International Wellbeing Insights
People, Culture & Wellbeing

Stress Management Society
from distress to de-stress

BLUE MONDAY

16th January 2023

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Contents

WELCOME

Stress is the driving force that keeps us on our toes and ensures that we push to be the best we can be. However that is only valid up to a certain point. If we have too much stress and endless wear and tear, it can drive us into physical, mental and emotional exhaustion.

Certainly we can't avoid the problem. Situations arise on a day-to-day basis, which make physical, mental and emotional demands on us. There may be decisions that need to be made, deadlines that need to be met, and lessons to be learned.

Unreasonable stress affects one in five of the working population and after acute medical conditions it is the most common cause of long term sickness absence from work (CIPD Absence Management 2019).

Stress undoubtedly makes people ill. It is now known to contribute to heart disease, hypertension and high blood pressure, affects the immune system, is linked to strokes, IBS (Irritable Bowel Syndrome), ulcers, diabetes, muscle and joint pain, miscarriage, allergies, alopecia and even premature tooth loss.

Therefore it is imperative to strike the right balance. As individuals, we must take stock of all aspects of our life and situations and learn to cope better.

Treat it early, and your prospects are good. Ignore the problem, and there is a risk that 'burnout' may become a permanent state of affairs.

SAD: SEASONAL AFFECTED DISORDER

WHAT IS SAD?

Seasonal Affective Disorder or SAD is a form of depression where symptoms display a seasonal pattern. SAD occurs most often between October and March with increased severity between December and February due to the shorter days. SAD is also evident, but much less common in summer months in countries close to the equator such as India.

SYMPTOMS OF SAD

SAD symptoms are the same as clinical depression, however, are stronger during winter months

AFFECTIVE: low mood, lack of interest in usual activities, irritability or usual anger (anger in children is a common indicator due to lesser emotional maturity), guilt, mood instability

BEHAVIOURAL: disturbed sleep pattern (sleeping too long or too little), low activity levels, disturbed appetite (eating much more or less than usual), impaired daily functioning and hygiene, physical symptoms (people with depression have weaker immune symptoms and are more likely to negatively interpret physical symptoms, worsening their prognosis and increasing rumination), slow speech

COGNITIVE: Difficulty concentrating, negative triad (negative thoughts about the world, oneself and ones future) (Beck., 1967), absolutist thinking (black or white, everything is bad or good)

CAUSES OF SAD

SAD is thought to be linked to shorter days lessening exposure to sunlight and vitamin D
A lack of sunlight reduces function in the hypothalamus, altering serotonin and melatonin production and regulation. This negatively impacts mood, sleep and appetite.

Melatonin production (sleep regulating hormone) increases when it is dark, making people feel sleepier and have low energy in darker months. Serotonin production (happy hormone) is lowered when it is dark, causing symptoms of low mood

Your circadian rhythm regulates your body's biological functions, such as sleep, appetite, energy levels and digestion, over 24 hours. This rhythm is partly regulated by natural sunlight, causing dysregulation of mood during shorter months.

People may be predisposed to depressive disorders due to genetic mutations (family history), adverse experiences, and environment (those with a stressful environment may be more likely to exhibit lower mood)

