

## Simon's Story

### Too much pressure

Working in sales for a small company, Simon's job included liaising with clients, closing deals and seeking new business on a daily basis. Simon enjoyed his job, but the high pressure tasks of a salesman, along with strict targets, meant he felt under constant stress.

In addition, Simon's wife had been ill for several months and balancing his job with family issues eventually became too much. After a visit to his GP, he was signed off work with stress.

### Getting help

Simon's boss was unsure what to do. He wanted his employee to get better, but he was also concerned about the impact of temporarily losing a valued member of staff. He decided to call the Early Intervention Service (EIS) for guidance. The EIS nurse was able to explain the services offered to support the business, and also arranged time to talk to Simon.

Simon explained to the nurse how his stress factors had escalated over time, until they had reached an unmanageable level. The nurse was able to help with some stress reduction techniques, and guided Simon to some self-help literature specific to his issues.

### Returning to work

Simon's nurse created a detailed return to work schedule, and thanks to her advice, with guidance and clear communication between all parties, he was back at work within the month. Simon was also given a more manageable workload, resulting in significantly reduced stress levels.

**For more information, visit**  
[www.canadalife.co.uk/group/earlyinterventionservice](http://www.canadalife.co.uk/group/earlyinterventionservice)




**43% OF ALL WORKING DAYS LOST DUE TO ILL-HEALTH ARE ATTRIBUTABLE TO STRESS**

**WORKPLACE STRESS COSTS THE UK ECONOMY £4 BILLION A YEAR**

**ONE IN THREE ARE AFFECTED BY WORKPLACE STRESS**

**ONLY 24% OF UK EMPLOYEES SAY STRESS IS VERY RARE IN THEIR WORKPLACE**

[www.ubcuk.com/workplace-stress-costs-4billion](http://www.ubcuk.com/workplace-stress-costs-4billion)

[www.mind.org.uk/news-campaigns/news/work-is-biggest-cause-of-stress-in-peoples-lives/#.VqY14tLA7cs](http://www.mind.org.uk/news-campaigns/news/work-is-biggest-cause-of-stress-in-peoples-lives/#.VqY14tLA7cs)

[www.hse.gov.uk/statistics/causdis/stress/index.htm](http://www.hse.gov.uk/statistics/causdis/stress/index.htm)

[www.essentialskillz.com/resources/work-related-stress-in-uk-statistics](http://www.essentialskillz.com/resources/work-related-stress-in-uk-statistics)

## Top 10 stress reduction techniques

Here are a few stress reduction techniques that can help both short and long term:

- 1 Be more active
- 2 Take control
- 3 Connect with friends or relatives
- 4 Dedicate some time to yourself
- 5 Challenge yourself
- 6 Stay away from unhealthy habits
- 7 Help others
- 8 Manage your time
- 9 Stay positive
- 10 Accept what you cannot change



[www.nhs.uk/Conditions/stress-anxiety-depression/Pages/reduce-stress.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/reduce-stress.aspx)

Our forms are available to download from our website: [www.canadalife.co.uk/group](http://www.canadalife.co.uk/group)

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