

STRESS AWARENESS MONTH 2026

What is Stress Awareness Month?

Observed every April since 1992, Stress Awareness Month raises awareness of stress, its effects, and how to manage it. Led by the Stress Management Society, this annual initiative empowers individuals and organisations to take practical steps toward healthier, more resilient lives. Each year has a theme that reflects the challenges of the time and inspires action.



Why It Matters?

Stress affects everyone, influencing physical health, mental wellbeing, relationships, and daily life. Stress Awareness Month encourages:

- Understanding the causes and impacts of stress
- Accessing practical tools and resources
- Opening conversations to reduce stigma
- Building stronger connections and supportive communities

2026 Theme: #BeTheChange

#BeTheChange is a call to personal agency, action, and transformation. It builds on 2025's #LeadWithLove by asking: "Now that we approach ourselves and others with compassion, what will we actually do?"

The theme emphasises three powerful principles:

Self-Efficacy

Relational
Connection

Neuroplasticity

What #BeTheChange Encourages You to Do

- Take one small action today
- Challenge limiting beliefs
- Reconnect with others
- Ask better questions
- Be present
- Build new habit
- Share your journey

How are you
really?



How will you #BeTheChange?



Have questions or want to get involved further?
Reach out to us at info@stress.org.uk or call us at +44 20 3142 8650