

# Let's Talk Stress



## Managing stress in your workplace

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

### DID YOU KNOW?

The most common cause of stress is work-related stress with 79% saying they frequently felt it **(Statistica)**

One in 14 UK adults (7%) feel stressed every single day **(CIPHR)**

30% of older people reported never feeling overwhelmed due to stress, compared to just 7% of young adults **(Mental Health Foundation and YouGov)**

74% of people feel so stressed they have been overwhelmed or unable to cope **(Mental Health Foundation and YouGov)**

Inpatient hospital admissions caused by stress-related illnesses in the UK cost around £8.13bn **(Statistica)**

46% say that they eat too much or too unhealthily due to stress **(Mental Health Foundation and YouGov)**



### Useful resources

#### 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

##### Stress at work, NHS inform

Explains what stress is, the impacts it has on the body as well, as well providing tips on how to manage it and recognising your stress triggers at work.

##### Your Mind Plan, NHS

A tool developed 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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