TREATMENT OF SAD

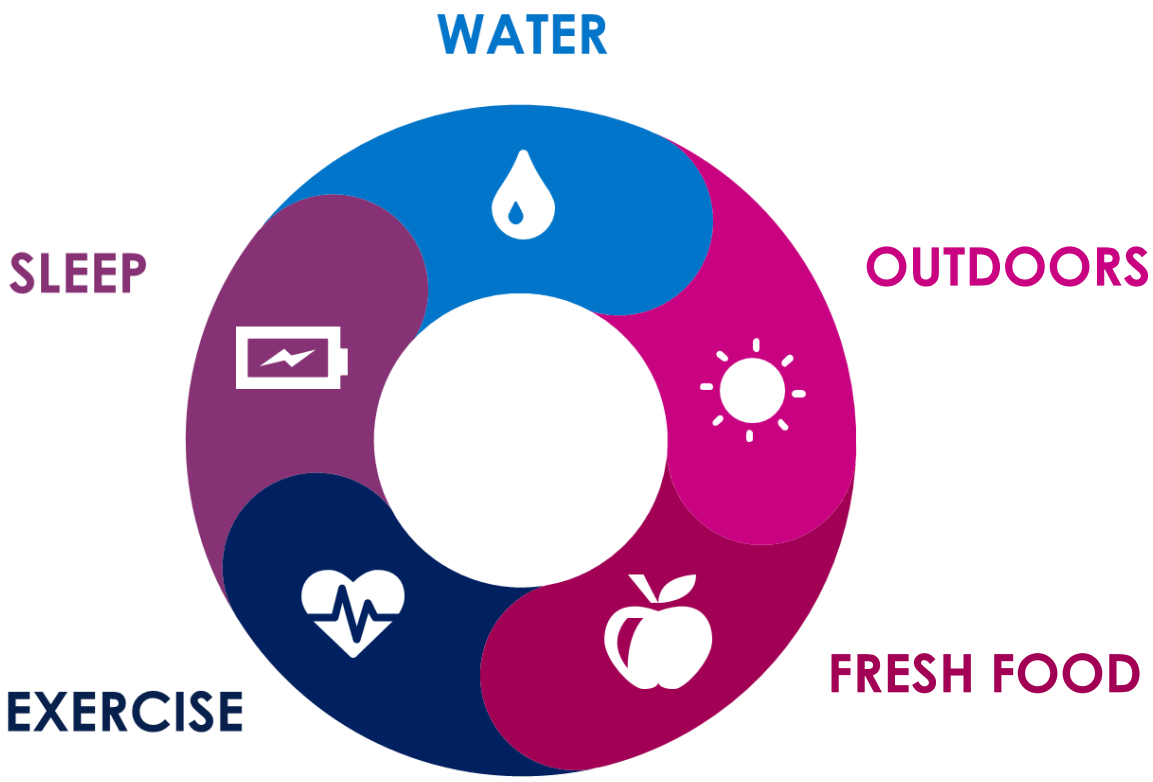
Light therapy: purpose made lights replicates sunlight in darker months to promote normal brain hormone functioning. Whilst there is mixed evidence of efficacy, short-term results for improved mood have been seen, especially when high LUX lights are used in the morning.

Cognitive behavioural therapy (CBT). This form of talking therapy with a trained therapist helps to create healthy thought patterns to improve perceptions of daily scenarios and to increase personal resilience.

PREVENTORS OF SAD

- Increasing personal resilience to life stressors through healthy social boundaries
- Strong sleep hygiene (waking and sleeping at the same time, low exposure to screens before bed etc.)
- A healthy and regular eating pattern
- A regular exercise routine taking advantage of the outdoors and daylight hours

THE FIVE DAILY ESSENTIALS



WATER

WATER INTAKE AFFECTS OUR BODY, MOOD AND COGNITIVE FUNCTION. YOU SHOULD BE DRINKING ENOUGH WHERE YOU DON'T EVER FEEL THIRSTY.

OUTDOORS AND SUNLIGHT

SUNLIGHT IN YOUR EYES AS SOON AS YOU CAN AFTER WAKING UP LEADS TO ELEVATED MOOD, IMMUNE FUNCTION AND FOCUS ALL DAY AND BETTER SLEEP AT NIGHT.

FRESH FOOD

A DIET THAT IS PACKED WITH NATURAL FRESH PRODUCE HELPS TO LOWER THE RISK OF MANY CHRONIC DISORDERS LIKE CANCER, OBESITY, CARDIOVASCULAR PROBLEMS AND DIABETES. EATING CLEAN FEELS CLEAN.

EXERCISE

YOUR BODY WAS DESIGNED TO WALK, RUN, JUMP, BEND, STRETCH, LIFT, PUSH AND PULL. YOUR BODY WAS NOT DESIGNED TO SIT ALL DAY AND LAY ON A SOFA ALL EVENING—USE IT OR LOSE IT!

SLEEP

SLEEP HAS MASSIVE BENEFITS ON OUR PHYSICAL, MENTAL AND EMOTIONAL HEALTH. WE RESTORE, REPAIR, AND PROCESS DURING SLEEP.

Source; Andrew Huberman PhD

FOOD, WATER AND MOVEMENT

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OUR BODIES ARE BIOLOGICAL MACHINES THAT THRIVE ON BEING TREATED WELL WITH CONSISTENCY. WE OFTEN TREAT A PET BETTER THAN WE TREAT OURSELVES. WE WOULDN'T DEHYDRATE, STARVE OR ISOLATE A CAT OR A DOG, YET WE CAN OFTEN FIND OURSELVES THIRSTY, EATING POOR QUALITY FOOD AND LIVING A MUNDANE AND SEDENTARY LIFESTYLE.

