

Health &
Wellbeing
Support for You

April 2026

ISMA^{UK}

SHOWS YOU HOW
TO REDUCE STRESS!

Stress Management Resources

Get practical help
in these areas –

- HOW TO IDENTIFY STRESS
- EFFECTIVE STRESS-REDUCTION TECHNIQUES
- TOOLS TO IMPROVE PERFORMANCE AND WELLBEING AT WORK
- STRATEGIES TO ACHIEVE A MORE FULFILLING AND STRESS-FREE LIFE

- **FREE TO DOWNLOAD**
- **PERFECT FOR TRAINING COURSE ATTENDEES**
- **VALUABLE SOURCE OF REFERENCE**

The International Stress Management Association [ISMA^{UK}] is a registered charity and the lead professional body for workplace and personal stress management, supporting good mental health, wellbeing and performance.



Action for Happiness Calendar - April 2026

Active April 2026

MONDAY



TUESDAY



WEDNESDAY

1 Commit to being more active this month, starting today

THURSDAY

2 Spend as much time as possible outdoors today

FRIDAY

3 Listen to your body and be grateful for what it can do

SATURDAY

4 Eat healthy and natural food today and drink lots of water

SUNDAY

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes



27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Awareness Days

Celebrating the heart of what makes Guide Dogs so special.

International Guide Dog Day



World Parkinson's Day 2026 resource guide

World Parkinson's Day is Saturday 11 April. We've got everything you need to make the most of your plans.



Parkinson's UK
For every Parkinson's journey

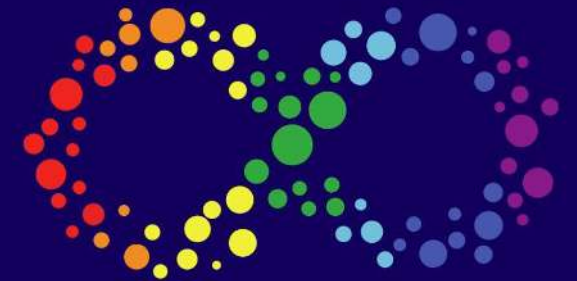
World Day
FOR SAFETY AND HEALTH AT WORK
April 28



British National Tea Day
April 21st.



CELEBRATE



AUTISM ACCEPTANCE MONTH

Spotlight on: Burnout

Read more
here



Burnout is a term used to describe a state of physical, mental and emotional exhaustion, often related to workplace stress. While it's not classified as a mental health condition, it's closely linked to our mental health.

According to recent reports, it's estimated that 65% of UK workers feel burnt out. This is 11% higher than two years earlier, showing it's becoming increasingly common. What's more, one in five workers have needed time off due to mental health problems associated with stress at work.

When we experience long-term stress and constant pressure, we can reach a point of physical, mental and emotional exhaustion.

This state of burnout typically involves:

- feeling exhausted and lacking in energy
- feeling negative, cynical, or mentally distant from your job
- reduced professional performance

Burnout doesn't tend to get better on its own. If left unmanaged, it can worsen and increase your risk of long-term health issues, such as heart disease and depression. It can also affect your personal relationships and overall wellbeing.

Some signs of burnout:

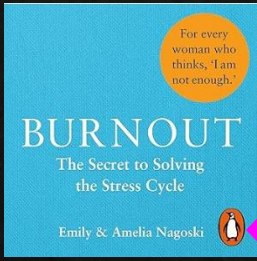
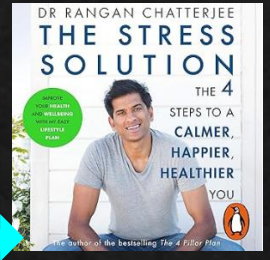
- feeling withdrawn
- losing your motivation
- self-doubt
- feeling more emotional (tearful, angry, sensitive)
- emotional exhaustion
- feeling trapped or helpless
- feeling overwhelmed
- loss of interest or enjoyment
- assuming the worst-case scenario
- feeling overly responsible
- having a cynical or negative outlook
- mentally detaching from work
- persistent worrying
- feeling exhausted all of the time
- sleep problems
- headaches
- joint or muscle pains
- stomach problems, such as nausea or loss of appetite
- high blood pressure
- avoiding tasks you'd usually enjoy
- working longer hours to 'catch up'
- working through holidays
- taking extra time off work
- reduced performance at work

Spotlight on: Burnout (self-help)



Unmind: Combatting Stress
Unmind offers a fantastic [7-part course](#) designed to help you understand stress, recognise your own triggers and coping styles, and learn practical techniques to manage pressure and improve your wellbeing. The course sits within Unmind's wider mental health platform, which gives NHS staff free access to a range of tools and programmes covering stress, sleep, coping, connection, fulfilment and nutrition. Getting started is simple: sign up with your NHS email address, and select 'NHS' as your organisation.

Learn how to slow down and feel calmer and more in control of your life by investing in your long-term health.



