

# STRESS AWARENESS MONTH

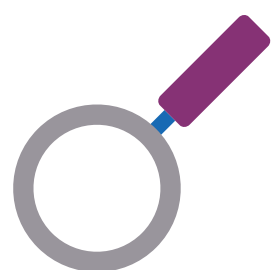
## REGAIN

CONNECTION • CERTAINTY • CONTROL

April 2021



## THE STATE OF THE (STRESSED) NATION



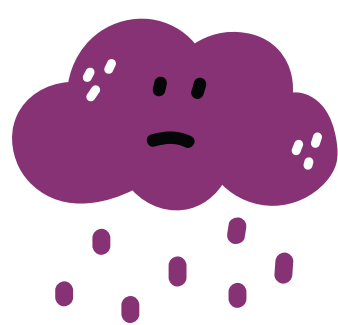
A study by The Stress Management Society and Huawei AppGallery showed that out of 2000 UK participants:

**65%**

Of people have felt more stressed since the COVID-19 restrictions started.

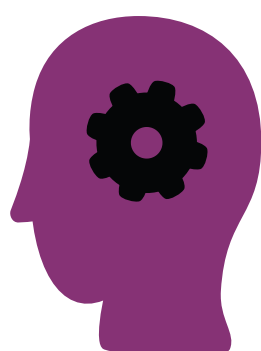
**53%**

Admit to feeling more anxious than usual.



**43%**

Feel more depressed than usual.



## THE TOP CAUSES OF LOCKDOWN STRESS:

**46%** feel disconnected to others

**54%** feel isolated

**46%** said uncertainty about when things will get back to normal has been a source of stress

**36%** reported difficulty concentrating

**38%** feel a lack of motivation

**Mental illness is the second-largest source of burden of disease in England.**

*Public Health England (2019)*

In these challenging times, it's extremely important to develop our resilience to cope with the increased pressure and demand that we are experiencing.



## ACTIONS TO COMBAT STRESS

- PRACTICING MINDFULNESS
- BEING OUTSIDE IN NATURE
- GETTING A GOOD NIGHTS SLEEP
- STAYING WELL HYDRATED
- MAKING TIME FOR FUN AND LAUGHTER
- AEROBIC EXERCISE
- UNPLUGGING FROM DIGITAL DEVICES

The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce the impact of stress and poor mental health. Since our inception in 2003, our dream has been to create a happier, healthier, more resilient world.

Visit [www.stress.org.uk/stressawarenessmonth](http://www.stress.org.uk/stressawarenessmonth) for more information and support.



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Stress Management Society  
from distress to de-stress