

In 2026, the theme for Stress Awareness month is #BeTheChange, which encourages individuals to take personal responsibility and action in addressing stress and mental health challenges. This theme builds on the previous year's focus on compassion and kindness, urging people to transform awareness into actionable steps.

The primary aims of Stress Awareness month are to:

- Increase understanding of stress what it is, where it comes from, and how it affects our minds, bodies, and everyday lives
- Empower people with practical tools and approaches to manage stress and support their mental health and wellbeing
- Create space for open, honest conversations that normalise stress and help break down stigma around mental health
- Offer accessible guidance, resources, and support to help individuals and communities respond to stress more effectively

If you feel stress is impacting your wellbeing, then you should speak with your line manager who will work with you to develop a Stress Action Plan.

Further information can be found here –

[Employee Mental Well-Being - West Lothian Council](#)

[Stress Awareness Month 2026 - The Stress Management Society](#)