

# Wellbeing tips for high-pressure industries



Think about your 'why'. If you're working in a high-pressure industry, you'd better love what you do.

Delegate the tasks you don't enjoy, and do more of the things you love. Work should boost your form; not drain it.



If your industry expects a lot of you, set your own limits. Communicate them. Stick to them.

Explore any support systems your employer has in place to help you manage the mental load.



Never neglect your holiday allowance. When you're stressed out, it's even more important to recharge regularly.

If finances allow, invest in a cleaner to lighten the load at home.



Order easy, nutritious mid-week dinners as meal kits to stop you reaching for the takeout menus, and save you some cooking time.

Create a weekly at-home routine so you can schedule important tasks; just be sure to book in rest and relaxation!



Try to keep at least one day in your week work-free. Focus on you. Make time for family. Enjoy the good things.

Keep an eye out for signs of burnout: stress can be good for us, but not ALL of the time.

