

STRESS MANAGEMENT

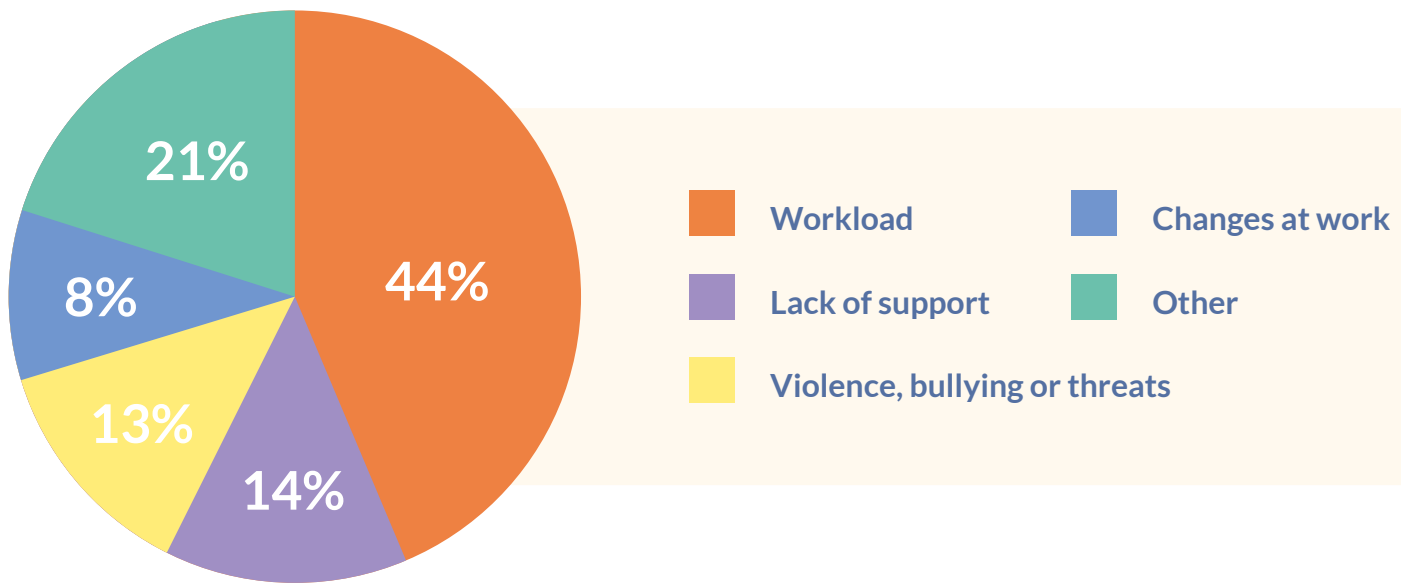


Did You Know?

Work-related stress,
depression & anxiety caused
12.5 MILLION
lost work days in the UK in 2017

Job stress in the US
costs more than
\$300 BILLION
each year

CAUSES OF WORKPLACE STRESS



4 TIPS FOR DEALING WITH WORKPLACE STRESS

1

Talk to your staff.

Find out what's causing stress. Fix things if you can, but remember that just having the conversation can help. Keep communication lines open rather than one off talks.

2

Flexible, considered workflow.

Create/facilitate balanced work schedules. Consult on any changes and give plenty of notice.

3

Rest.

Try workplace wellness schemes, gym memberships, relaxation areas or social activity. Flexible working can help make sure you're all getting enough sleep.

4

Lead by example.

Practice what you preach and ensure you follow the same advice you give your employees. Don't let any of your own stresses seep into your team.

FIND OUT WHAT WORKS FOR YOU AND YOUR TEAM, AND PUT IT INTO PRACTICE!