Let’s Talk Stress
Managing stress in your workplace

DID YOU KNOW?

- People who are experiencing long-term stress may notice an impact on their sleep and memory, a change in eating habits, and a decline in their motivation to exercise. (Mental Health Foundation, 2018)

- Stress, depression or anxiety accounted for 44% of work-related ill health and 54% of all working days lost due to ill health in 2018/19. (HSE, 2019)

- Of the adults participating in a recent survey, who said they had felt stress at some point in their lives, 16% said they had self-harmed, and 32% said they had suicidal thoughts and feelings. (Mental Health Foundation, 2018)

- The main work factors cited by respondents as causing work-related stress, depression or anxiety were:
  - workload pressures, including tight deadlines and too much responsibility
  - a lack of managerial support. (HSE, 2019)

Useful resources

Stress is defined as the ‘adverse reaction people have to excessive pressures or other types of demand placed on them’.

For organisations

Work-related stress and how to tackle it, HSE
HSE defines stress, employers’ duties and how they recognise it and better manage it at work.

What are the Management Standards? HSE
Details the standards and conditions to which employers should be managing work-related stress.

Dealing with stress in the workplace, ACAS
Acas has guidance for managers on how to deal with stress in your workplace, including a list of common adjustments you could consider making to support those experiencing mental ill-health.

For individuals

What is stress? NHS inform
Explains what stress is, the impacts it has on the body is as well, as well providing tips on how to manage it and recognising your stress triggers.

Your Mind Plan, PHE
A tool developed by Public Health England to help support individuals in recognising and improving their own mental health.

10 stress busters, NHS
Some practical ways to help you address your stress – to either manage or mitigate its impact.

Let’s talk
Mates in Mind works to support organisations to develop the skills, clarity and confidence to tackle mental ill-health and work-related stress.

Through our support, businesses are changing the way they work for the better.

To find out more how we can support your organisation to take action, contact us:

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