

Managing stress and burnout

In today's fast-paced and ever-connected world, there are more day-to-day tasks to juggle than ever before. Between work, family, and personal responsibilities imposing various deadlines and creating pressure to always be "on", it can all feel very overwhelming, leading to stress and burnout. Understanding how to manage stress and build resilience is key to maintaining both mental and physical wellbeing.



Did you know?

*Recent data shows that nearly half of Australian workers report feeling burnt out

Stress

Stress is the body's natural response to pressure or challenge.

It can be triggered by anything from tight schedules to major life changes. However, not all stress is bad. In fact, when you experience a short-term and manageable stressor, your body enters a state of 'eustress' or 'good stress'. Your body then releases adrenaline which can help to increase focus, boost energy, increase physical performance and improve reaction times – this is part of the fight or flight response, which is beneficial in small doses. Once the temporary stress is over, your body returns to a normal and balanced state. On the other hand, chronic stress is a prolonged state of stress that may lead to burnout, and can be caused by multiple factors including work pressure, financial difficulties or relationship issues. Chronic stress can lead to serious health issues, including anxiety, depression, chronic fatigue, diabetes and heart problems.

*Reference: <https://www.abc.net.au/listen/programs/am/almost-half-of-australian-workers-feel-burnt-out-/103977194>

Burnout

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress.

It often stems from feeling overwhelmed, emotionally drained, and unable to meet constant demands. Burnout presents differently in everyone but may include increased irritability or mood swings, decreased motivation, chronic fatigue, increased frequency of illnesses, frequent headaches, changes in appetite, reduced productivity, increased feeling of cynicism, withdrawing from social activities or responsibilities, procrastinating and increased reliance on substances to relax. Unlike everyday stress, burnout doesn't go away with a good night's sleep – it requires deeper recovery and lifestyle changes.

Resilience

Resilience is the ability to bounce back from adversity.

It doesn't mean avoiding stress altogether, but rather learning how to cope effectively and recover more quickly. Building resilience helps us stay grounded and maintain perspective during tough times.

So, how can you build resilience and manage your stress to avoid burnout? Here are some top tips to get you started.

1. Make yourself a priority

Take care of yourself by making self-care a non-negotiable part of your daily routine. It doesn't need to be a significant time commitment, just something that brings your joy and helps to recharge the batteries.

2. Set clear boundaries – and stick to them

Get comfy saying 'no' or 'not now' to people. This may look like declining a social invitation to have some time to yourself, or discussing your capacity for additional work with your manager. Enforce your boundaries to protect your mental wellbeing.

3. Stay connected

Social connection is a key pillar of mental wellbeing so reach out to your friends, family and loved ones for support. Also speak to a healthcare professional if you need additional help to navigate a challenge.

4. Practice mindfulness

Meditation or deep breathing can help to calm the body and mind, and help you think more clearly.

Something on your mind?

If you require counselling, coaching or support, our clinicians are here to help. Call, chat or request an appointment online.

Looking for more resources?



Register for [Wellbeing Gateway](https://assureprograms.com.au).
Your mental health and wellbeing companion.