

Stress can cause many different symptoms. It might affect how you feel physically, mentally and also how you behave.

Top tips to deal with stress and burnout



Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them.



Allow yourself some positivity

Take time to think about the good things in your life. Each day, consider what went well and try to list 3 things you're thankful for.



Challenge your thoughts

The way we think affects the way we feel. Watch the video to learn how to challenge unhelpful thoughts.

[Video: Reframing unhelpful thoughts](#)



Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.

[Video: Social connection](#)

It's not always easy to recognise when stress is the reason you're feeling or acting differently.

More top tips to deal with stress and burnout



Be more active

Being active can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.

[Better Health: Home workout videos](#)



Plan ahead

Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.

