

Stress - social posts

Our recent health & wellbeing survey showed that stress is the most common issue affecting automotive people. Not only that, the survey also highlighted that stress at work is higher for automotive workers (43%) than UK workers from other industries (36%).

Our bodies are not built to cope with high levels of stress for long periods, so it's really important we find ways to keep our stress levels down. We've put together some tips to help us all reduce stress and feel more in control.

Please help us spread the word to help reach those that might need some extra support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.

Twitter:

With stress identified as the most common issue affecting automotive people, **@BenSupport4Auto** has put together some tips, advice and tools to help us all cope with stress.

See how you can reduce stress and feel more in control 🖱️ <https://bit.ly/3GhjagG>

Facebook:

In Ben's recent health and wellbeing survey, they found that stress is the most common issue affecting automotive people.

To help **@Ben - Support for Life** has put together some tips, advice and tools to help us all cope with stress. See how you can reduce stress and feel more in control 🖱️ <https://bit.ly/3GhjagG>

If you're struggling with stress, or anything else, call Ben's free and confidential helpline on 08081 311 333 (Mon-Fri 8am-8pm).

LinkedIn:

In Ben's recent health and wellbeing survey, they found that stress is the most common issue affecting automotive people.

To help **@Ben Automotive Industry Charity** has put together some tips, advice and tools to help us all cope with stress. See how you can reduce stress and feel more in control 🖱️ <https://bit.ly/3GhjacG>

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Instagram:

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Here are some # that you can add to the end of your posts:

#StressAwarenessMonth

#Stress

#TopTips

#AutomotiveFamily

#Support

#Support4Auto

#Automotive