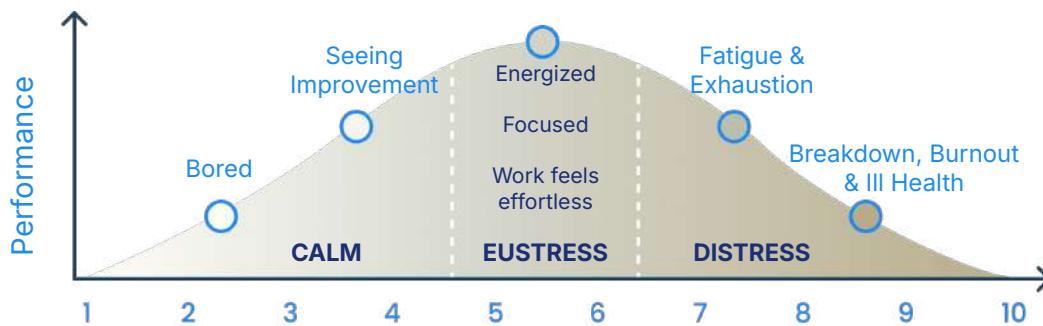


Proactive Skills to Manage Stress & Keep Burnout at Bay

Key Takeaways

1

Stress Can Be Healthy - The Relationship Between Stress & Performance



Healthy Stress: Switch between calm and eustress regularly

2

Recognizing Burnout

You might be on the road to burnout if:

- Every day is a bad day
- Caring about life feels like a total waste of energy
- You're exhausted all the time
- You feel like nothing you do makes a difference or is appreciated
- The majority of your day is spent on tasks you find either mind-numbingly dull or completely overwhelming



Reach out to mental health professionals if you need.
The same services that are available in person are available via phone or video call.

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Key Takeaways

3

The Formula to Prevent Burnout



Relaxation exercises, deep breathing and visualisation meditation

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

Make Thought Reframing a Habit

1

Start Small

- Don't try to reframe every stressful thought
- **Pick one common stress thought you notice often**
- Practice with low-stakes situations first

2

Notice → Name → Reframe

Notice
"What am I telling myself right now?"

Name
"Is this a fact, or a stressed thought?"

Reframe
"What's a more balanced or helpful way to see this?"

3

Tie it to Daily Triggers:

Practice reframing when you notice:

- Tight shoulders
- Irritation or impatience
- Racing thoughts
- Feeling overwhelmed

Proactive Skills to Manage Stress & Keep Burnout at Bay

Key Takeaways

3

The Formula to Prevent Burnout



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

Need a bit more help?

Need a bit more support? Speak with your coach about ways to better manage stress.



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.

