

# Stress awareness space

Wednesday 1 November is  
National Stress Awareness Day

We want to start a conversation about stress in our workplace so we've created a stress awareness space.

Take a moment to think about what you do when you're feeling stressed, complete the 'When I'm stressed...' card and add to our space.

If you'd like to share further, why not snap a selfie with your completed 'When I'm stressed...' card and tweet @MindCharity #NationalStressAwarenessDay

We all know what it's like to feel stressed at work, but it can make a huge difference sharing how you're feeling with friends and colleagues.

By sharing you could get some great advice and tips or find you can support other colleagues who need help.



For information and advice about managing stress visit:  
[mind.org.uk/stress](http://mind.org.uk/stress)