WHERE DO YOU THINK YOU COULD TAKE SOME ACTION TO BE A LITTLE KINDER TO YOURSELF?

ASSESS THE QUALITY OF YOUR FOOD, WATER AND MOVEMENT	Y	N
DO YOU HAVE A HEALTHY BALANCED DIET?	☐	☐
DO YOU STOP TO EAT REGULAR MEALS (AT LEAST THREE A DAY)?	☐	☐
DO YOU EAT BREAKFAST?	☐	☐
DO YOU EAT FIVE PORTIONS OF VEGETABLES PER DAY?	☐	☐
DO YOU EAT RED MEAT LESS THAN TWICE PER WEEK?	☐	☐
DO YOU EAT TAKEAWAY FOOD LESS THAN ONCE PER WEEK?	☐	☐
DO YOU EAT FRESH, HOME-PREPARED MEALS MORE THAN PRE-PREPARED READY MEALS?	☐	☐
ARE THE MAJORITY OF YOUR MEALS PREPARED WITHOUT A MICROWAVE?	☐	☐
DO YOU EVER FEEL THIRSTY?	☐	☐
DO YOU DRINK MORE THAN EIGHT CUPS OF WATER A DAY?	☐	☐
DO YOU HAVE A WATER BOTTLE THAT YOU HAVE WITH YOU?	☐	☐
DO YOU DRINK LESS THAN THREE CUPS OF TEA OR COFFEE PER DAY?	☐	☐
DO YOU DRINK LESS THAN 1 UNIT OF ALCOHOL PER DAY?	☐	☐
IS YOUR URINE A VERY PALE OR CLEAR COLOUR?	☐	☐
DO GET OUTSIDE FOR AT LEAST 45 MINUTES A DAY?	☐	☐
DO YOU GET YOUR 10,000 STEPS PER DAY?	☐	☐
DO YOU EXERCISE TO THE POINT OF PERSPIRATION AT LEAST THREE TIMES PER WEEK?	☐	☐
DO YOU DO SOMETHING FOR FUN, JUST FOR YOU, AT LEAST ONCE A WEEK?	☐	☐
DO YOU CHECK-IN WITH PEOPLE WHO MAKE YOU FEEL GOOD AT LEAST 3 TIMES A WEEK?	☐	☐
TOTAL		

SLEEP

SLEEP IS THE ROCKSTAR OF WELLNESS YET IS MASSIVELY UNDERRATED. WE OFTEN DEPRIORITISE SLEEP DUE PROFESSIONAL AND/OR PERSONAL PRESSURES WHICH THEN HAS A DOMINO EFFECT ON OUR PHYSICAL, MENTAL AND EMOTIONAL WELLBEING.

THIS SURVEY WILL ASK YOU A SERIES OF QUESTIONS TO UNPACK SOME OF THE BEHAVIOURS THAT CAN OFTEN LEAD TO POOR SLEEP PATTERNS.

THE OBJECTIVE OF THIS EXERCISE IS NOT TO BE COMPARED AGAINST A SCALE OR RECEIVE A SCORE BUT TO THINK ABOUT AREAS WHERE YOU COULD INTRODUCE A SLEEP HYGIENE HABIT.

ASSESS YOUR SLEEP HYGIENE	AGREE	DISAGREE
I KEEP A CONSISTENT BEDTIME AT LEAST FOUR TIMES A WEEK	☐	☐
I RELAX BEFORE MY BEDTIME	☐	☐
I SPEND THE LAST 45-60 MINUTES OF MY DAY FREE FROM WATCHING TV, BEING ON THE PHONE OR USING A SCREEN	☐	☐
THE BEDROOM IS CLEAR OF TV'S, PC'S AND MOBILES	☐	☐
THE BEDROOM IS DARK	☐	☐
I HAVE A PROCESS I FOLLOW TO WIND-DOWN BEFORE BED	☐	☐
I CAN RECOGNISE WHEN I AM BOTHERED BY SOMETHING; I AM ABLE TO PROCESS THE DAY AND END THE THOUGHT-LOOPS	☐	☐
I HAVE A QUIET AND CALM MIND WHILE TRYING TO FALL ASLEEP	☐	☐
I FIND IT EASY TO GET TO SLEEP AND STAY ASLEEP	☐	☐
I CAN FALL BACK TO SLEEP EASILY IF I WAKE UP IN THE MIDDLE OF THE NIGHT	☐	☐
I GET AN AVERAGE OF 7-8 HOURS OF SLEEP AT LEAST FOUR TIMES A WEEK	☐	☐
I DREAM OFTEN	☐	☐
THERE ARE DAYS WHEN I CAN WAKE UP NATURALLY WITHOUT AN ALARM AND IT WON'T CAUSE PANIC OR DISRUPT MY DAY	☐	☐
I HAVE A CONSISTENT WAKE-UP TIME (WITHIN 60 MINUTES), EVEN ON THE WEEKENDS	☐	☐
MY SLEEP IS RESTFUL; I WAKE UP FEELING REFRESHED AT LEAST FOUR TIMES A WEEK	☐	☐
TOTAL		

