

# Time to de-stress and Get better connected.

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April is Stress Awareness Month and this month's e-zine is dedicated to exploring practical ways to manage stress - at work and in our personal lives. By prioritising self-care and the importance of connections and connectedness, we can create a healthier, more balanced environment for everyone.



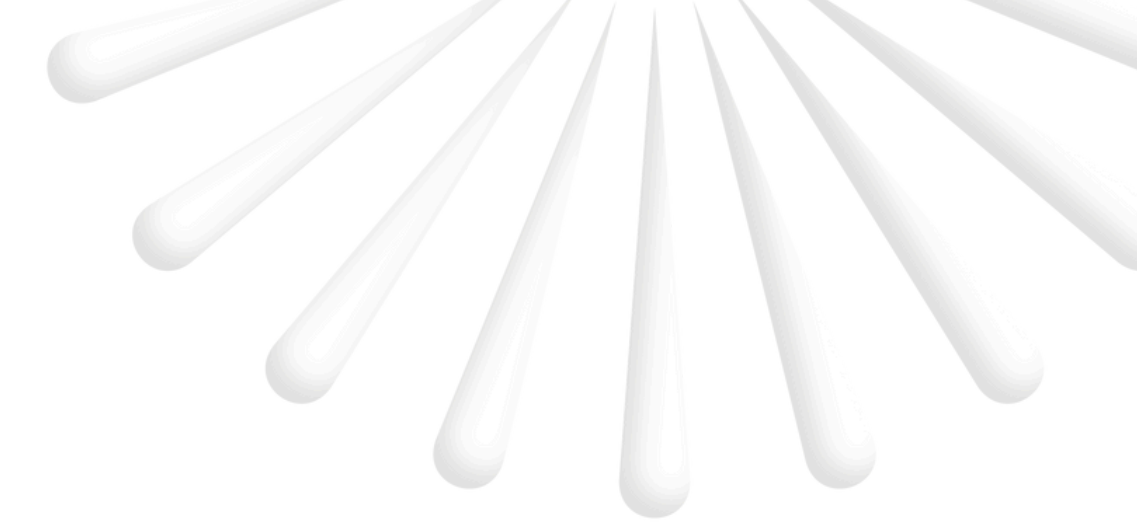




## Mental health and wellbeing at work

Lena (by Inspire) provide a range of workplace mental health and wellbeing support to help...

 [Lena Support Hub /](#)



April marks Stress Awareness Month 2025, a time to take charge of your wellbeing and discover effective ways to manage stress.

This year's theme is **#LeadWithLove** where we are being encouraged to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we might be facing.

In today's fast-paced world, stress can feel unavoidable, but managing it effectively is key to maintaining both mental and physical wellbeing.

Whether at home or in the workplace, small changes can make a big difference in reducing stress levels. Below are some practical strategies to create a more balanced and peaceful life.

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## Create a calm environment at home

### 1. Establish a relaxing routine

Having a consistent routine can help reduce anxiety and bring a sense of control to your day. Start and end each day with calming activities such as reading, meditating, or taking a warm bath.

### 2. Set boundaries between work and your personal life

If you work from home or tend to bring work-related stress home with you, create clear boundaries. Designate a specific workspace within the home, set and stick to your working hours, and avoid checking emails outside of those hours.

### 3. Declutter and organise

A clutter-free home promotes a calm mind. Take time to organise your space and remove unnecessary distractions that may contribute to stress.

### 4. Engage in relaxing activities

Incorporate hobbies that bring you joy, such as gardening, exercising, painting, or playing music. Engaging in activities you love can provide an emotional reset after a long day.

### 5. Prioritise sleep and nutrition

Poor sleep and an unbalanced diet can increase stress levels. Aim for 7-9 hours of quality sleep and nourish your body with whole, nutrient-rich foods to maintain energy and focus.

## Manage stress better at work

### 1. Take regular breaks

Working for long hours without breaks can lead to burnout. So take breaks, step away from your desk, go for a walk if you can – and at the very least aim to take 10 minutes of break time for every hour at your screen.

### 2. Practice time management

Prioritise tasks by creating a to-do list and breaking larger projects into smaller, manageable steps. Avoid multitasking, as it can increase stress and reduce productivity.

