

batyr's 4 TIPS to dealing with pressure



Take timeout

Whether you have 5mins, 15mins or an hour, we actually need breaks to give our brains the space to think.



Act on it

Writing a list is awesome for relieving some pressure. Break what you need to get done down into small chunks, and take it one step at a time.



Challenge your thinking

When we are feeling a lot of anxiety and stress, it can often be harder to deal with the situation productively. So we challenge you to challenge your thinking! Try to imagine that it's your friend who is feeling under the pump. What kind of advice would you give them to help them through it?



Don't keep things bottled up

If we keep filling up a balloon with air, it's going to pop unless we let some of that air out. It's important that we find satisfying ways to vent our concerns and issues so that we can relieve pressure and stop things from building up.