WHAT COULD YOU DO INSTEAD?

PHYSICAL

HUGE IMPROVEMENTS TO YOUR PHYSICAL HEALTH CAN BE MADE BY SMALL AND CONSISTENT HEALTHY LIFESTYLE CHOICE - NO NEED TO SIGN UP TO AN IRON MAN TO FEEL A POSITIVE CHANGE!

- The simpler the better, the more fun you can make it – just get active!
- Finding forms of exercise that you enjoy will ensure you keep active. Video games like Just Dance are great for cardiovascular fitness and hand eye coordination.
- Join a team! Local sports clubs are a brilliant way to get moving and make friends
- Keep yourself accountable—find a fitness buddy to schedule your activity with
- Move every day. Take time to stand, to adjust, pause to notice your posture
- Stay hydrated— 70% of your body is made up of water and every cell relies on water to function! Aim for 2 liters of water throughout the day, avoid that vicious cycle; thirsty because you're stressed and stressed because your thirsty
- Use a balanced diet of proteins, carbohydrates and healthy fats with nutritious fruits and vegetables to boost your immune system.
- Are you getting a good amount of sleep each night? Going to bed and waking up at the same time each day will establish a good sleep hygiene routine and improve your quality of sleep.
- Why not improve your cardiovascular fitness by starting a Couch to 5k challenge?
- Switch up how you socialise. Trade going for a pint for going on a walk
- Balance out the chocolate with some physical activity: every time you eat a mouthful, U.O.U one minute of movement
- Encourage the sunlight to shine through your windows, get a bit of vinegar and give them a good clean
- Your body is the only one that you'll get, treat it better and it will reward you. Feed, water and let it out once in a while – change things up to keep it guessing!
- If you're working from home, take regular screen breaks . If you're stuck in the car or the van– get up and move! Set a goal for 10000 steps a day.
- Go for a walk: even if you don't feel like it, you must have a change of scene – the Vitamin D is good for your mood and viral immunity
- Has your food looked a bit beige lately? A little bit carby? Limit your intake of processed foods, lets get some vibrant colours on the plate and eat a bit cleaner
- Try a new/different form of exercise: if you usually walk, throw a couple of 1-minute jogs in there with it
- Grow your own food – it's as easy as slicing a tomato and burying it in some soil!
- Green therapy: if you have a garden, go outside – if not, use your exercise time wisely and plan a route where you can get a nature fix – green is good!
- Join an online workout class, there's tones of free instructed classes available on YouTube to help get you motivated
- Learn a new breathing technique; box breathing, the 7/11, baby breath – find one that works for you and add it to your toolbox
- Is the weather too hot, too cold, or just a bit rubbish? You can still stay active – move and stretch: www.health.com/fitness/every day-stretches

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WHAT COULD YOU DO INSTEAD?

MENTAL

INVESTING TIME IN YOUR MENTAL WELLBEING WILL IMPROVE YOUR MINDFULNESS AND DECISION MAKING QUALITY, STRENGTHENING YOUR OVERALL WELLBEING

