

IS STRESS MANAGING YOU?

4 IN 5

OF US FEEL STRESSED
DURING A TYPICAL WEEK



CAN'T
CONCENTRATE



FEELING
NERVOUS

SIGNS YOU MIGHT BE STRESSED



CONSTANTLY
WORRYING



TROUBLE
SLEEPING



PRESSURE
AT WORK



ILL
HEALTH

WHY YOU MIGHT BE STRESSED



MONEY
WORRIES



RELATIONSHIP
PROBLEMS

OR ARE YOU MANAGING IT?



TAKE TIME
TO SHARE YOUR
FEELING



TAKE A
STEP
BACK



ACCEPT WHAT
YOU CAN'T
CONTROL

FIND OUT IF
STRESS
IS AFFECTING
YOU

TAKE OUR STRESS CHECK



DESIGNED
BY EXPERTS



INSTANT
RESULTS



PRACTICAL
ADVICE



PERSONALISED
ADVICE TO HELP
YOU TAKE ACTION

[BWCHARITY.ORG.UK/STRESS-CHECK](https://bwcharity.org.uk/stress-check)



0800 0234 834



bwcharity



@bwcharity

We exist to support the health and wellbeing of the banking community

The Bank Workers Charity is the working name of the Bankers Benevolent Fund, a company limited by guarantee in England (No. 19366) and a charity registered in England (No. 313080). Registered office: Salisbury House, Finsbury Circus, London, EC2M 5QG.