



EMPLOYEE HEALTH & WELLBEING SERVICE

Occupational Health
Occupational Physiotherapy
Employee Wellbeing

Stress



Pressures are a normal part of life and can be a useful motivator. However, when pressure becomes too great, you might feel yourself experiencing stress. Stress is very common and can start to take its toll on your mental health. Below are some resources for managing stress.

Understanding stress can help you to manage it better: the [MIND website](#) has useful information about what stress is, signs of stress, its causes and ways to deal with pressures.

Physical activity can be a great way to relax and unwind. Try going for a walk, jog or use online exercise videos. [Find advice on physical activity here.](#) Other relaxation or mindfulness techniques, such as [progressive muscle relaxation](#), can also be effective.

Stress Risk Assessment: ask your manager to conduct a work-related stress risk assessment. A stress risk assessment is an opportunity to collaborate with your manager to identify your stressors and make an action plan to reduce your work-related stress. You can view the Stress Risk Assessment form and guide on the Employee Wellbeing Service webpage- 'Services and Support Section'- 'Staff Wellbeing Information for Managers and Staff' [Find out more about stress risk assessments.](#)

On this same webpage you will find the **ISMA Stress Wheel** - this can be a useful, visual way to better understand the different pressures on you at this time.

The **Silvercloud** online CBT service is free to access for NHS staff. The [Silvercloud stress program](#) is an interactive way to reduce your stress.