**Bringing Stress Awareness Month into the workplace.**

Stress Awareness Month is held every April. It aims to bring awareness to the impact chronic stress can have on us and the steps we can take to better manage our stress levels and our overall mental health.

This year’s Stress Awareness theme is **Community**. Social isolation is a key factor when it comes to mental health decline. After a difficult couple of years, it’s important the sense of community felt by many during the pandemic continues, as we adapt to a new way of living.

At <insert company name>, we care about the mental welfare of our people. We want our employees to feel like the best version of themselves through a safe, caring and supportive environment.

**Symptoms of stress**

Stress can impact us all. It’s our body’s natural response to dealing with pressure. But too much stress over a long period of time can have a significant impact on our overall health and mental wellbeing.

It’s important to recognise when you don’t feel yourself, and to recognise the signs that those around you may be struggling.

Some of the signs of stress for either yourself, a colleague, or a loved one can be:

* poor judgement and inability to concentrate
* frustration and irritability
* anxiety and feeling overwhelmed
* isolation from others
* demotivation
* physical symptoms like a faster heartbeat and high blood pressure

***‘There are many things we can do to manage our stress effectively. From physical exercise, to looking after our diet, to ensuring we engage in rest and relaxation. Initially, it is important to recognise how stressful we are feeling and access self-help techniques, always remembering to talk to a partner or friend about what we are experiencing, and if necessary, link in with a GP.’***

Glenys Jackson, Clinical Lead for Mental Health at Bupa UK.

**Where to get support**

Bupa has a range of services to help manage symptoms of stress and support your mental wellbeing. Speak with <insert manager/HR representative> to see what’s available to you.

You can also find a wealth of advice, information and resources to help get you back to a better place on [Bupa’s website](https://www.bupa.co.uk/health-information/mental-health/stress).

If you’re a people manager, Bupa has produced a [guide](https://www.bupa.co.uk/business/workplace-wellbeing-hub/~/media/files/mms/bins-00814.pdf) to help you support stress awareness in the workplace.

You can find more support on stress and mental health at [Mind](https://www.mind.org.uk/), [Samaritans](https://www.samaritans.org/) or the [Mental Health Foundation](https://www.mentalhealth.org.uk/).