

The Lift Industry Mental Health Charter



Stress

Most people feel stressed sometimes and some people find stress helpful or even motivating. But if stress is affecting your life, there are things you can try that may help. Support is also available if you're finding it hard to cope with stress.

Symptoms of stress

Stress can cause many different symptoms. It might affect how you feel physically, mentally and also how you behave. It's not always easy to recognise when stress is the reason you're feeling or acting differently.

If you need further help and assistance

Contact your local talking therapies (IAPT) @ www.nhs.uk or please see our website with over 30 sign posts

**Information supplied from NHS website*



Top tips to deal with stress and burnout

Split up big tasks



If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them. Making a habit of this can really help.

Talk to someone



Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling.

Allow yourself some positivity



Take time to think about the good things in your life. Make an appointment with yourself each day to consider what went well and try to list 3 things you're thankful for.

Be more active



Being active regularly can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.

Plan ahead



Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help