

The WOW Factor Year 12

Unit 3- Stressed Out

Chartered Institute of Personnel and Development

www.cipd.co.uk

Section on stress under the heading 'Health, safety and well-being'

Employers and work-life balance

www.employersforwork-lifebalance.org.uk

Case studies of some well known companies including BT and M&S

Families and Work Institute

www.familiesandwork.org

US based site which studies the workforce and workplace

Great Place to Work

www.greatplacetowork-europe.com

Danish site which lists various companies and outlines some interesting ideas under 'What Makes A Great Place To Work'

Health and Safety Executive

www.hse.gov.uk

Health and Safety topics include a section on 'Stress'

Mind Tools

www.mindtools.com

Includes a comprehensive section on stress management techniques

The Work Foundation

www.theworkfoundation.com

Interesting section about the 'Good Work Campaign'

The Stress Management Society

www.stress.org.uk

Outlines information about 'Stress at work' and 'Solutions at work'

Stress Busting

www.stressbusting.co.uk

The 'Relaxation Zone' visually demonstrates, through cartoons, some relaxation tools

Working Balance

www.workingbalance.co.uk

Site with a focus on the UK public sector

Work SMART

www.worksmart.org.uk/

TUC site - useful fun and games section including lively cartoons about work issues