- When is the last time you learnt more about something that interests you? What subjects did you enjoy in school? Carve out some time to learn about your hobbies.
- Find a tonne of resources at TED Talks: www.ted.com/talks
- Eat some brain food! Oily fish, leafy greens, nuts and berries are found to boost your cognitive functioning.
- Take some time out to add a new string to your bow; go to Skillshare and see what takes your fancy: www.skillshare.com/browse/painting
- Manage your energy instead of your time. Look into Tony Schwartz or the Pomodoro technique – short, sharp bursts of work… and then you must recharge
- Clean and organise your workspace. Start with what you can actually control (what's immediately in front of you) and then gradually increase your sphere of influence
- Ground your thoughts by making a 'to do' list, get it all down on paper and then prioritise what needs to be done. What is the most urgent and important? What can be planned for later?
- Moving and committing to being active stimulates the brain and avoids stagnation
- A responsible 'No' is better than an irresponsible 'Yes'. Unless you have invented a second brain, another pair of hands and a 25th hour – you can say 'No', it's alright!
- Start reading a new book or finish one you gave up on! Find free reads at https://m.teedbooks.com/publicdomain
- Brain training exercises, such as sudoku and puzzles keep different parts of the brain stimulated – if you don't use it, you lose it!
- Try a language app:! Duolingo, MemRise, Babbel, Hello Talk… ¡Puedes hacerlo!
- It sounds simple but how many times do you actually spend 5 minutes reflecting on your day? A simple exercise is to play your day through like a film
- How much screen time are you taking in? Try something that doesn't involve a screen to allow you to disconnect from the 'always on' world we're living in.
- Are you giving yourself the chance to feel 'sleepy'? Could you make your bed-room a 'tech free zone', or shut off the device an hour earlier to improve sleep hy-giene?
- Keep a thought journal – this will help you to rationalise your thought process
- Enrol in a new range of online webinars – keep on learning! There's a wide range of online courses to be explored, take a look on www.futurelearn.com
- Clear out and clean your bedroom. Create and respect healthy boundaries – even if you work from this room, this is your own personal space
- Listen to a new podcast, we recommend Life Changing Conversations go to www.soundcloud.com/user-112824117

WHAT COULD YOU DO INSTEAD?

EMOTIONAL

EMOTIONAL WELLNESS IMPROVES PERSONAL RESILIENCE AND OUR ABILITY TO COPE WITH THE STRESSES OF LIFE. ITS LIKE THE OXYGEN MASK ON THE PLANE; PUT YOURS ON FIRST AND YOU'LL BE IN A BETTER POSITION TO HELP OTHERS

- We are our own harshest critics. Try to use more positive language about yourself to improve your own self-perception—if you wouldn't say it about your friend why say it about yourself!
- What can you do right now to be the best version of yourself? Your version of 100% may look different each day depending on your energy levels, health and life demands
- It's natural to get caught in the 'What ifs…', the 'Haven't done…' and 'Didn't do's…' What are your weekly 'wins'? They're not always goals and achievements
- Start your day in a positive way: Set yourself daily positive affirmation: why do you like you? How compassionate are you to YOU?
- Write down your strengths: what are some of the things people have said about you that have made you feel good, strong and elated?
- "It's better out than in", goes the old adage. Sure, it's a different context but its better to speak about your feelings than bottling things up. Begin sentences with "I feel that…" or "I think that…"
- Use The Bridge technique to communicate more effectively about how your feelings
- It's easy to get overwhelmed by life. Practice mindfulness to focus on the here and now
- Grounding exercise: 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, 1 thing you can taste (even if it's the inside of your mouth)
- Sense of humour failure is a good barometer for your wellbeing. Give your funny bone a tickle.
- Lead by example: take a risk, be vulnerable – break down the taboo
- Sharing time with the family to do something constructive has a massive emotional pay off. Organise time to catch up and have fun together
- Keep a happiness jar; reflect on your day by writing down what made you happy, then put it into the jar– it's great when you read them all back!
- Mindful colouring. The amazingly talented Sam Antolik has designed a Stress Relief Colouring Book. Download from www.stress.org.uk/30daychallenge
- Write a gratitude letter. What are you grateful for? What did you take for granted and really appreciate? Even just writing down 3 positive experiences that have happened to you every day
- Limit the news you are watching/reading to prevent being exposed to endless editorials and opinion – focus on trusted sources for information and facts
- Do you find it hard to describe how you are feeling or detect how others are – use Dr Gloria Willcox's excellent 'Feelings Wheel' to help open the conversation
- Don't be afraid to ask for help, view our support resources for more info

WHAT COULD YOU DO INSTEAD?

