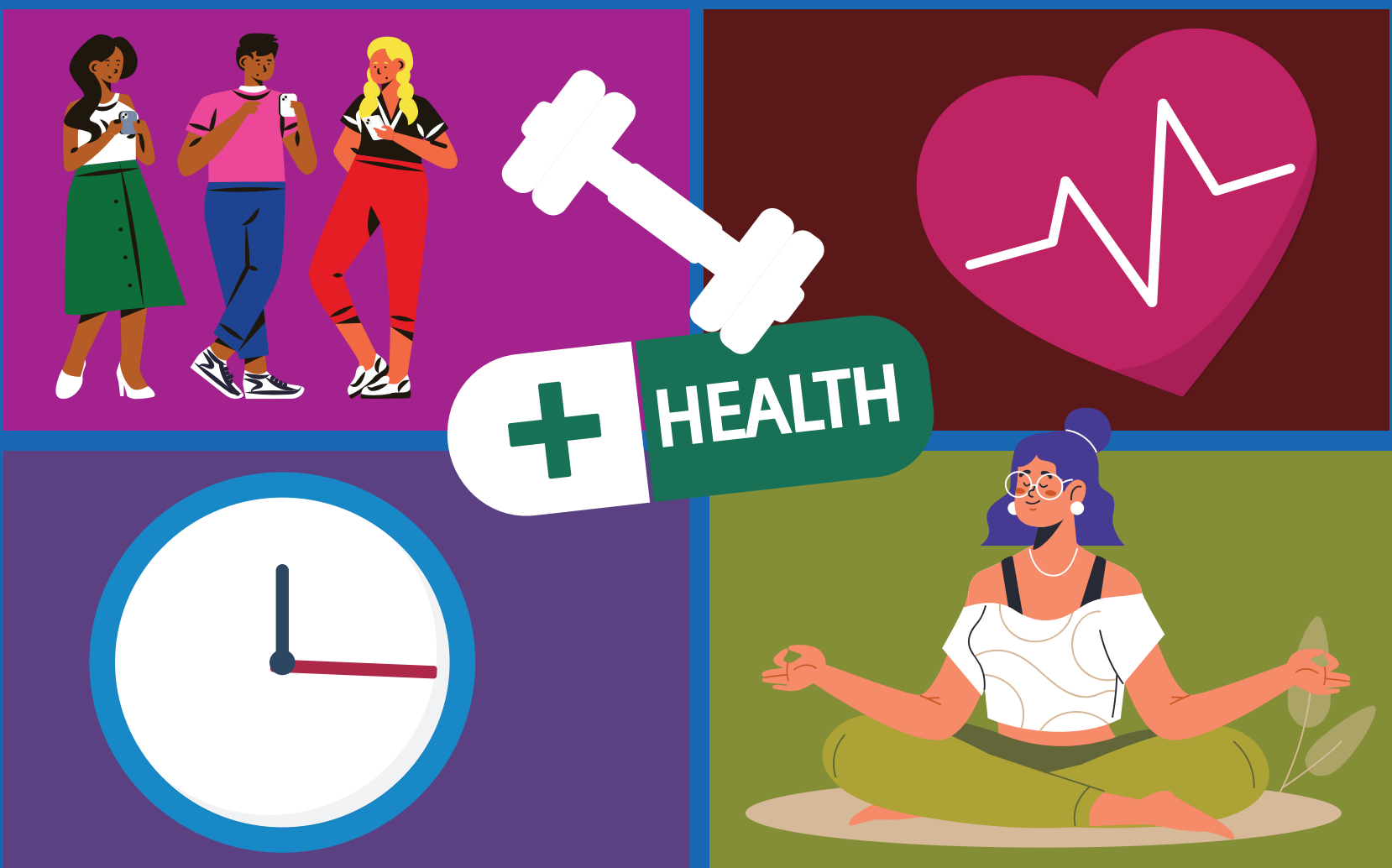




HSRC
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HOW TO MANAGE STRESS



Internships can be an exciting and rewarding experience, but they can also be stressful. Understanding the unique challenges

Interns Face Interns often face a unique set of stressors, such as:

- adjusting to a new workplace environment and culture,
- balancing internship responsibilities with academic commitments,
- feeling pressure to perform well and impress their supervisors,
- dealing with uncertainty about their future career paths, and
- managing financial concerns and other personal responsibilities.

Recognising these specific challenges is the first step toward addressing them effectively. Developing healthy coping strategies

Learning how to manage stress is crucial for interns. Here are some effective coping strategies:

- Practice mindfulness and relaxation techniques like deep breathing or meditation.
- Engage in regular physical activity, which can release endorphins and reduce stress.
- Prioritise sleep, aiming for 7-8 hours each night.
- Connect with supportive friends and family to share your experiences and feelings.
- Develop a healthy diet and limit your intake of caffeine and alcohol, which can exacerbate stress.

These strategies can help interns create a sense of calm and balance amidst the pressures of their internship.

Seeking support from mentors and peers

Don't hesitate to reach out for support when needed.

- Connect with your mentor or supervisor to discuss any concerns or seek guidance.
- Build relationships with fellow interns to create a supportive network.
- Attend internship events or workshops to connect with other interns and learn from their experiences.

Remember, you're not alone in navigating the challenges of internship life. Sharing your experiences and seeking support can greatly ease stress and provide valuable insights.

For more info or assistance, kindly contact your Employee Wellness Practitioner at wellness@hsrc.ac.za - Alternatively, contact our external service provider, Lyra South Africa, on Toll-free: 0800 597 272/ Email: callback@icas.co.za