Dealing with stress and burnout

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Stress and burnout can build gradually when work, family responsibilities, and everyday pressures start to pile up. One of the most important steps is recognising the signs early and acting before things begin to feel overwhelming.



Talking with trusted people can make a real difference. Surrounding yourself with supportive, practical, and positive people often helps you see situations from a different perspective. Strong connections with family, friends, and your wider community are an important part of maintaining wellbeing.

When the body is under ongoing pressure, it releases stress hormones that keep you alert and stimulated. While this response can help in short bursts, constant stress can make it difficult to relax or sleep properly. Poor sleep then increases stress further, creating a difficult cycle..

Simple strategies can help reduce overstimulation and restore balance, including:

• Regular physical activity

• Meditation or mindfulness practices • • •

Managing stress is often about sharing what you are dealing with, talking through challenges, and making a practical plan to reduce pressure. Reaching out for support and sharing responsibilities can help you regain a sense of control and prevent burnout from becoming more serious.

It is also important to make time for activities that bring enjoyment and help you recharge. Spending time outdoors, pursuing hobbies, connecting with others, or simply taking a few moments each day to slow down can have a positive impact on mental wellbeing. Small changes made consistently are often more effective than trying to make major changes all at once. If stress continues to affect your daily life, seeking support from a health professional can provide valuable guidance and strategies to help you manage challenges and maintain longterm wellbeing.