SOCIAL

HAVING STRONG SOCIAL CONNECTIONS IMPROVES SELF-CONFIDENCE, EMPATHY AND BOTH MENTAL AND PHYSICAL WELLBEING

- Expand your social connections and find others who share your interests by joining a local team or club
- Share your hobbies with others—by introducing others to your passions you can strengthen your relationship and carve out more quality time for one another.
- Dip your toe into something new. Join your friend or family member in doing something that interests them.
- Get active in your community, Helping out community projects such as fundraising and gardening projects is a great way to give back to others.
- Try to focus on the quality of your social interactions rather than the quantity. Pop your phone to one side and fully engage with your loved ones.
- Treat others with respect and expect the same in return. It's ok to disagree with others without being disrespectful or creating a conflict.
- Don't burn the candle at both ends! Be sure to create a balance between personal time and social time. Everybody 'social battery' is different but we all need time to recharge
- Start conversations with "I feel like this today…" Be honest—what's the worst that will happen, someone might know the truth?
- Practice some unconditional positive regard: say "I love you because…" about the friends and family you think of today… could you widen the circle?
- Challenge yourself to tell at least 3 other people: "I really like … about you" today – notice what happens
- Plan something to look forward to in the future – write a daily note of what you want to do and put it in an 'I look forward to…' or 'Do something' jar
- Connect with people – check in with your support network; are they ok, are you ok? Pick up the phone and find out!
- Keep in regular contact with your family members, set them up on a video app like Zoom. Checking up with them is checking up on you too!
- Ask for help if you need it – it's OK not to be OK
- Perform a random act of kindness – it's nice to be nice
- Get in touch with an old friend – pick up the phone and say 'hello'
- Join something, anything that involves other people: a club, a community, a sport, a society—humans need connection...but sometimes we don't like to admit it!
- Notice how the behaviour of others may affect you. Reinforce positive relationships in your life that make you feel good and consider taking a step back from those you find draining
- Engage in volunteer work in a cause important to you

WHAT COULD YOU DO INSTEAD?

SPIRITUAL

SPIRITUAL WELLNESS ALLOWS US TO FEEL MORE CONNECTED TO THOSE AROUND US, CLARIFY OUR PRIORITIES, AND BEHAVE IN A WAY THAT ALIGNS WITH OUR VALUES

- Use a journal as a safe space to process the day. What are your worries and fears and what are you excited and grateful for?
- Address your mindset, switch "I'm nervous to …" to "I am excited to …"
- Change your environment, take a day, weekend or week to switch up your routine. Putting yourself in a new space is a wonderful way to gain perspective and distance yourself from life stress.
- Prioritize time in nature and take time to try outdoor activities in wild spaces. Trade spending your lunch break at your desk to having a walk in a local park.
- Volunteer or make a contribution to a cause that is important to you. This will help you connect with like-minded people and give you a sense of gratitude and pur-pose.
- Write down 3 positive experiences that have happened to you every day
- It's really important to find that time for connection; to yourself, to others, to the things around you, to nature
- Do nothing. Can you be still, with no input for 2 minutes? 5 minutes? How about 10? It's not often that we pause to stop the information—it's a noisy world out there!
- Make time out to do something you enjoy; watching a film, cards, backgammon… what brought you joy as a child?
- Perform a negativity fast—can you cut out negative messages for a day a week, two days a week...three?
- Give yourself some direction. Write down your future aspirations and goals. Where do you want to be in a year, in two years, and five years time?
- There's always a good time to 'wiggle your green fingers' – planting seeds can give you a real lift to see them live and keep them growing
- Meditate: there are many different types, try a few out and at least one will work for you. No-one can tell you if you're doing it right, you can be guided but you'll figure it out yourself – the way you do it *is* the right way!
- Activities like yoga are a great way to be mindful of your behaviour and connect your body with your mind . Find thousands of free tutorials on YouTube.
- Be kind to yourself and others: you're only here to do the very best you can… that's it!
- Forgive and forget: you have a finite load that your Bridge can take – let go of grudges, it's weighing you down
- If you're going through hell, keep going! The law of impermanence means that all things must pass - as will this.

MY 30 DAY ACTION PLAN

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KNOWLEDGE IS POWER…ONLY IF YOU APPLY IT OR TAKE ACTION.

THIS IS ABOUT LIFESTYLE BALANCE;

HOW DID YOU DO? WHAT ARE YOU DOING WELL? WHAT COULD NEED IMPROVEMENT?
BUILD YOUR PERSONAL RESILIENCE.

