

# Managing stress



'Eustress' is what's known as 'good stress' – and it's actually great for our motivation; without it, boredom (and even depression) can set in.

Good stress can boost brainpower, increase short-term immunity, and make you more resilient.



Learn to recognise your personal stress triggers, and take what steps you can to eliminate, reduce or manage these in your daily life.

Signs that you're 'under-recovering' from stress? Emotional exhaustion, detachment, and loss of job satisfaction. In other words, burnout.



Stress recovery centres on finding time for YOU: don't engage with work (or any other stressors) during your recovery time.

During your working day, 'internal recovery' is crucial: take regular breaks; do some breathe work; go for a walk at lunch.



After work, 'external recovery' is about maximising YOU time: read a book; take a bath; meditate.

To recover from stress, your 'time out' should focus on anything that brings you joy or contentment.



When you give yourself time to recover from stress, you start the next day with far more energy and enthusiasm.

Stress only becomes truly damaging when we don't give ourselves time and space to recover from it.

