

Stress Resources

The Stress Management Society

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Stress provide a variety of support from free resources, information including tips and tricks, training, a blog and membership.

NHS

[Get help with stress - NHS \(www.nhs.uk\)](http://www.nhs.uk)

This webpage provides a really useful resource explaining ways to recognise stress in the sense of feelings and symptoms and provides ideas to mitigate it. It also contains links to other sites which you may find useful to explore

Recommended book

The Stress Solution by Dr Rangan Chatterjee

This book talks about key stresses in every-day life and offers solutions to help you take back control and lead a calmer more fulfilled life by focussing on our sense of purpose, our relationships, our body and our mental health.

‘Catherine is warm, friendly and just gets us. We have really been able to make an impact since working with her’

For further support contact Catherine using the details below to see how you can work with Blue Sky Vitality.