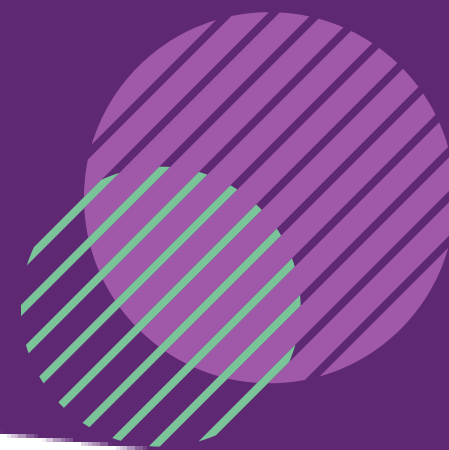


INFOGRAPHIC 5



Work-related Stress Management

Work-related stress is common for youth workers, who often carry **emotional responsibilities and need to stay flexible**. Recognising **early signs** like fatigue, irritability, or lack of focus is key to protecting well-being and staying present for young people.

Managing stress starts with **self-care and boundaries**. Short breaks, mindful breathing, and enjoyable activities help restore balance, while separating work from personal life and using time-management strategies **prevent burnout**.



Support and resilience are equally important. Sharing challenges with colleagues, reflecting on small successes, and using personal coping tools like journaling or mindfulness **strengthen confidence** and help youth workers sustain their energy.



The EMERGE Youth project seeks to tackle stress-related challenges by empowering both young Europeans and youth workers with vital stress management skills, helping them to navigate difficulties, support others effectively, and thrive in their future careers and professional roles.

EMERGE YOUTH

Unlocking Potential, One Breath at a Time



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