

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 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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