



## Three working practices to help mitigate stress in the workplace

**We can all take steps to proactively address work-related stress** and ensure our working ways are sustainable.

Here are Workplace Health's top three working practices to help you mitigate stress in the workplace.

### **Core hours**

Core hours differ between [professional staff](#) and [academic staff](#).

Remember that you have a right to disconnect outside of what is your respective core hours.

### **The UCL hour**

Always aim to schedule your meetings within the [UCL hour](#) framework.

Small breaks between meetings allow you and your colleagues to take a screen break, stretch, pop to the bathroom or grab a cup of tea!

### **Annual leave**

It is important that you take appropriate rest time away from your role at UCL.

[Planning for and taking annual leave](#) is essential to ensure you are not overworking and burning out.

This is integral to UCL's duty of care as an employer.