

Stress Awareness Month 2026



Check in with your team



Arrange dedicated 1:1 meetings between employees and their managers. Take this chance to ask your staff what's causing them stress and investigate ways you can lighten the load.

Introduce mental first aid training



Employees who are trained in mental first aid are able to look out for the signs of stress and offer help to their colleagues. It's a great way to ensure support is always at hand.

Survey your employees



Your employees might not feel confident enough to share what's causing them stress in a face to face meeting. You might get more honest feedback from a short, anonymous survey.

Plan mindfulness exercises



If you've got the budget, bringing in an external expert to run a few mindfulness sessions could help reduce stress and help your employees focus.

Trial flexible hours



Flexible hours let your employees work around other commitments. That can be especially helpful for parents and carers. Consider running a trial for the month to see if it works for you.

Introduce no-meeting days



It's easy to fall behind when your day is full of meetings. Give your employees some much needed breathing room by banning meetings one day a week.

Kick off a step challenge



Exercising outdoors is a great way to clear the cobwebs and reduce stress. Encourage your employees to get out and about with a company step challenge. Donate to charity for extra points!

Invite external speakers



It's important to be open and honest about stress, so your employees know support is available. Consider inviting an expert to your office to educate your team.

Upgrade your office snacks



Eating healthily can boost your team's mood, helping your staff become more resilient to stress. Try introducing some healthier options to your office snacks this month.

#BeTheChange



Stress Awareness Month 2026 is a powerful call to personal agency, action, and transformation rooted in the principles of Self-Efficacy, Neuroplasticity, and Relational Connection.