

Apr
2024

Stress Awareness Month

wellbeing
in focus 

A Little Becomes A lot

- ✓ The **#LittleByLittle** campaign centres on the transformation that steady, small and positive actions can make on our overall wellbeing.
- ✓ One of the goals of Stress Awareness Month is to open a dialogue and create a safe space for people to talk about the impact stress has on their professional and personal lives.
- ✓ We're sharing tips on how the smallest steps in looking after yourself daily and reducing stress can add up to make a great difference.



Scan the QR code to discover more about Stress Awareness Month and how you can improve wellbeing.

counselling
& advice helpline

 0800 328 1437

 employeeassistance.org.uk

 wellbeing
solutions

The counselling & advice service is provided by Wellbeing Solutions.
wsm-wellbeing.co.uk