

UPF UK: From Burnout to Balance: Finding Your Way Back

Robin Marsh
May 27, 2026

UNIVERSAL PEACE FEDERATION UK

FROM BURNOUT TO BALANCE

finding your way back. ♥

A mental health awareness event for young people and everyone who cares.

“ YOU DON'T HAVE TO DO IT ALL YOU JUST HAVE TO TAKE THE NEXT RIGHT STEP.” ♥

- OVERACHIEVEMENT CULTURE**
Breaking free from the need to constantly prove.
- PRODUCTIVITY PRESSURE**
Redefining success on your own terms.
- REST & BOUNDARIES**
Protecting your peace and prioritising what matters.
- SELF CARE**
Small acts that create big change.

It's okay to pause. It's okay to choose you. ♥

FRIDAY 29TH MAY
6:00 PM
Starting with Tea & Coffee

LED BY **DR. SAIMA NIAZ**
Consultant Psychiatrist ♥

ENTRY FEE: £10

43 LANCASTER GATE, LONDON, W2 3NA

EVERYONE WELCOME: Young people, parents, carers, educators, and community members. ♥

Let's take the first step towards balance - together. ♥

From Burnout to Balance: Finding Your Way Back

Many young people, parents, carers and community members are feeling the pressure of today's fast-paced world – overachievement, productivity expectations, stress, and the constant need to keep going.

This special mental health awareness evening offers a safe and supportive space to pause, reflect and reconnect with what truly matters.

Together we will explore:

Overachievement culture

Productivity pressure

Rest and healthy boundaries

Self-care and emotional wellbeing

The evening will be led by Dr Saima Niaz, Consultant Psychiatrist.

Event Details:

Friday, 29 May

6:00 pm – starting with tea and coffee

Universal Peace Federation – UK

43 Lancaster Gate, London W2 3NA

Everyone is welcome – young people, parents, carers, educators and community members.

Please feel free to share this invitation with anyone who may benefit.

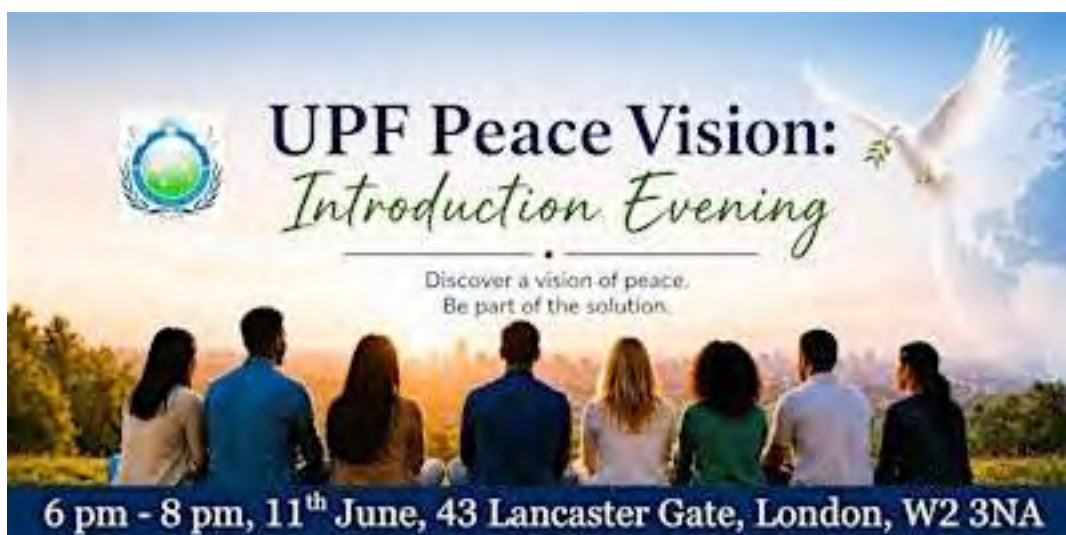


Friday, 29 May 2026 18:00

From Burnout to Balance: Finding Your Way Back

Tickets

Universal Peace Federation - UK HQ



Thursday, 11 June 2026 18:00

Universal Peace Federation (UPF) - UK's Peace Vision

Tickets

43 Lancaster Gate

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UK - Universal Peace Federation

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* JUST ADDED



From Burnout to Balance: Finding Your Way Back



by UK - Universal Peace Federation
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Universal Peace Federation - UK HQ · London, Middlesex
Friday, May 29 • 6 PM - 8 PM

Overview

A supportive mental health awareness Universal Peace Federation UK evening helping young people and carers move from burnout to balance.

From Burnout to Balance: Finding Your Way Back

In today's fast-paced world, many young people and adults alike are struggling with pressure, overachievement culture, burnout, and the constant need to keep going. This special mental health awareness event is a safe and supportive spac...

£11.55
Fri, May 29 • 6 PM

Get tickets

Good to know

Highlights

- 2 hours
- In person

Refund Policy

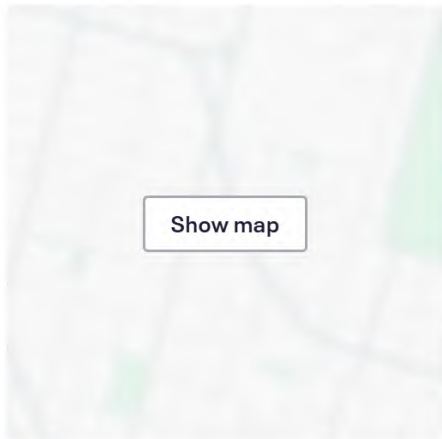
No refunds

Location

Universal Peace Federation - UK HQ
43 Lancaster Gate
London W2 3NA

How do you want to get there?

- Driving
- Public transport
- Biking
- Walking



Show map

Organized by



UK - Universal Peace Federation

£11.55
Fri, May 29 • 6 PM

Get tickets

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Universal Peace Federation (UPF) - UK's Peace Vision

Thu, June 11 • 6:00 PM

43 Lancaster Gate

Starts at £0



Universal Peace Federation (UPF) - UK's Peace Vision

Thu, July 9 • 6:00 PM

43 Lancaster Gate

Starts at £0



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SALES END SOON

BACK TO CLASSICS: Old School Reggaeton & Latin Party

Fri, May 29 • 10:00 PM

Bola 8 - The Pool Lounge

Starts at 0.00 GBP

PROMOTED



Universal Peace Federation (UPF) - UK's Peace Vision

Thu, June 11 • 6:00 PM

43 Lancaster Gate • London

£11.55
Fri, May 29 • 6 PM

Get tickets

"Own Your Audition" With Curtis & Jeremy

Sat, May 30 • 11:00 AM

Hatcham House

Starts at 55.00 GBP

PROMOTED



Health Sphere 2026

Sat, August 8 • 12:00 PM

Tottenham Community Sports Centre • London

Free



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£11.55
Fri, May 29 • 6 PM

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