

GET THE JOB

Managing Mental Health

Strategies for Staying Resilient and Balanced in Demanding Careers

Working in a high-stress job can take a toll on your mental health, leading to burnout, anxiety and other challenges.

However, with the right strategies, you can maintain resilience and balance while managing the demands of your career. Here are some tips for protecting your mental well-being in a stressful work environment.

RECOGNIZE THE SIGNS OF BURNOUT

Burnout is a state of physical, emotional and mental exhaustion caused by prolonged stress. Common signs include chronic fatigue, irritability, difficulty concentrating and a decreased sense of accomplishment.

It's important to recognize these symptoms early and take proactive steps to address them before they escalate.

DEVELOP HEALTHY COPING MECHANISMS

Coping mechanisms are essential for managing stress and maintaining mental health. Incorporate healthy habits into your daily routine, such as regular exercise, a balanced diet and sufficient sleep.

Practicing mindfulness techniques, like meditation or deep breathing exercises, can also help reduce stress levels and improve your ability to stay focused and calm under pressure.

SET BOUNDARIES

Maintaining a healthy work-

life balance is crucial for mental health, especially in high-stress jobs.

Set clear boundaries between your work and personal life by establishing specific working hours and sticking to them.

Avoid checking work emails

or taking calls outside of these hours, and make time for activities that help you relax and recharge, such as hobbies, socializing or spending time in nature.

SEEK SUPPORT

Don't hesitate to seek support



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if you're struggling with the demands of your job.

Talk to a trusted colleague, supervisor, or HR representative about your concerns.

Many workplaces offer employee assistance programs (EAPs) that provide confidential counseling and support services.

Additionally, consider reaching out to a mental health professional for guidance on managing stress and maintaining well-being.

PRIORITIZE SELF-CARE

Self-care is not a luxury but a necessity, especially in high-stress jobs.

Make self-care a priority by scheduling regular breaks throughout your workday and taking time off when needed.

Engage in activities that bring you joy and relaxation, whether it's reading, spending time with loved ones or practicing a hobby.

Remember that taking care of yourself enables you to perform better at work and maintain long-term career success.

By implementing these mental health strategies, you can protect your mental health, stay resilient and thrive even in the most demanding careers.