



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.

