

What can you do to manage your work pressure?

Break the taboo

Performance and development discussions

Work pressure is a topic you can discuss in planning your work. Use the [list of suggestions](#).

Raise it with your manager

Don't shy from raising problems. Can't find a solution with your manager? Talk to a [confidential counsellor](#).

Care for your colleagues

Worried a colleague is stressed or [burning-out](#)? Check in with them!

Pull back

Set boundaries

Avoid working into the evening or in the weekend. Even if you enjoy your work, this can affect vitality.

Say no / not now

Can't take on that extra task right now? Negotiate.

Take control of your career

Is your career and thinking about next steps stressing you out? Talk to a [career coach](#) to help strategise where you are headed.

The balancing act

Take vacation days

You are required [by law](#) to take leave (4 x weekly hours work).

Look after your health

Leiden University is a member of the international [Healthy University Network](#) and offers tips and tricks for looking after yourself.

Switch off

Avoid looking at emails after hours, even if others email you. Separate work time from private time.