

# LET'S TALK ABOUT STRESS

STRESS AWARENESS MONTH APRIL 2021

REGAIN CONNECTION, CERTAINTY AND CONTROL

[www.wellbeing.work](http://www.wellbeing.work)  
[www.stress.org.uk](http://www.stress.org.uk)



International  
**Wellbeing Insights**  
People, Culture & Wellbeing



Stress Management Society  
from distress to de-stress

# ARE YOU FEELING STRESSED?

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# WHAT ARE THE MAIN CAUSES OF WORK RELATED STRESS?

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- WORKLOAD/VOLUME OF WORK
- MANAGEMENT STYLE
- NON-WORK – FAMILY AND RELATIONSHIP ISSUES
- RELATIONSHIPS AT WORK
- NON-WORK FACTORS – PERSONAL ILLNESS AND HEALTH ISSUES
- PRESSURE TO MEET TARGETS OR DEADLINES

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# ARE THERE ANY ACTIVITIES THAT COMBAT STRESS?

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- PRACTICING MINDFULNESS
- BEING OUTSIDE IN NATURE
- GETTING A GOOD NIGHTS SLEEP
- STAYING WELL HYDRATED
- MAKING TIME FOR FUN AND LAUGHTER
- AEROBIC EXERCISE
- UNPLUGGING FROM DIGITAL DEVICES

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