

Lifeline's
Stress Down Day on 24/7

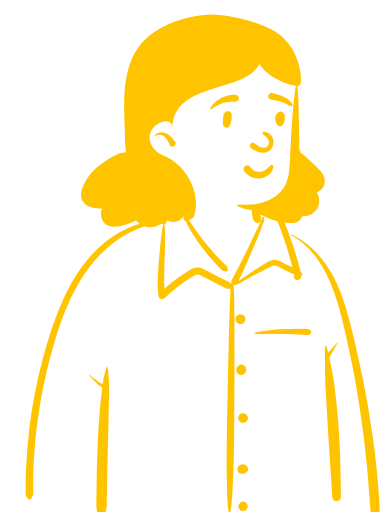


Friday 24th July 2020 is Stress Down Day, a day designed to reduce stress and raise awareness for workplace stress.

90% of Australians need to stress less - with 74% of people reporting being stressed from work.

This Stress Down Day we are encouraging workplaces to have some fun!

Wear your pajamas, slippers, a funny shirt or organise a workplace dress up theme!



Bake a morning tea and share it with your workmates over a cuppa!

Ask your coworkers to help make a funky work playlist or share a joke with the team!