### 3. Maintain healthy workplace relationships

A supportive work environment makes a big difference. Foster positive relationships with colleagues, seek support when needed, and engage in open communication to reduce workplace tension.

### 4. Use stress-reduction techniques

Incorporate mindfulness or breathing exercises into your day. Even a few minutes of deep breathing or meditation can lower stress levels and improve focus.

### 5. Know when to seek help

If work-related stress becomes overwhelming, don't hesitate to reach out to a supervisor, your line manager, your HR department, or to Lena for guidance and support.

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## Final Thoughts

Reducing stress is about creating a balance between responsibilities and self-care. By making intentional changes both at home and at work, you can foster a healthier, more resilient lifestyle. Prioritising wellbeing not only enhances productivity at work but also improves overall happiness and quality of life.

There is a wealth of information and resources available on the Hub including online self-help courses on stress and anxiety - why not log on today and check them out for yourself?

[Access the Support Hub](#)



# Workplace Wellbeing

IBEC's National Workplace Wellbeing Day takes place on Wednesday 30th April 2025. This year's theme, '**Celebrate Connection**', focuses on the joy of simple human connection. In a world of AI, hybrid working and an always-on culture, IBEC are asking people to pause and take the opportunity for real-time moments of real-life connection.

## How to feel more connected in your work environment

Feeling connected at work is essential for job satisfaction, collaboration, and overall wellbeing. A strong sense of belonging can reduce stress, boost morale, and improve productivity.

If you're looking to strengthen your workplace connections, here are some simple yet effective ways to build relationships and create a more engaging work environment.

### 1. Start with small interactions

A simple "good morning" or a quick check-in with colleagues can go a long way in fostering a sense of connection. Engage in small talk about shared interests, weekend plans, or hobbies to build rapport over time.

### 2. Participate in team activities

Take advantage of team lunches, social events, or virtual gatherings. Engaging in non-work-related activities helps create stronger relationships and a sense of camaraderie. If your workplace doesn't organise events, consider suggesting or initiating one!

### 3. Communicate openly and often

Good communication is key to feeling connected. Share ideas, ask for feedback, and be open about challenges. Whether through in-person conversations, emails, or team chats, staying engaged with colleagues fosters a stronger sense of teamwork.

### 4. Seek out mentorship and support

Building connections isn't just about socialising—it's also about professional growth. Seek mentorship from experienced colleagues or offer support to new employees. Learning from others and sharing knowledge strengthens relationships and workplace culture.

### 5. Collaborate and engage in projects

Working together on projects creates opportunities for connection. Volunteer for group tasks, participate in workshops, and offer to help colleagues when needed. Collaboration builds trust and a shared sense of purpose.

### 6. Be present and approachable

Make eye contact, actively listen during meetings, and engage in conversations. Being present and approachable encourages others to connect with you.

### 7. Utilise workplace communication tools

Make use of online communication tools like Microsoft Teams or Zoom. Engage in team chats, join virtual coffee breaks, or schedule informal catch-ups to maintain a sense of connection.

### 8. Show appreciation and recognition

Acknowledging a colleague's hard work or expressing gratitude for their support strengthens relationships. A simple 'thank you' or a shout out in a meeting can make a big difference in building a positive workplace culture.

### 9. Be Yourself

Authenticity fosters genuine connections. Don't feel pressured to fit a specific mould – bring your personality to work, share your interests, and engage with colleagues in a way that feels natural to you.

### 10. Speak up/reach out if you need to

If you're feeling disconnected, talk to your manager or HR Department about ways to improve team engagement. Most workplaces welcome feedback and are willing to implement changes that support a more connected work environment.





# Free online webinar

## Mastering change

In support of Stress Awareness Month and National Workplace Wellbeing Day on 25th of April Lena is delivering **a free 1-hour webinar on 'Mastering Change'** with up to 500 places available.

