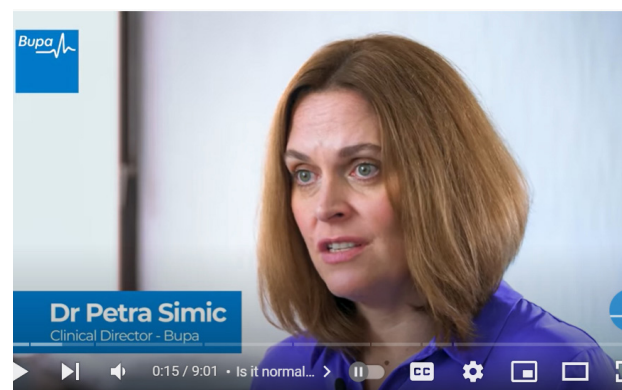
The menopause is often misunderstood, and it isn't talked about enough. Many doctors haven't been fully trained in the menopause and its treatments, so women can sometimes feel their symptoms aren't identified correctly – or just aren't taken seriously.

Did you know half the population goes through the menopause and that 1 in 10 women will experience symptoms for up to 12 years?

Dr Petra Simic, BUPA's Director for Primary Care, explores the truth behind the menopause and its treatments, such as [hormone replacement therapy \(HRT\)](#).

She also answers some common questions.

Click the image below to watch the video:



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.
- [Construction Industry Helpline](#) 0345 605 1956
- [Able Futures](#) Helpline 0800 321 3137 (8am to 10.30pm, Monday to Friday)
- Employee Assistance Programme (EAP) Helpline: 0800 030 5182
- [Top 10 UK Mental Health Charities](#)