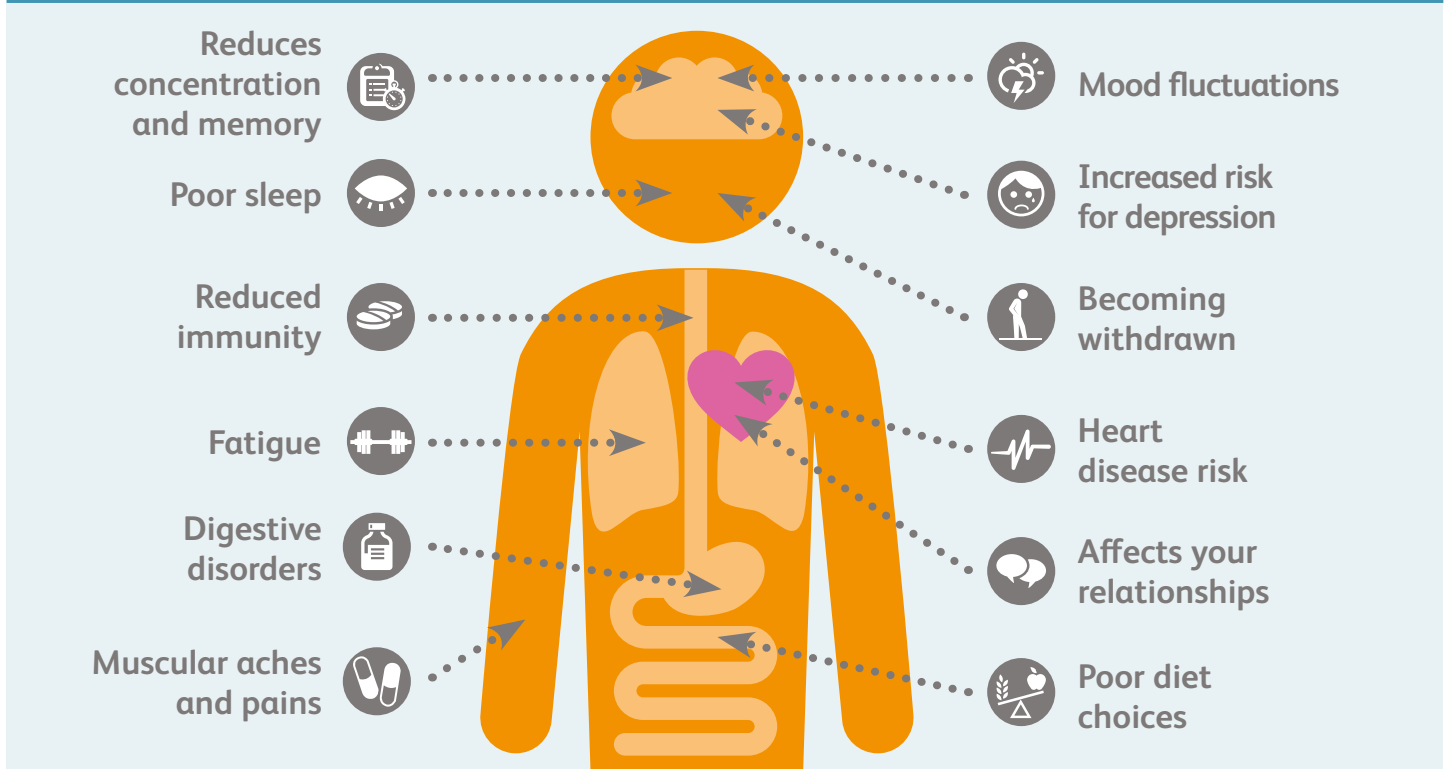


Reducing stress

The short and long term effects of stress



Tips for combating stress



Get 6-8 hours of sleep every day



Spend time with family and friends



Do 30 minutes of activity five days a week



Eat a healthy diet



Plan in time for something you enjoy



Keep a diary to identify your triggers

What can you do next?



Call your Employee Assistance Programme if you have any concerns on 0800 358 4858 or 0330 332 9980

Speak to someone such as a friend, your GP or local health and safety representative

If you have any concerns speak to your line manager who will arrange occupational health support

For more information...

visit the occupational health and wellbeing pages on connect, or to download podcasts, videos and presentations visit Safety Central: Safety.networkrail.co.uk/Communication-and-Health/Occupational-Health-and-Wellbeing



everyone fit for the future