



## 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. The Couch to 5K can be a great way to start running, or you could try online platforms such as [Fit For The Fight](#) (online fitness platform free to NHS staff) or [Joyn](#) (a body-inclusive, free exercise platform).

**Mindfulness** has been shown to reduce stress. It can help us learn to engage more in the present moment instead of getting stuck in the past or the future. The [Headspace](#) mindfulness app is currently free for NHS staff. [Insight Timer](#) is a free mindfulness app which also provides yoga tutorials and live streams.

**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.

Staff from Cardiff University have produced a stress management toolkit, '[Baker's Dozen of Mental Toughness](#)'. The booklet provides different tools and skills to help manage stress and promote resilience.