



STRESS AWARENESS MONTH APRIL 2024

Work | Life
CENTRAL

A selection of content on Stress from our Wellbeing programme.

58 mins



VIDEO
The Stress Detox

2 mins



SHORT VIDEO
Breathwork For When You Have No Time

3 mins



SHORT VIDEO
Breathwork For When You Are Triggered

10 mins



EXPERT ARTICLE
Five Stress Busting Tips

8 mins



EXPERT ARTICLE
How to Build Helpful Habits to Effectively Manage Your Stress

6 mins



BLOG POST
You, Me and Anxiety