

# Stress Matters

## The Skinny Jean Effect

Ever slipped into a snug pair of skinny jeans or your go-to suit?

Initially, you feel sharp and put together. But after a while, you can't wait to ditch them for your favourite comfy joggers.

Stress can be just like that; initially manageable, eventually suffocating. The skinny jeans effect brings a fresh perspective on stress, its effect on our minds and bodies, plus practical ways to manage it. With workplace pressure being the top cause of stress in the U.K. and 1 in 5 employees struggling to cope, this guide explores what stress is, why it matters for our well-being, and how to navigate life's challenges with a more comfortable fit.

## Session Outline:

- What is stress?
- Prevalence and impact
- The skinny jeans effect! - Stress container
- More than a bubble bath - simple, effective strategies to manage stress and find your Calm
- Why we find it hard to focus on coping strategies when we are stressed
- Take away key tip! The five minute rule.
- Useful resources



### Facilitator: Sharron

Sharron is a Mental Health First Aid Instructor and Cancer Awareness Trainer, who has worked with leading brands and brilliant teams of all sizes. She knows exactly how powerful the right support at work can be – and how damaging it feels when it's missing.

Her training is human, practical, and impossible to forget. Making complex topics accessible, practical, and impactful, Sharron is all about shifting perspectives, inspiring action, and creating culture change that lasts.