



LET'S START TALKING ABOUT STRESS AT WORK

The first Wednesday of November is National Stress Awareness Day

We all feel stressed from time to time. But becoming overwhelmed by stress can lead to mental health problems or make existing problems worse.

Good stress management in the workplace is critical to your overall health. One of the key skills to managing workplace stress is knowing how to say no.

Share your thoughts and feelings. By doing this you could get some great advice or find you can support other colleagues who need help. It can make a huge difference

Join the conversation online and share tips on how you deal with stress
#NationalStressAwarenessDay
@Petaurum