

Stress Awareness Course

Mind

<https://www.mind.org.uk/>

Mental Health Foundation

<https://www.mentalhealth.org.uk/>

Mental Health UK: Taking Your Thoughts to Court

<https://www.youtube.com/watch?v=VeARAcFvIb0>

Mind My Peelings

<https://www.mindmypeelings.com/>

TEDx: Drowning in Empathy

<https://www.youtube.com/watch?v=Zsaorjlo1Yc>

Mind: Guide for Employees' Wellness Action Plan

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/employer-resources/wellness-action-plan-download/>

Stress Management Society

<https://www.stress.org.uk/>

Mind: How to Manage Stress

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress/>

Mental Health Foundation: How to Manage and Reduce Stress

<https://www.mentalhealth.org.uk/publications/how-manage-and-reduce-stress>

Mind: Telling My Employer

<https://www.mind.org.uk/information-support/legal-rights/discrimination-at-work/telling-my-employer/>