



healthyperformance[®]

W E B I N A R S

15 fast facts about stress

1. Stress is not an illness

Workshops

Why not run a programme of workshops on “Stress” with the Healthy Performance register your interest portal you can gauge how many people are interested. [Read more](#)

or an internal communications “how to be stress aware”.

2. Some ‘stress’ can be useful

Resilience

In 2019 our most successful workshop based on client and employee feedback has been “Resilience”. The workshop provides a greater understanding of the concept of personal resilience and its key features and characteristics. [Read more](#)

3. Stress can be caused by happy events as well

Signpost to your EAP

Pick a key time of year such as the run up to Christmas. Your employees may be feeling under financial pressure, a well-known contributor towards stress. Run an internal communication directing people to your internal company EAP provider for guidance.

4. Stress is rarely caused by the situation or event

Wellbeing space

Create a wellbeing space and here are a few ideas:

- Position of the room, a location with little passing footfall.
- Plants.
- Calming colours
- Natural Light
- Think privacy – Frosted glass or blinds
- Phone line & key phone numbers
- Water
- Engaged/vacant sign

5. 32% of people have suicidal thoughts because of stress

Is it time to train some internal Mental Health First Aiders or educate your employees what your MHFA can be approached about. [Read more](#)

6. Stress can be managed

Encourage movement

Some of our clients have had great success encouraging employees to move more. One simple idea is 1 central rubbish bin per office or area and walking/standing meetings not only create movement but also increase creativity.

7. We all have a unique stress signature

Increase Awareness

Train some of your people to be your Mental Health First Aiders. They will learn practical skills to spot the triggers and signs of mental health issues. [Read more](#)

8. Stress changes the structure of our brains

5 ways to wellbeing

Ways to improve mental health educate with messaging about the '5 ways to wellbeing'

- Connect
- Be Active
- Take notice
- Keep learning
- Give

9. It's possible to 'think yourself' less stressed

Did you know you can learn to be more resilient? Try a webinar "10 Ways to Build Personal Resilience" [Here's how](#)

10. Mindfulness Stress Based Reduction (MBSR) helps

There are numerous mindfulness apps available. **Mindfulness** is recommended by the National Institute for Health and Care Excellence (NICE) as a way to prevent depression in people who have had 3 or more bouts of depression in the past.

11. Your stress response has a built in mechanism for stress resilience

Run two styles of workshops

1) Employees 2) For managers

Both will learn the importance of “**Why Resilience is important in the workplace**” [Read more](#)

12. Workplaces who don't address stress could be breaking the law

Request a link to try Pascal

- Integrate existing referral pathways
- Personalise employee report
- Add bespoke questions
- Employee & Company Report
- Repeat twice within 6 months
- Comply with legislation

[Register now](#)

13. Work related stress is incredibly costly

Become familiar with the Thrive report [Read more](#)

14. Stress prevention is better than stress cure

Take a consistent approach to mental health events, rather than when a problem is highlighted.

15. You can't manage what you don't measure

It is never too late to start measuring the mental health position of your business it is consistently evolving. Once you start tracking you can monitor patterns and act accordingly. Try the Pascal online tool which is ideal for this. [Try now](#)