A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women’s health – in fact anything that you ask for!

If you have a topic suggestion, please email Rachel Posaner.

NHS Institute

Managing stress

NHS Choices

Stress, anxiety and depression

Struggling with stress?

Mood self-assessment

Related items:

- Low mood and depression
- Tips for coping with depression
- Ten stress busters
- Relaxation tips to relieve stress
- Clinical depression
- Generalised anxiety disorder
- Panic disorder

Blackpool Teaching Hospitals:

Stress Awareness:

- Stress Awareness - Home
- What is Stress?
- Stress Management Group
- Stress Busting
- Promoting Wellbeing
- Events and Presentations
- Survey Recommendations and Action Plans
- Useful Links
- Contact Us

BBC

How stressed are you?

What is stress?

Tech to take the stress out of stress

In the news

Salimetrics supports National Stress Awareness Day

weird signs you are way too stressed out right now

Unions focus on stress in workplace

Stressing the point

Spotting the signs of stress

Is stress taking a toll on your health? Here’s how you can beat it!

Kings Fund

Compassionate care means rooting out staff stress

How charities can ease the stress on the NHS

What mindfulness has to offer health and social care

Be Kind to Humankind: a lesson for leaders?
ISMA

Information about Stress Awareness Week

NHS Evidence

Promoting mental wellbeing at work - guidance (PH22)
Health and wellbeing at work: a resource guide

British Heart Foundation

What to do
Who you need
Wellbeing resources

Anxiety UK

What is it?
DIY self diagnosis
Want to know more
Personal experiences

Stress Management Society

- About stress >
- What is stress >
- How it affects us >
- How Stressed are you >
- How stress could affect your life >
- Stress and Energy >
- Stress and the Brain >
- 10 Step Stress Solution >

How leaders can drive workforce wellbeing and performance
Raising awareness on mental health
Feeling anxious makes it harder to stop feeling anxious

Articles

Towards the Stress Analytics Framework: Managing, Mining, and Visualizing Multi-modal Data for Stress Awareness

Awareness of Stress-reduction Interventions: The Impact on Employees' Well-being and Organizational Attitudes

The Relationship between Fatigue Recovery after Late-night shifts and Stress ReliefAwareness.

Awareness about Impact of Work Stress: An Empirical Study

Body-Awareness and Movement-Based Group Treatments for Stress

Awareness about Impact of Work Stress: An Empirical Study

Other:

- What is stress?
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