

Proactive Skills to Manage Stress & Keep Burnout at Bay

Key Takeaways

Taking care of your mental health and managing your stress levels by:

1

Internal Work

Relaxation exercises, deep breathing and visualisation meditation

- Helps calm the central nervous system
- Works whether you are experiencing symptoms of panic or general discomfort

Internal self-talk

- Positive self-talk can increase self-confidence and curb negative emotions
- Individuals who master positive self-talk are more confident and motivated

Finding meaning

- Resilience tends to increase when people have a sense of purpose

Practise mindfulness

- Helps people find inner calm and strength to confront external challenges

2

External Change

Self-care

- Make a deliberate effort to include self-care in your routine

Foster social connection

- Connecting with your trusted loved ones for emotional support

Set boundaries

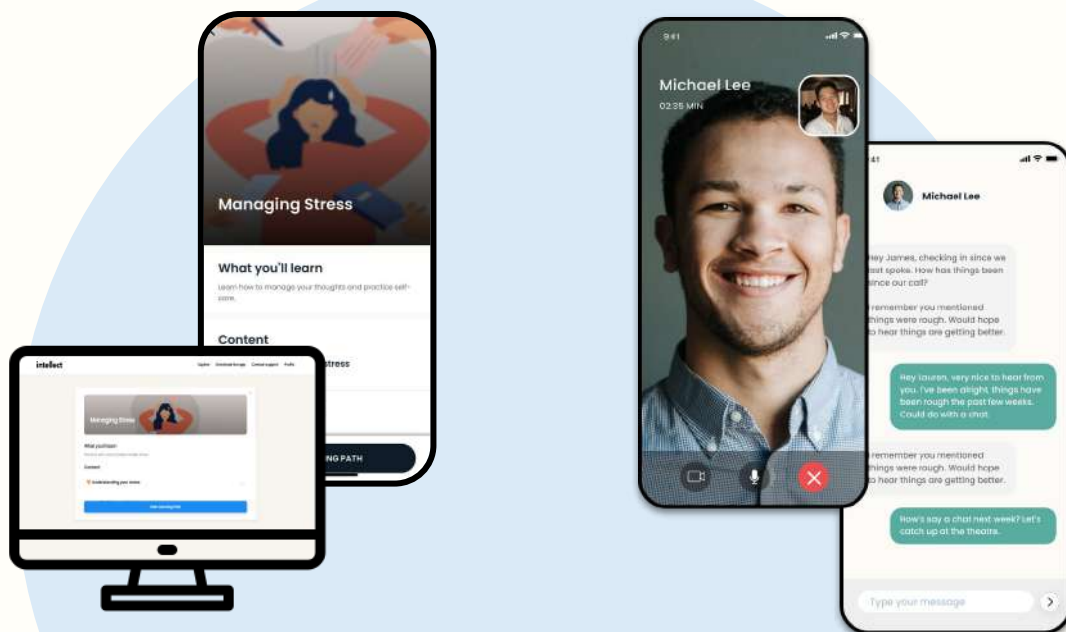
- Establishing and maintaining boundaries can create a sense of predictability and control, enhancing your resilience to stress

Leverage productivity tools/ hacks

- Consider using The Pomodoro Method or Timeboxing

From Insight to Action: Put Your Skills to Work Today!

Elevate your stress management skills through immersive self-guided learning modules complemented by personalised 1:1 coaching support



Managing Stress Learning Path

Structured journey designed to equip you with the knowledge and skills needed to cope with stress

1:1 Coaching

Discuss with your coach on more personalised strategies for effective stress management

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

