



Practical Pillars THE THERAPY

Supporting Yourself During Stress or Burnout

Stress and burnout can affect emotional, physical, and mental wellbeing. These strategies are intended to support awareness and gentle self-care.

- Notice early signs such as fatigue, irritability, or reduced motivation.
- Reduce demands where possible and prioritise rest.
- Maintain simple routines to support predictability.
- Seek connection with trusted people.
- Consider professional support if stress feels unmanageable..

Practical Pillars Therapy

Practical Pillars provides social work support for children, young people, and families using a trauma-informed, relational approach.

www.practicalpillars.com.au