

April...

Stress Awareness Month

1st - 30th April

Mental health has become an increasing concern in recent years, but unfortunately it still isn't taken as seriously as physical health. Raising awareness in the month of April helps to break down the stigma that still surrounds mental illness and encourages people to be more proactive towards their mental wellbeing.

According to the Mental Health Foundation, a huge 74% of UK adults have felt overwhelmed or unable to cope with stress in the last year. That's 3/4 of the population. Help & support can come from friends and family, as well as mental health professionals, enabling you reach your full potential.



Orange Genie
Benefits and Rewards
Edge

See the Signs



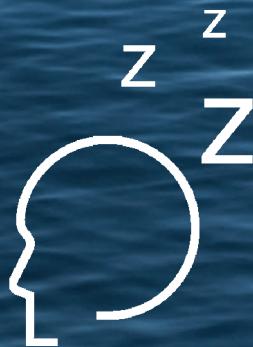
Physical Symptoms

- Headaches or dizziness
- Muscle tension or pain
- Stomach problems
- Chest pain or a faster heartbeat
- Sexual problems



Mental Symptoms

- Difficulty concentrating
- Struggling to make decisions
- Feeling overwhelmed
- Constantly worrying
- Being forgetful



Changes in Behaviour

- Being irritable and snappy
- Sleeping too much or too little
- Eating too much or too little
- Avoiding certain places or people
- Drinking or smoking more

www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/

Tips to Address Stress



Be active



Connect with people



Take control



Have some "Me" time



Try to be positive



Accept things you can't change



Challenge yourself



Avoid unhealthy habits



Help other people



Think smarter not harder

www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/

It's Good to Talk

Friends. Family. Experts.



Access Your Support Counselling
for advice regarding Stress at Work



**You can't stop the waves,
but you can learn to surf**

- Jon Kabat-Zinn