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Stress management and your business

Working together with



Stress Management Society
from distress to de-stress

Stress creates business risks. Here's how to help manage these risks and help support your employees.

In 2021/22 stress, depression or anxiety accounted for **51%**¹ of all work-related ill health cases. In addition, statistics show that this figure isn't improving.

Work-related stress can develop when someone is unable to cope with the workload, meeting tight deadlines or having too much pressure or responsibility. This could create risks for your business, such as:

- increased absenteeism
- lower productivity
- low levels of engagement and morale
- accidents

¹Health and Safety Executive work related stress, anxiety or depression statistics in Great Britain, 2022. Published November 2022. Contains public sector information published by the Health and Safety Executive and licensed under the Open Government Licence.

Through Aviva Group Income Protection, you have access to professional stress management sessions and training provided by **The Stress Management Society**. These courses can give your employees the tools to manage the demands of today's challenging business environment.

Courses are run face to face or online, depending on circumstances and availability.

Meet The Stress Management Society

The Stress Management Society exists to create a happier, healthier and more resilient world since 2003. They're one of the UK's leading sources for advice, support, and guidance on reducing the impact of poor mental health and stress, and implementing a culture of wellbeing. Their approach to reducing stress and promoting wellbeing is reinforced by powerful science and research. With extensive knowledge and scientific approach, The Stress Management Society creates an evidence-based culture of wellbeing that drives performance, attracts the best talent, and minimizes the risks of work-related stress.

Stress management options

These stress management wellbeing sessions can be adapted to your specific business needs. As well as the options below, other sessions are available. So, if what you're looking for isn't here, get in touch to discuss what else could work for your business.

1 Excelling Under Pressure

This workshop builds self-awareness, resilience and empowers employees to recognise workplace stress and tackle stress-related challenges, through effective coping strategies. This can be run as a two-hour, half-day or full-day workshop.

2 Mental Health Awareness

This workshop creates an open conversation around mental health and equips participants on how to identify signs and symptoms of poor mental health and common mental illnesses. Participants walk away with the confidence and knowledge to support their team more effectively.

3 Mental Health Champions Programme

Workplace mental health ambassadors are employees who challenge the stigma and encourage positive mental health in the organisation and for its workforce. This programme is designed for employees and managers who have an interest or responsibility regarding mental health to provide practical peer-to-peer wellbeing support. This can be run online as a series of course modules or as two half-day or one full-day live workshops.

4 Managers Managing Wellbeing

This full-day workshop gives line managers a broad understanding of stress issues in the workplace and helps identify key factors that contribute to a mentally healthy workplace. It will enable your line managers to learn how to spot the early signs of stress and risk assess issues within their teams.

5 Financial Wellbeing

This workshop explores our current relationship with money and introduces the 'Money Wheel' framework to equip delegates to plan more effectively and make better financial decisions. It also provides an opportunity to understand how our financial wellbeing contributes to our overall mental, emotional, and physical state.

Aviva workplace wellbeing

As well as these courses, Aviva's Group Income Protection provides access to a wide range of wellbeing programmes, all of which can be tailored to your business's needs.

Your business could benefit from:

- Increased productivity and engagement
- Reduced absenteeism and its associated costs
- Improved staff retention

All Workplace Wellbeing solutions are non-contractual benefits that Aviva can change or withdraw at any time.

Find out more

Contact us at:

wellbeingservices@aviva.com and we'll get back to you to discuss your training needs, timescales and costs.

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