

Top tips for Managing Stress and Burnout



Maintain balance between your work and home lives.



Social support is important, keep those connections going however you can.



Treat yourself with the same compassion you would treat patients, clients, or colleagues – you're human and only capable of so much. Remind yourself of the things you have achieved or accomplished that day.



Focus on things that are within your control and minimise the extent you're forecasting the future, focus your attention on processes rather than speculating on outcomes.



When you're not in work, try to do things that give you pleasure, and connect to the people who are important to you.



There is often more than one way to view a situation. Try to view stressful situations as a challenge rather than a threat. Think about how somebody else might perceive the situation.



Develop a good sleep routine. Our sleep can be disturbed when we are stressed, sleep is the key to maintaining our wellbeing. [Follow this link](#) for tips for better sleep.



Take your annual leave; it's important to give yourself time to recuperate and rest, space out your annual leave rather than cramming it all in at the end of the year.



If you manage others, provide staff with a way of sharing concerns, and let them know they're being listened to – where solutions are possible, try to implement these quickly.



You can find a range of support and services via the '[Services for You](#)' section of this website.

You can find further information on the National Wellbeing Hub website:

www.nationalwellbeinghub.scot