HOW TO STOP PUTTING PRESSURE ON YOURSELF

01 Be realistic with the expectations that you set yourself. Set some SMART Goals to help you achieve your targets

02 Identify your pressure points and triggers. Understand what they are

03 Stop comparing yourself to others. Be happy with what you can achieve

04 Stay in the present moment. Try not to dwell on the past or think too much about the future

05 Learn from your mistakes and take away some key lessons for next time

06 Challenge unhelpful thoughts about yourself. Ask yourself what is the evidence for and against these thoughts

07 Plan your time effectively. Get organised and keep on top of things

08 Take time to look after yourself. Practice some self care or relaxation throughout the day

09 Focus on your strengths. Identify what they are and work towards improving them

10 Allow yourself to make a mistake every so often. Let yourself take a risk and be creative

11 Don't be afraid to get things wrong. Test out things and push yourself out your comfort zone

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