

Around 68 of your employees will experience a mental health problem each year

based on a workforce of 249 staff

Did you know?



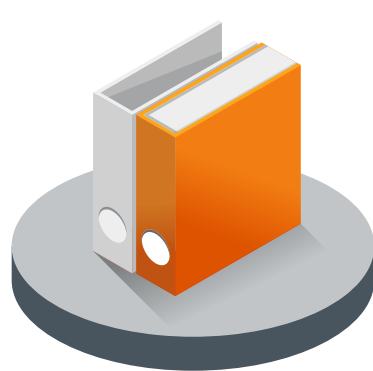
Over three quarters of the UK feel stressed at work

85% of women and 74% of men admit to feeling stressed at work



39% of the UK wish they could more time off work due to stress

More women (43%) than men (34%) wish they could take more time off work due to stress and wellbeing



Majority of the UK (59%) feel like they can't take time off work due to work commitments

More women (64%) than men (55%) feel like they are unable to get away and take time off work due to work commitments

Most stressed industry in the UK



HR
88%



Architecture
86%



Healthcare
86%



Catering
85%



IT & Telecoms
84%

Tips and advice



Switch off after work

Ensure you aren't taking your work home with you and keep your evenings and weekends for things you enjoy doing



Ask for help and talk about your concerns

Don't be afraid to speak to your manager and colleagues about your struggles. They may be able to help take on some of the load.



Be realistic

Make sure you set realistic daily goals and checklists. Don't be afraid to say 'no' to people if you can't fit it in your daily plan



Take short breaks

Ensure you are getting away from your work at lunch and take regular breaks throughout the day. This will help you gain some breathing space and take your mind off any stress you might be experiencing.