

EVENT INSIGHTS



Stress and burnout are no longer just personal battles; they are a critical challenge in today's corporate world. The SVEF Asia Summit panel, "Escaping the Infinite Loop of Stress," offered powerful insights into managing this pervasive issue. The discussion, featuring prominent leaders, highlighted that while stress is a part of life, the goal is to break free from unnecessary burdens.

A key theme was the myth of "no pain, no gain" and the "always-on culture." Panelists shared personal stories of burnout, where glorifying long hours led to diminishing returns. A particularly poignant story involved a team member who snapped from an overwhelming workload, underscoring that asking for help is a sign of strength, not weakness.

The conversation then shifted to practical strategies for navigating this environment. Leaders shared how they set boundaries and role-modeled healthy behaviors, such as being mindful of when to send emails to avoid creating perpetual urgency and promoting a culture that respects personal time. The importance of leadership empathy was a recurring point—executives must remember their own beginnings and be mindful of the pressure they can create.

The discussion also emphasized a holistic approach to well-being, recognizing that stress comes from a combination of professional, personal, and family pressures. A valuable acronym, SELF, was shared as a simple framework for self-care:

- Sleep: Ensuring adequate rest.
- Exercise: Moving your body in a way that feels good.
- Looking forward: Having something to anticipate each week.
- Fuel: Nourishing both your body and soul.

Ultimately, panelists concluded that well-being and high performance are intertwined. True success isn't measured in hours, but in outcomes achieved within a culture of trust and sustainable accountability. Leaders must model this behavior, but every individual has the power to champion positive change and redefine what it means to thrive.