

Individual Employee Resource

What's actually driving your stress?

Stress is rarely one thing. Recognising the specific pattern is often more useful than a general reminder to manage it better.

Pick one action and try it today, not all four.



Workload that doesn't let up

Name one task that can actually wait until tomorrow, and let it.



Always-on communication

Set one deliberate window each day with notifications off.



Uncertainty about what's ahead

Focus on what's in your control this week.



Feeling disconnected

A short, genuine conversation can ease the load.



You don't need to wait until it feels unmanageable. Support is available for a quiet conversation, whatever is driving it.