



The Employee Wellbeing Service

SELF HELP INFO - STRESS

USEFUL BOOKS:

Total Relaxation (paperback plus CD) John Harvey

USEFUL ONLINE SELF HELP INFO:

Northumberland, Tyne and Wear NHS Foundation Trust – Stress
<http://www.selfhelpguides.ntw.nhs.uk/cardiff/SelfHelp>

Moodjuice Self-Help Guide – Stress
www.moodjuice.scot.nhs.uk/Stress.asp

USEFUL TOOLS TO IDENTIFY AND MANAGE WORKPLACE STRESS:

International Stress Management Association - <http://isma.org.uk/nsad-free-downloads>

Stress Wheel - http://isma.org.uk/wp-content/uploads/stress_wheel_of_life_2.pdf

USEFUL BREATHING EXERCISES:

60 Second Tranquilliser - <http://isma.org.uk/pdf/free/60-Second-Tranquilliser.pdf>

Relaxed Breathing Exercise - <http://psychology.tools/relaxed-breathing.html>

USEFUL WORKSHOPS AND COURSES

EWS Wellbeing Workshops

Contact 02920744465

Primary Care Mental Health Support Service

6 week Stress Control Course
contact 02920 906223 for more info