This book explains why women experience burnout differently than men - and provides a simple, science-based plan to help women minimise stress, manage emotions and live a more joyful life.



Dr Julie Smith leads a guided meditation to help calm your nervous system, help overcome that feeling of burnout and feel more resilient going forward.

Self-Care for Burnout

- Know that it will take time to feel like you again.
- Make a list to get essential tasks done.
- Focus on your sleeping habits.
- Pay attention to sensory overload like light or sounds.
- Rest, relax, and don't feel guilty. You need it.
- Know that you'll feel better.
- Be kind to yourself.
- Give yourself what you need to feel better.

SelfLoveRainbow

'Chat with a Champion'

Health & Wellbeing Champion



Why is it so hard to say no? Whether it's at work, with family, or in everyday social situations, many of us find ourselves saying yes when we really want to say no, then paying the price later in stress, burnout, or resentment. In this programme, the doctors explore the psychology behind our reluctance to turn things down, and how we can become more comfortable protecting our boundaries. Click the image to listen.



Spotlight on: Burnout (Leaders)

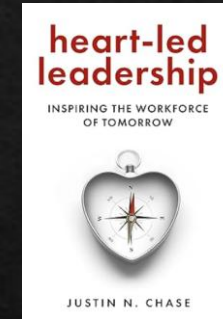
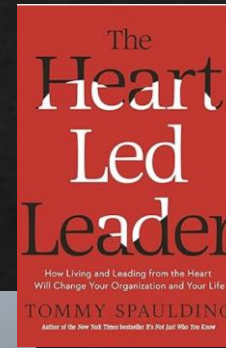
Burnout thrives in silence, ambiguity, and isolation. As a manager, your role is not to fix everyone — but to **build the conditions where clarity, communication, and care are the norm.**

So let's stop saying "just take time off," and start asking: **"How can I make this a place where my team can think clearly, work meaningfully, and rest without guilt?"**

Because when you protect your team's mental energy, you protect your company's most valuable asset — its people.



How Managers Can Prevent Employee Burnout: It's Not Just About Less Work



How to **support** mental health at work

MENTAL HEALTH FOUNDATION

Everyone deserves a mentally friendly workplace where they can thrive. Both employers and employees have a role in in creating this.

Read the MH Foundation guide on how to support both your mental health and your colleagues at work.

How To Identify Employee Burnout

Look for early signs to keep workplace burnout from taking hold.

Feeling worn out
Harder to care
Less focus lately

Exhaustion
Decreased productivity
Mood changes
Withdrawn

**Make Life Happier
(online community
gathering)**

with Dr Mark Williamson

Monday, 20 April 2026
19:00-20:00

TICKET PRICE
Optional Donation

SHARE THIS



Dr Mark Williamson is the Director of Action for Happiness and has led this social movement from an idea on paper to a thriving community with over 780,000 members.



Learning Opportunities

Click images for links

Our BURNOUT episode. Dr T talks us through the steps you should take
The Easy Wellness Podcast with Vinny Hurrell & Cate Conway



THE Anti-Burnout Club



#406 | [Purpose and Happiness](#)

How To Unleash Your Full Potential, Cultivate Character, Build Confidence & Use Hobbies To Beat Burnout with Professor Adam Grant



How to manage stress & prevent burnout



THURSDAY, 9 APRIL 2026

EARLY BIRDS

The Gut-Brain Connection: Nourish Your Mind, Body and Microbiome [online]

Digest the latest research on the gut-brain axis and discover how to holistically nourish your physical and mental health. Follow...

🕒 19:00 📺 Online Event



**Coventry and
Warwickshire**
Training Hub

Leading Through Change

Tuesday 14th April 2026

Turn Uncertainty into Progress .Change is inevitable - effective leadership makes it successful.

This practical, engaging session equips leaders with the insight and tools needed to guide people and projects through change with confidence and clarity. Ideal for managers, senior roles and aspiring leaders involved in organisational transformation and leading their teams through change.

By the end of this workshop, delegates will be able to:

- Explore change readiness and understand its impact on organisational change
- Describe key theories related to change leadership
- Assess change leadership theories and apply them to workplace change projects

Build your capability. Strengthen your approach.
Lead change that lasts.

Event Details

Date and Time:

**Tuesday 14th April
2026**

09:30 - 12:30

Venue:

Virtual (Teams)

Price:

Free



[Click here or scan the QR code to register](#)

cwtraininghub.co.uk



@cwtraininghub

Learning Opportunities

Courses

Menopause & HRT: What's Changed, What Matters, What to Prescribe (First 5 – C&W)

Register



**Coventry and
Warwickshire**
Training Hub

14th April 19:30-21:00

Courses

Basic Life Support – 27th April 2026

Basic Life Support Training

No. of places available: 10

Book



THANK YOU FOR READING

Please get in touch if you have anything you'd like to share in a future newsletter:

Special achievements

Thank yous, shout outs and celebrations

A special interest

A happy story

A favourite wellbeing tip

Or a request to include specific topics

