

Shift Your Stress (SYS) the five-week online programme provided by Headsted



SYS is based on Acceptance and Commitment Therapy and it supports and develops psychological wellbeing at work. The programme allows users to work through the short sessions, with practical exercises and helpful guidance, at their own pace and convenience.

Users only need to provide an email address to access the programme;
no other personal data is collected.

**If you would like to sign up to Shift Your Stress,
Please email pierce@headsted.co.uk**

....participation is strictly confidential, and totally anonymised with no personal information collected. It does not require people to meet with their manager, it is up to individuals to sign up and undertake the programme themselves