

Building resilience:

Seven tips to avoid burnout



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Embracing opportunities amidst occasional stress is part of life's journey. You can shape your path and overcome obstacles with proper guidance and support. Read my 'Seven tips to avoid burnout' and take the first step towards a healthier, more resilient you!

1 Get clear on the signs.

Recognise the signs of burnout, not only in yourself but also in others. These signs may include increased absenteeism, staff turnover rates, low motivation, and performance anxiety. Clients often mention that a friend, partner, or colleague noticed a change in them, prompting them to reflect on their well-being.

2 Be more self-aware.

Think about your patterns; what do you need to thrive? What are your non-negotiables each day? These are the activities you enjoy doing that help to keep you happy and grounded each day. For some, this could be a walk with the dog, going to the gym, or unwinding with a coffee and a book. What do you need to do to feel good each day?

3 Set boundaries.

How can you protect your time? How do you maintain your non-negotiables when work is challenging? Part of this could involve reframing your corporate mindset – long hours don't necessarily equal more dedication or better job performance. Working for shorter, more focused periods can be even more productive.

4 Embrace limits.

Accept that being in high-performance mode all the time is not sustainable. We all need downtime to replenish and renew our energy and creativity and to rest. How can you build regular rest into your calendar? Consider proactively scheduling time off work every couple of months. Do this as far as possible to reduce the likelihood of work challenges cropping on and scuppering your leave requests.



5 Practice self-care.

Prioritise self-care activities such as regular exercise, adequate sleep, and mindfulness to recharge and rejuvenate. Check-in with yourself regularly – Am I OK? What do I need to feel better?

6 Get out of your head.

Reconnect with your body; it's more than a vessel for your mind; it can give clues to how you are experiencing the world. Simply trying to move the thought and emotion out of your head and down to your heart/chest instantly makes you feel more present and connected to yourself – journaling and meditation are also good ways to do this.

7 Seek support.

If you are struggling to cope, professional help is available. Consider an executive coach or counsellor well-versed in managing burnout and equipped to offer an objective perspective.



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9 in 10 UK adults experienced high or extreme stress in the past year.

Almost a quarter (24%) of UK adults feel unable to manage stress.

Source: The Mental Health UK: The Burnout Report 2024.




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