

10 TOP TIPS FOR Helping YOU



PRIORITISE SELF-CARE:

Make time for hobbies, rest, and activities that bring joy outside of volunteering.



SET BOUNDARIES

Say no when needed. Balance volunteer work with personal life to avoid burnout.



STAY CONNECTED

Build a support network among fellow leaders. Share experiences and tips.



PRACTICE MINDFULNESS

Take short breaks for deep breathing, meditation, or reflection during busy times.



GET MOVING

Incorporate physical activity, even a short walk, to boost mood and energy.



SEEK SUPPORT

Reach out to mental health resources if you feel overwhelmed. It's okay to ask for help.



CELEBRATE WINS

Recognise and celebrate the small successes in your role to stay motivated.



EAT WELL & HYDRATE

Maintain a balanced diet and stay hydrated, especially during busy events.



REGULAR REST

Ensure you're getting enough sleep. Recovery time is essential.



KEEP LEARNING

Engage in personal development and training to boost confidence and reduce stress.