Finding meaningful ways to engage your brain and occupy your time can help alleviate the distress and irritability that poor wellbeing brings.
The coping mechanisms that will work best for you will have a lot to do with your personal situation

FOR EXAMPLE:
"IF I AM NOT FEELING OKAY, I WILL REACH OUT TO SOMEONE IN MY SUPPORT NETWORK".
"I WILL GET OUT EVERYDAY IN THE FRESH AIR, WHATEVER THE WEATHER"
"I WILL GO TO BED 30 MINUTES EARLIER

ACTION POINT 1: (WATER): I WILL...

ACTION POINT 2 : (OUTDOORS & SUNLIGHT) I WILL...

ACTION POINT 3 : (FRESH FOOD) I WILL...

ACTION POINT 4: (EXERCISE): I WILL...

ACTION POINT 5: (SLEEP) I WILL...

BREATHING EXERCISES

(Please do not use this if you are pregnant, have high blood pressure, heart disease or musculo-skeletal issues)

RELAXATION TECHNIQUE

Benefits

More oxygen = calmness and more oxygen in brain increases concentration and focus

INSTRUCTIONS

- Imagine a triangle that starts at your belly button and the corners are at your hips
- Inside that triangle is a ball or a balloon
- Every time you take in a breath, imagine that ball or balloon filling up with air
- Take a nice slow deep **breath in through the nose** and fill the belly up with air
- Hold at the top of the breath for 5 seconds and then slowly **exhale through the mouth**, pulling the navel to the spine. Repeat 5 times

RE-ENERGISING TECHNIQUE

Benefits

This protects against airborne diseases; tones the heart; burns toxins; increases exchange of O2 and CO2 in bloodstream, thus stimulating metabolism. Excellent for asthmatics. Balances nervous system.

Instructions

- Stand in a comfortable position
- Inhale and raise arms out sideways, Diaphragm descends, belly pumps out
- Exhale and bend arms in to ribs
- We will be repeating this 30 x
- 10 x slow, 10 x medium and 10 x fast

SUPPORT RESOURCES

MIND

Supported online community where you can safely share and be heard, as well as listen to others: http://www.mind.org.uk/information-support/support-community-elefriends/

- https://www.mind.org.uk/
- MIND INFO-LINE: 0300 123 3393
- TEXT: 86463
- INFO@MIND.ORG.UK

BEYOND SHAME/BEYOND STIGMA

A platform to support young people with poor mental health

- https://beyondshamebeyondstigma.co.uk

HUB OF HOPE

A National hub of support resources to help locate appropriate support local to you

- https://hubofhope.co.uk

SHOUT

Free mental health support at anytime

- https://www.giveusashout.org
- Get 24/7 help from their team of Crisis Volunteers
- TEXT SHOUT TO 85258

SAMARITANS

Providers of emotional support and advice to those in distress

- http://www.samaritans.org/
- 08457 90 90 90* (UK) *Calls will cost 2p per minute plus your telephone company's access charge
- 116 123 (FREE TO CALL) (ROI)
- TEXT: 07725 909090
- JO@SAMARITANS.ORG

CHECKPOINT

A global hub of national support resources for all mental health issues available to all

- https://checkpointorg.com/global/

ABOUT INTERNATIONAL WELLBEING INSIGHTS

Stress is a much used (and abused) term these days. You frequently hear people say "I'm stressed" or "I'm depressed", yet there is still much confusion about what these terms actually mean and how best to tackle them. This is where we can help. We are the UK's leading authority on stress management issues, which is why you will regularly hear us talking about this topic in the media.

The Stress Management Society is dedicated to leading effective universal change by maximising your resilience, happiness, productivity and success with our passionate approach to reducing stress and promoting wellbeing.

Our extensive knowledge of stress and wellbeing and our cutting edge interventions have made us the primary organisation dealing with work-related stress reduction and wellbeing promotion in the UK since 2003.

For years, we've been empowering individuals to take charge of their wellbeing through our workshops, guides and regular updates. We also act as a trusted advisor for many companies such as British Airways, Allianz and Shell, guiding them through the mental wellbeing solution maze.

For more information or to book a workshop or a coaching session see www.stress.org.uk, call +44 203 142 8650 or email info@stress.org.uk

NOTES

International Wellbeing Insights
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We provide a range of services across the UK and internationally. We are always happy to dis cuss how we can support you.

We look forward to supporting your wellbeing journey.

Find Us Here:
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Visit Us On:
www.stress.org.uk
www.wellbeing.work

We have supported many organisations, *including*:

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