

No. 288/26

26th October 2026

Dear Colleague,

National Stress Awareness Day & 'Talk Money' Week 2026

The purpose of this LTB is to report to Branches, Safety Representatives, Safety Forums and members on National Stress Awareness Day, which this year falls on Wednesday 4th November and Royal Mail Group activity around 'Talk Money' Week.

National Stress Awareness Day is a UK-wide observance created to highlight the impact of stress on mental and physical health and was founded in 1998 by the International Stress Management Association (ISMA) with a strong focus on workplace wellbeing. As such, it seeks to encourage individuals and workplaces to recognise stress, reduce stigma and adopt healthier coping strategies.

This year we continue to see high levels of stress across the UK due to economic pressures, post-pandemic challenges and rising workplace demands. Chronic stress is linked to anxiety, depression, burnout, hypertension and heart disease, making awareness and early intervention essential.

Key Themes and Related Campaigns:

National Stress Awareness Day falls in the middle of Talk Money Week 2026. Talk Money Week is an annual campaign encouraging people to have conversations about their finances and talk about 'money stress'. This year, it runs from 2nd to 6th November. This year's theme is "*It All Counts*", focusing on realistic, manageable actions.

Royal Mail Group are planning several communications during Talk Money Week, which they have highlighted with the CWU and which are outlined below:

- Communication piece on 2nd November for Talk Money Week signposting to the available resources on Robin for all RMG employees and in Signpost for connected employees.
- Updating communications on the 'Your Money' pages on the RMG Wellbeing Hub with the latest resources available from partner organisations and services which are free to RMG employees. This is split into three segments: '*money difficulties*', '*saving for the future*' and '*make your money go further*' with further reference to StepChange: [StepChange Debt Charity](#). GamCare: [GamCare - National Gambling Helpline](#), pensions, etc.
- Throughout the rest of the week, RMG will be issuing daily posts from the Your Wellbeing account on Robin highlighting what's available in each of the above three segments.
- RMG will also be reaching out to their Wellbeing Ambassadors to provide messaging and downloadable resources on Talk Money Week for onward use at a local level.

Although National Stress Awareness Day is in November, it connects closely with Stress Awareness Month, which was held in April.

- This year's theme for Stress Awareness Month was: *#BeTheChange*, seeking to encourage personal agency and practical daily actions to reduce stress.

This broader campaign reinforces the November observance by promoting year-round stress awareness.

Emotional Signs of Stress - Common emotional indicators include:

- Anxiety or persistent worry
- Irritability or mood swings
- Feeling overwhelmed
- Low motivation or confidence

Practical Ways to Manage Stress - Evidence-based strategies recommended for 2026 include:

- Daily self-check-ins on mood and stress levels
- Mindful breathing, stretching or short walks
- Setting realistic boundaries and reducing triggers (e.g., workload, screen time)
- Talking openly about stress to reduce stigma
- Seeking professional support when needed

Workplace Focus - Workplaces often mark the day with:

- Stress-awareness workshops
- Mental-health training
- Mindfulness or relaxation sessions
- Reviews of workload, expectations and wellbeing policies

National Stress Awareness Day 2026 serves as a mid-week reminder to pause, reflect and take meaningful steps toward better mental wellbeing.

For more information, support and ways to get involved, visit the following websites:

[The Stress Management Society - From Distress to De-Stress](#)
[How to manage and reduce stress | Mental Health Foundation](#)
[What is stress? | Types of mental health problems | Mind](#)
[10 stress busters - NHS](#)

In publishing this LTB, I would like to thank Jamie McGovern, CWU Health & Safety Policy Assistant, for his work in pulling together this information and for equally highlighting RMG activity linked to Talk Money Week.

Any enquiries relating to the content of this LTB should be referred to the Deputy General Secretary (Postal) Department hford@cwu.org.

Yours sincerely,



Martin Walsh
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