



Cavell Webinar 1 - Pressure, Stress and Burnout - what's helpful and what's dangerous?

Key points

- Cavell is the charity that supports nurses, midwives and healthcare assistants going through tough times.
- This webinar focuses on individual and workplace approaches to reduce stress and prevent burnout.
- It recognises that understanding the signs and symptoms of stress and burnout is important.

What is the difference between stress and burnout?

- Stress is a normal reaction to pressure, but burnout is a state of emotional, physical, and mental exhaustion caused by prolonged or excessive stress.

Signs and symptoms of burnout

- Exhaustion: Feeling tired even after sleep, difficulty concentrating, loss of motivation.
- Cynicism: Feeling negative and critical about your work, colleagues, or organization.
- Inefficacy: Feeling like your work doesn't matter, or that you can't make a difference.

How to prevent burnout

- Set boundaries: Don't take on more work than you can handle. Learn to say no.
- Take breaks: Get up and move around regularly, take vacations, and disconnect from work outside of work hours.
- Seek support: Talk to friends, family, colleagues, or a therapist about what you're going through.
- Practice self-care: Make time for activities you enjoy, eat healthy foods, get enough sleep, and exercise regularly.

Additional resources

- Cavell website: <https://www.cavell.org.uk/>
- Action for Happiness: <https://www.actionforhappiness.org/>
- School of Positive Psychology: <https://www.positivepsychology.org/>

Conclusion

- It's important to take care of your mental health and well-being.
- If you're struggling with stress or burnout, there are resources available to help you.
- Don't be afraid to ask for help.

We hope this summary is helpful!