



Be creative and take some time out!

The benefits of colouring have been scientifically proven; from reducing stress to stimulating the senses. Regardless of artistic talent, it has many positive impacts. Research has shown that colouring encourages you to be sociable, trains your brain to focus and reduces stress.

With 1 in 3 personal cases at Prospect being linked to stress, it's important to look after ourselves and colleagues. Mental health and wellbeing is high on our agenda. There are many resources available for members on:

- www.prospect.org.uk/stress

Here are some tips in the meantime:

- Start and leave work on time
- Pace your work and take breaks
- Regard stress as a H&S hazard
- Evaluate stress hazards
- Ask reps to ensure there is a stress policy
- Take your annual leave
- Build strength by sharing knowledge
- Speak to someone if you are experiencing any of the stress indicators listed on the website
- Look out for yourself and colleagues

Print this off and see how you get on. If you can get together with colleagues, even better. Feel free to share with non-members or family... it could be fun!

A RAFFLE TO WIN £50

To be in with a chance of winning £50 worth of vouchers during Union Week, simply get your picture back to Louise Staniforth, your Organiser at Prospect HQ. Make sure your name is on there! This went down very well last year, so make sure to join in.

- You can post it to Prospect, 8 Leake Street, London, SE1 7NN
- Or take a photo and Tweet [@prospectunion](https://twitter.com/prospectunion) [@staniforthlouMP](https://twitter.com/staniforthlouMP) #talkProspect or email it to louise.staniforth@prospect.org.uk

Family and non-members are welcome to join in, but are not eligible for the raffle.