Cygnet

Improving lives together

6

Tips on Handling Stress and Preventing Burnout

From our clinical experts

What stress looks like

Stress affects everyone - but when it builds up, it can take a toll.

You might notice:

- **Racing thoughts** or trouble focusing
- **Being tired** but can't sleep
- **Feeling irritable** or overwhelmed
- **Headaches** or muscle tension
- **Avoiding friends** or hobbies

What is burnout?

Burnout is long-term stress that leaves you feeling:

Drained and exhausted

Detached or negative

Struggling to stay motivated

It's more than being tired - it's your body and mind saying:

"I need a break"

Recognising burnout early is the first step to recovery

Tip 1:
Talk about stress

Talking helps

Open up to **someone you trust** - a friend, family member or colleague

Sometimes just saying it out loud can help **lighten the load**

Why not try...

Writing down what's on your mind

Tip 2:
Set boundaries

It’s okay to say no

Protect your time, **rest** when you need to, and **prioritise** what matters most

Why not try...

Scheduling breaks into your day by blocking off your calendar

Tip 3:
Move your body

Movement boosts mood, focus, and energy

You don't need the gym -
just move in a way you enjoy

Why not try...

A short walk outdoors
Stretching or yoga videos
Dancing to your favourite song

Tip 4:
Do what you enjoy

Find ways to release tension creatively

Hobbies like listening to music, cooking, drawing, or spending time in nature help **remind you of who you are** outside of stress

Why not try...

Drawing, painting or journalling

Tip 5:
Rest and refuel

Rest isn't a reward, it's essential

Your mind and body need time
to **recharge**

Why not try...

A relaxing bedtime routine

Drinking water throughout the day
and eating balanced meals

Tip 6:
Find calm moments

Practice mindfulness or grounding

Even two minutes of calm can reduce stress level

Why not try...

Deep breathing

Inhale for **four** seconds

Hold for **four** seconds

Exhale for **six** seconds

If your stress starts to feel too heavy...

Reach out to your GP or a mental health professional

Support is always available

You don't have to face it alone

Read the full Stress and Burnout Guide on the Cygnet website