**Supporting colleagues with stress**

Stress Awareness Month is held every April. It aims to draw attention to the impact chronic stress can have on us and offers practical tips to help us manage and reduce the symptoms of stress.

At <company name>, we want you to come to work feeling healthy, happy and motivated. It can feel good to be busy, but it’s never good to feel burnt out.

**Symptoms of stress**

Stress is our body’s natural response to dealing with pressure. But too much stress over a long period of time can affect our overall health and mental wellbeing.

Some of the signs of stress that you, a colleague or a loved one might feel can include:

* 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

**Self-help for managing stress**

Here's what Naomi Humber, Head of Mental Wellbeing at Bupa Health Clinics, has to say about the ways we can start to manage our stress levels:

“Good stress motivates us to take action, increases our focus and helps improve our performance. However, sustained and excessive amounts of stress can have a negative impact on our health”.

“It’s important to understand what helps to manage our stress effectively such as keeping fit, looking after our diet and making sure we rest and relax.

“Talk to family or friends about what you are experiencing, and if necessary, speak with a healthcare professional, such as a GP.”

**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’ll find lots 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).

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