

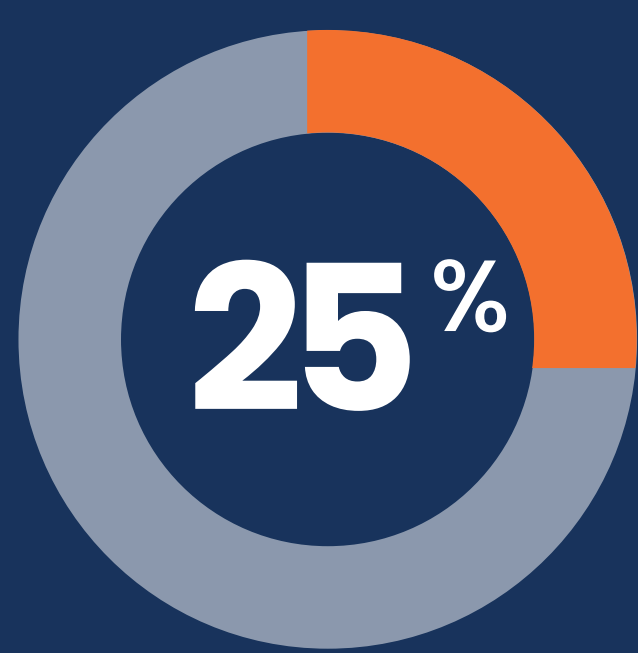
# Workplace Stress & Burnout

Everyone experiences pressure at work, regardless of age, experience, or job title. While some pressure can boost productivity, too much can lead to stress, affecting well-being and quality of life.

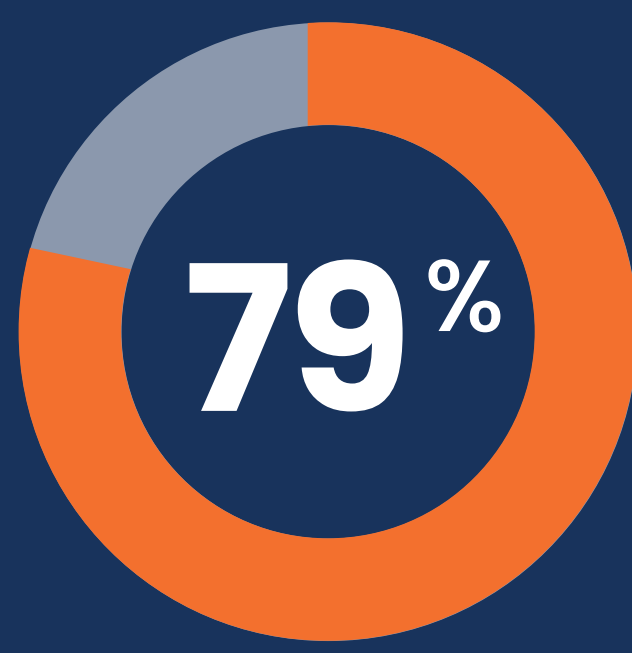
Various techniques can help manage stress, but if it persists and impacts daily life, seeking support is advisable.



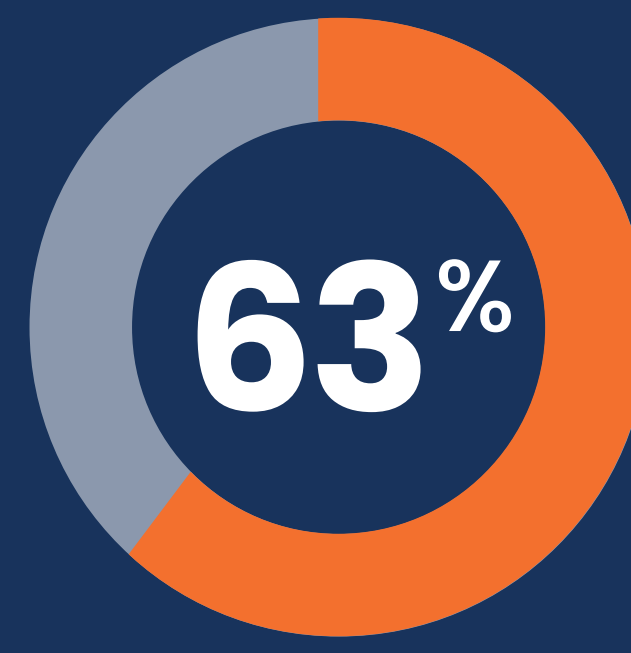
## What the stats say...



of UK workers report feeling unable to cope with workplace stress, showing the need for more support<sup>1</sup>



of UK employees are experiencing moderate-to-high stress levels, with younger employees (16–24) and women showing the highest stress levels<sup>1</sup>



of UK employees now showing symptoms like exhaustion and disengagement, up from 51% two years ago<sup>1</sup>

## SAFESITE *One*TEAM

### What we do to support our staff

At SafeSite Facilities the heart of everything we do is our **OneTEAM** philosophy. It's important for us to share the workload and support our teams—no one works in isolation. We believe that when we pull together, we go further. Collaboration, trust, and mutual support are what drive our success and help us overcome challenges, together.



### Learn how to deal with stress in the moment

When we're under pressure or anxious, our heart beats faster, muscles tense, and breathing changes. Being in a state of stress reduces our ability for thoughtful decision-making.

Try taking three slow, deep breaths, feeling your stomach expand and contract. This helps calm your heart rate and can ease anxiety, making it useful before stressful situations.<sup>2</sup>



## How to build resilience

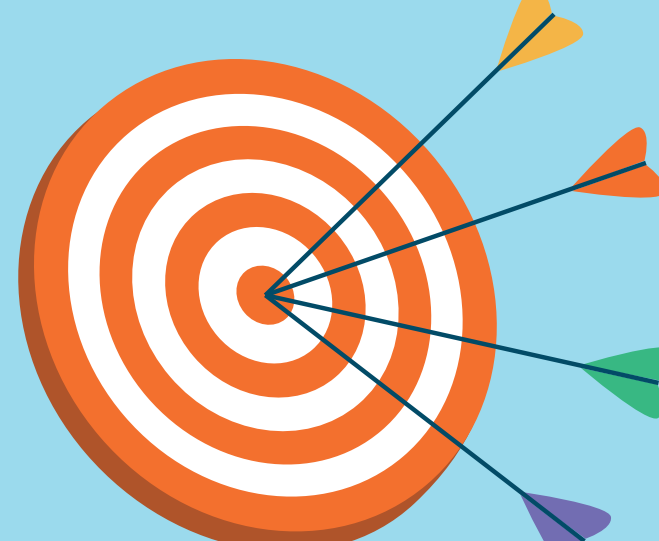
Below are some bitesize ways to become more resilient in a workplace environment



Practice gratitude



Embrace change



Set goals



Ask for help when needed



Learn from your experiences



Try not to dwell on negative thinking



Establish a support network



Take action & be proactive



Keep things in perspective



Focus on what you can control



Know your strengths



Believe in yourself



Learn how to deal with stress in the moment



Keep your work environment clutter free and calming



Look after your physical health



Practice self care