

Stress support toolkit



St Monica Trust

April 2026



Signposting support



Mind – Information & local services

Samaritans – 24/7 listening support

CALM – Crisis & emotional support

Employee Assistance from Canada

Life - Up to 10 sessions with a mental health professional

Able Futures - Supporting your mental health at work. (Nine months' advice and guidance)

Our Well-being website -for further information.

Support your colleagues

Download posters from [The Stress Management Society](https://www.stress.org.uk/stress-awareness-month-2026/) and put up in your work areas/share with colleagues however you feel best. There are a few to choose from.

STRESS AWARENESS MONTH

BE THE CHANGE

Scan the QR code to find out more

- ✓ FREE TIPS, TOOLS, AND RESOURCES TO MANAGE STRESS
- ✓ JOIN WORKSHOPS, WEBINARS, AND CHALLENGES
- ✓ LEARN HOW TO CREATE A HEALTHIER WORKPLACE

1 IN 4 WORKERS REPORT FEELING UNABLE TO COPE WITH STRESS AT WORK

STRESS AWARENESS MONTH 2026

#BeTheChange

stress.org.uk/stress-awareness-month-2026/

HOW WILL YOU BE THE CHANGE?

Starting with You: Simple Ways to Reduce Stress

Stress is a natural response to pressure, change, and uncertainty. During Stress Awareness Month, we are encouraged to pause, notice how stress shows up for us, and take small steps to reduce its impact.

This is about awareness and action, not perfection.

Go-to-Activities

WHEN STRESS SPIKES	WHEN YOUR BODY FEELS TENSE	
BOX BREATHING Breathe in for 4 Hold for 4 Breathe out for 4 Hold for 4 Repeat for 1-2 minutes	GROUND YOURSELF Name: 5 things you can see 4 things you can feel 3 things you can hear 2 things you can smell 1 thing you can taste	PROGRESSIVE MUSCLE RELAXATION (PMR) Gently tense each area for 3-5 seconds, then release Hands and arms Shoulders Face and jaw Chest and stomach Legs and feet Notice the difference as your body softens
CHANGE YOUR ENVIRONMENT Step away from screens for 5 minutes Take a short walk, make a cup of tea, or get fresh air	WHEN YOUR THOUGHTS ARE RACING Write everything down to clear your head Choose one small next step Do something repetitive like walking or tidying	DAILY HABITS THAT HELP <ul style="list-style-type: none">• Move your body• Get consistent, good quality sleep• Eat regular, nourishing meals• Connect with someone in a meaningful way• Laugh every day

Why This Works

Stress activates the body's threat response. When it stays switched on for too long, it affects focus, energy, sleep, and mood.

These simple actions help signal safety to the nervous system and support recovery. Small, repeatable changes are more effective than big changes that are hard to sustain. Stress Awareness Month reminds us that change starts with us. When we respond to stress with care, we build resilience and make it easier for others to do the same.

A gentle reminder

You do not need to remove stress from your life. You just need enough moments of calm to balance it out.

That is how you #BeTheChange.

SMALL ACTIONS, BIG IMPACT

#BeTheChange

www.stress.org.uk

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