



## **News Release: TAKE TIME OUT ON STRESS DOWN DAY UK**

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A leading charity says Britain needs educating about the effects stress can have on wellbeing and health. Recent research from FirstLight Trust found that men have the highest rates for suffering in silence with 87 percent confessing to dealing it with alone. Women were only marginally better, with four in five (82 per cent) still holding everything in.

### **Statistics about stress in the UK:**

- A third say they have less than half an hour a day to relax.
- Three-quarters of the nation (72 per cent) state that they take out their stress on others around them at work.
- Stress causes two in five (43 per cent) to have trouble sleeping and 24 per cent to argue with their partner.

“Stress is the biggest hidden epidemic affecting the health and safety of Britons today,” explains FirstLight Trust founder Dorinda Wolfe Murray. “Through our Stress Down Day UK on Friday 23 March we are encouraging people and businesses to take time out and relax.”

Stress Down Day UK, supported by FirstLight Trust, is held twice a year to coincide with the clock changes. The next one takes place on Friday 23 March. People can get involved by taking at least one hour during their working day to do something that relaxes them, donating to participate. Businesses can support their employees by giving people the time away from their desk.

Donations supporting the campaign will go to help the charity supporting veterans of the armed forces and emergency services. FirstLight Trust carries out essential, life-changing work across the UK, where veterans can come to get advice, support and confidential help to help them combat any challenges they are facing.

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### **Notes to Editors**

There are more details available on Stress Down Day UK taking place on Friday 23 March on <http://stressdownday.uk/>

Details about FirstLight Trust can be found online at [www.firstlighttrust.co.uk](http://www.firstlighttrust.co.uk)

For more information, please email Dorinda Wolfe Murray at [enquiries@firstlighttrust.co.uk](mailto:enquiries@firstlighttrust.co.uk) or call 07464 828 049.