**When: Tuesday 8th April 2025**

**Time: 10.30am to 11.30am**

Key objectives of this short online session are:

- To create an understanding of the process of change
- To appreciate the impact of change at a personal level
- To develop coping strategies to navigate through change



[Click here to book your place](#)

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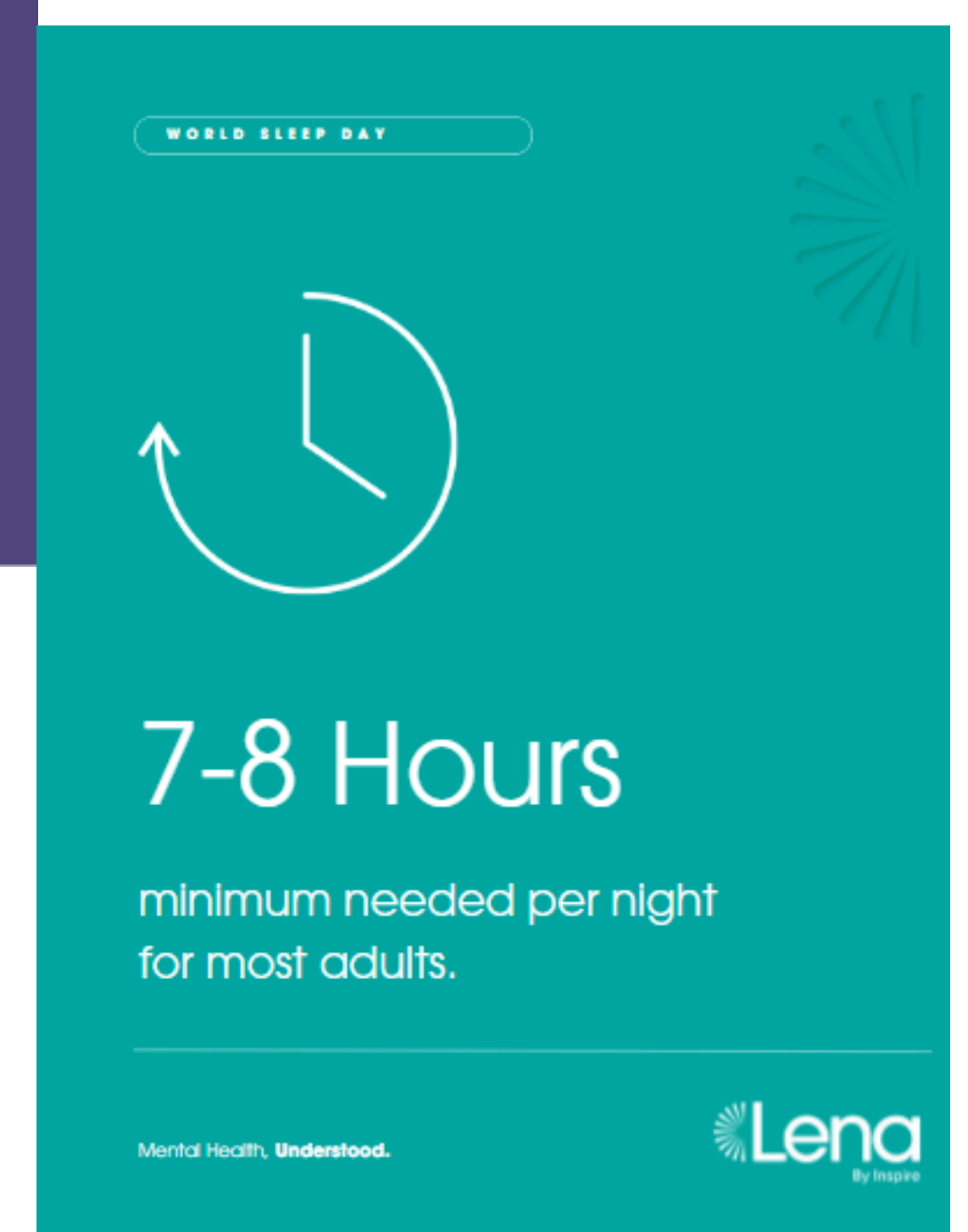
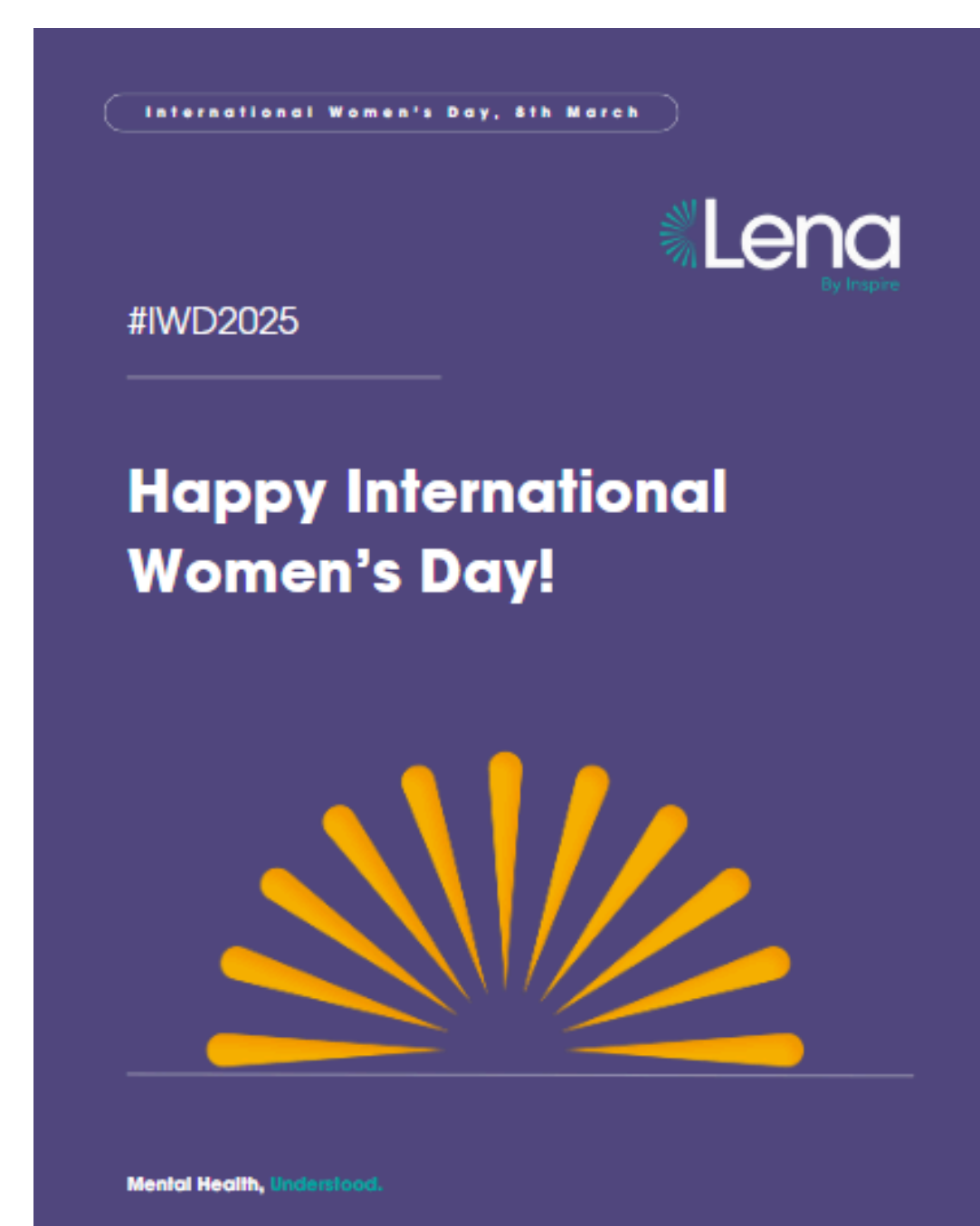
Our LinkedIn and Instagram pages are a great way to stay up to date with all things Lena.

We would love it if you could help us grow by:

- giving both pages a follow (just scan and then click on the QR codes below) or search for **@lenabyinspire**
- Engaging with us via our socials on topics of interest by commenting on, and sharing, our posts



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**Remember, we're always here to help - 24/7, 365 days a year.**

**Just call your Lena helpline number, or email: [support@lenabyinspire.com](mailto:support@lenabyinspire.com)**