



MOVEMBER®

MOVEMBER – MEN'S HEALTH AWARENESS MONTH

The month to go **BIG** and **BOLD** for men's health is here!

Raising awareness and providing support to those who have suffered from mental illness, suicide prevention, prostate cancer, and testicular cancer has never been more important.

In addition to clicking the Movember image, significant information can be found in the following with the SuperWellness team on the [Men's Health Webinar](#)

INTERNATIONAL MEN'S DAY - SATURDAY 19th NOVEMBER 2022



The [three core themes](#) for [International Men's Day](#) in the UK which are used every year to help maximise participation are:

- Making a positive difference to the wellbeing and lives of men and boys
- Raising awareness and/or funds for charities supporting men and boys' wellbeing
- Promoting a positive conversation about men, manhood and masculinity

WELLNESS NEWSLETTER

Alcohol
Awareness
Week

11TH - 16TH
NOVEMBER

A person's [relationship with alcohol](#) can be complex and tied to a number of emotions, like depression, social acceptance or coping. It's not easy for a person to acknowledge, admit or accept that their drinking could be harmful to their health and their relationships.



Check your drinking using the [free Try Dry app](#) - where you can track your drinking, set personalised goals for cutting down, and much more. It's also the perfect tool to help you take on Dry January!

If you are looking for **urgent support** please contact the Samaritans, who are available 24/7 on 116 123 or jo@samaritans.org.

You can also, check out our [Booze Busters](#) webinar with SuperWellness to find out how you can support yourself with alcohol



Click the image to watch the video

WELLBEING DAY AT VICTORIA STREET



As part of Colas Group's Safety Week, the Victoria Street team welcomed 7Futures wellbeing experts Nathan Douglas, a double Olympian for Team GB and Henry Cleminson, a former UK martial arts champion and coach to current UK MMA champions for workshops on physical and mental health.

It was wonderful to see how engaged everyone was despite the challenges of a busy day. "Let's do this again!" was the office consensus.

[Here](#) is a link to the microsite on our wellness hub.

7 FUTURES: RESOURCE WEBPAGE



Click the image to access the webpage

Across 2022, 7futures have supported Colas Rail UK's journey for positive physical and mental wellbeing, giving our teams across the UK the tools to improve their wellness.

Following their latest session, 7Futures developed a [dedicated Microsite](#), which includes information on body composition, exercise videos, recipes, and a variety of information to keep you motivated

For more wellness resources we also have our dedicated Wellness Hub. For more information on wellness contact [Jude Tymon](#) (Head of Wellbeing, Health, and Safety Behaviours).

HIGH BLOOD PRESSURE

Certain lifestyle changes can also help, in addition to the support that medication offers in lowering high blood pressure.

10 WAYS TO CONTROL HIGH BLOOD PRESSURE WITHOUT MEDICATION:

1. Exercise regularly – See what events are being held at the town halls, gyms, and recreation centres in your area.
2. Eat a healthy diet - Eating a diet rich in whole grains, fruits, vegetables and low-fat dairy products and low in saturated fat and cholesterol
3. Reduce salt (sodium) in your diet

To reduce sodium in the diet:

Read food labels - Look for low-sodium versions of foods and beverages.

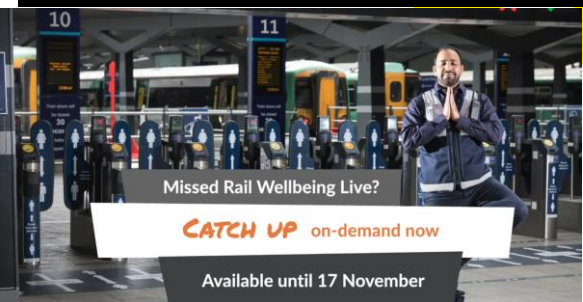
Eat fewer processed foods.

Don't add salt - Use herbs or spices to add flavour to food.

Cook -Cooking lets you control the amount of sodium in the food.

5. Limit alcohol
6. Quit smoking
7. Get a good night's sleep
8. Reduce stress
9. Monitor your blood pressure at home and get regular check-ups
10. Get support!

RAIL WELLBEING LIVE(RWL)



Rail Wellbeing Live was a complete success!

Many people attended the informative and helpful lessons. It was wonderful to learn how everyone was committed to improving their health and wellbeing.

Got any feedback for RWL or would like to get involved in December's Wellness Message Board? Get in touch with Nneoma at Nneoma.okere@colasrail.com

'The science of happiness' was very inciteful and comforting. It was great to know that I wasn't truly alone in my feeling

The best piece of advice for healthy eating is to find the diet that suits you!

I only have one word to describe the 'Mental health and relationships' session – Honesty

Making good use of food you've bought and reducing food waste is a great way to save money.

'Being a man' with Professor Green was very insightful

WELLNESS MESSAGE BOARD

Gail Porter's 'Laid Bare' sessions really taught me about perseverance especially when feeling alone

RWL – LET'S TALK ABOUT IT

It was refreshing to see someone speak so openly about their struggles and toxic masculine traits as Professor Green did.

Joining Julia Smith's 'Why has nobody told me this before' was a great decision! It almost felt like I was having a conversation with a close friend



DO SOMETHING ACTIVE – TO BE KIND TO YOUR MIND

Being active can help relieve some of the tension and anxiety that can build up in your body. Set aside some time each day for physical activity - even if it is just brisk walking - so that it becomes routine

1. Try a free online, indoor workout
2. Get out and enjoy nature
3. Get good sleep
4. Split up big tasks
5. **Seek support**

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](http://www.constructionhelpline.co.uk) 0345 605 1956
- [Able Futures](http://www.ablefutures.co.uk) 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](http://www.top10mentalhealthcharities.org.uk)