

# 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.

## 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.

## 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.

## 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!

## 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.

## 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.

## 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.

## 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.

## 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.

## #LeadWithLove



Stress Awareness Month 2026 is all about leading with compassion. Remember: stress thrives in conflict and tension. Make kindness and patience your priority for this month and beyond.