



# MANAGING STRESS AND PRESSURE

**Stress can be a misused word. In our busy working day we often refer to the day to day working environment and all that it entails, as stress, when we actually mean pressure. We are under pressure to do our job well, to deliver on our commitments, to meet deadlines and to cope with the ever changing demands on us. This is normal within the working environment and the working day.**

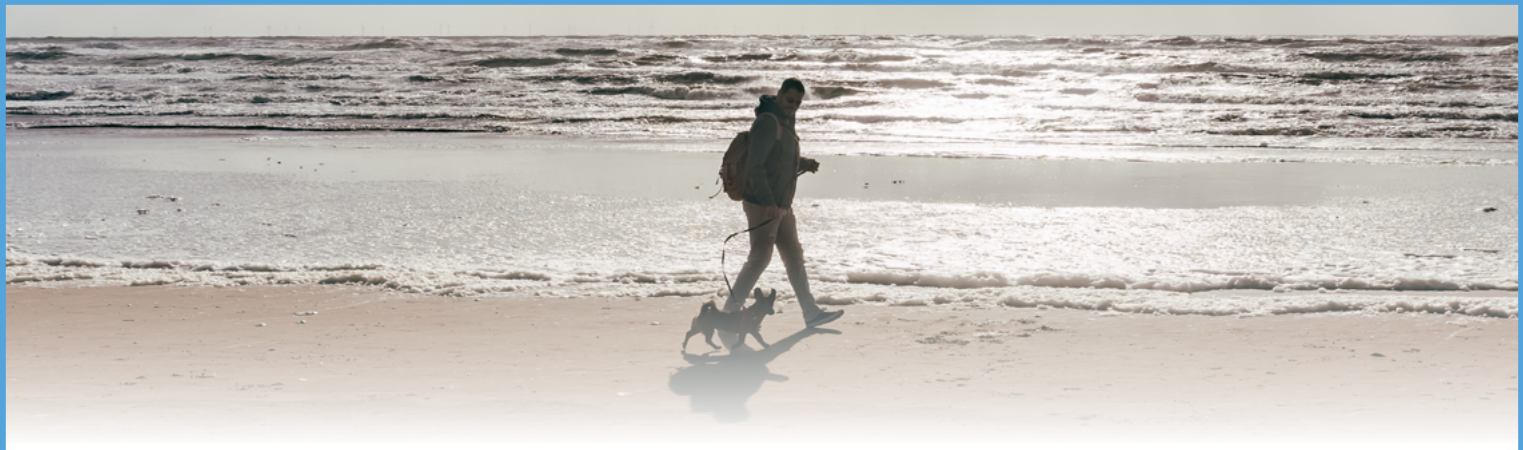
**We need a certain amount of pressure to energise and motivate us. It helps us get things done!**

Stress is different from pressure. Stress is an on-going pressure that keeps building to a level where day to day work may become unmanageable. This can result in increased absenteeism which in turn may add pressure to those still working. When you feel you are struggling and under pressure, it is important to speak to your manager and explain how you are feeling, and together, look at ways of improving where possible, your working pattern, your planning and organisation.

There are many ways in which your manager can help and support you and so do speak with them and give them the opportunity to help.

Existing mental health issues can also become a source of stress in themselves, for example, those living with an anxiety disorder and/or depression can be more prone to stress as they try to manage their day to day conditions.

Those who are perhaps more vulnerable are more likely to develop mental health issues and illnesses when high stress levels are present. So, given that, what can we do about it? The key is to help people examine the factors that make them vulnerable and encourage them to look for positive ways to change them.



## Helpful coping strategies

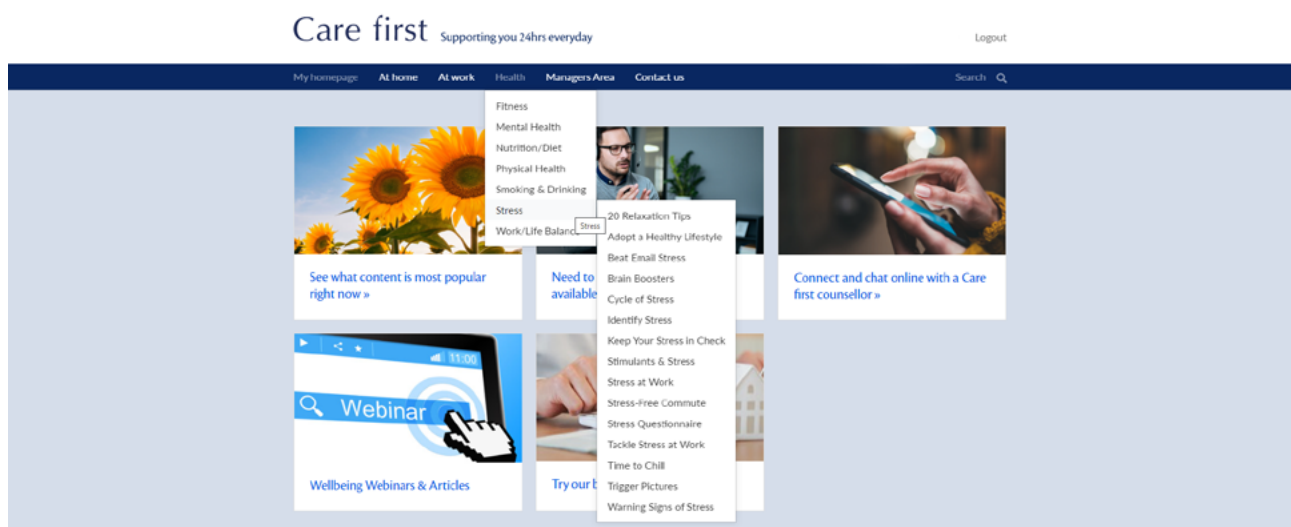
- Make time for yourself for positive experiences
- Get enough rest
- Talk to someone
- Take exercise and get fresh air
- Keep hydrated
- Remember you are not alone
- Think about how resourceful and adaptable you have had to be during the pandemic
- Be kind to yourself

All these things appear so simple, but when one feels overwhelmed it is difficult to see a clear way forward. There is one, we just need to believe that.

What might stop you from moving forward? Is it fear or uncertainty? Can you give it a name?

It is okay to ask for help, and, it is okay not to be okay!

Pressure is part of our usual everyday lives, but we need to manage our healthy levels of pressure effectively to prevent it having a detrimental impact on our wellbeing by turning in to stress. Stress is real and should not be ignored. It can however, “be managed”.



The Care first lifestyle website has a section on stress as shown in the above screenshot. If you would like to learn more then please visit the Care first lifestyle website. Your login details will be available through your HR team.

If you feel you may need some support, you can contact Care first. Care first is a leading

provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

Visit: [www.carefirst-lifestyle.co.uk](http://www.carefirst-lifestyle.co.uk) to view our articles on health and well-being, or call 0808 168 2143 for in the moment support.