

# BURNOUT.

WE'VE ALL BEEN THERE

# ICEBREAKER

## Would You Rather.....

Have unlimited money or knowledge?

Live in a world without social media or coffee?

Automatically be able to speak any language fluently or play any instrument perfectly?

# AGENDA

1. Understanding burnout and it's symptoms
2. How it can impact you
3. Preventing burnout

# STRESS VS. BURNOUT

CALM SIGNIFIES THE DIFFERENCE BETWEEN THE 2 AS...

“Stress is when your body reacts to pressure and demands with a burst of energy, faster heartbeat, and more alertness. But burnout can happen when stress has gone on for too long, draining your energy and motivation. It's more than just feeling exhausted – it's feeling empty, as if you have nothing left to give.”

# SYMPTOMS BINGO

this is a commonly completed exercise in college settings to learn what burnout is and how it may show in your life.

BINGO

doing work tasks disgusts you	guilt about taking time off	lowered immunity, getting sick	no free time or leisure time	frequent headaches
constant feeling of fatigue	disturbance in sleep	no hobbies	bored, underwhelmed, under stimulated	no time to take care of health
negative view of self	unclear values	Free!	change in appetite	inability to concentrate
decreased satisfaction	short temper	constant feelings of overwhelm	feel unsupported	experiences the Sunday scaries
seconds away from rage quitting	feelings of anxiety	hopelessness	tense muscles/ body pain	poor boundaries

@connectwithoumou

# B I N G O

doing work tasks disgusts you	guilt about taking time off	lowered immunity, getting sick	no free time or leisure time	frequent headaches
constant feeling of fatigue	disturbance in sleep	no hobbies	bored, underwhelmed, under stimulated	no time to take care of health
negative view of self	unclear values	<b>Free!</b>	change in appetite	inability to concentrate
decreased satisfaction	short temper	constant feelings of overwhelm	feel unsupported	experiences the Sunday scaries
seconds away from rage quitting	feelings of anxiety	hopelessness	tense muscles/ body pain	poor boundaries

# COMMON SYMPTOMS

- emotional exhaustion
- physical exhaustion
- fear of failure
- insomnia
- changes in eating

# IMPACTS

## physical

- headaches
- loss of sleep
- body aches
- dizziness
- etc...

## emotional

- increased anxiety
- can lead to depression
- feelings of helplessness
- etc....

## life

- less motivation
- can affect your relationships
- can affect your work/school
- etc....



# PREVENTING

**to begin.... always prioritize self-care.  
what are some things you do for yourself?**

# 15 WAYS *to* PRACTICE SELF-CARE



EAT A HEALTHY  
SNACK TO  
NOURISH YOUR  
BRAIN & BODY



ENJOY A  
CUP OF  
HOT TEA



MAKE A LIST OF  
SOME PEOPLE &  
THINGS YOU ARE  
GRATEFUL FOR



READ A BOOK  
FOR 10 TO 15  
MINUTES



TAKE A STRETCH  
BREAK IN THE  
MIDDLE OF  
EMAILS



TAKE A WALK  
OUTSIDE AND PAY  
ATTENTION TO  
WHAT YOU SEE



CALL A  
FRIEND TO  
CHAT



LIGHT AN  
AROMATHERAPY  
CANDLE



TURN YOUR  
PHONE OFF FOR  
30 MINUTES



LISTEN TO A  
MEDITATION  
OR WATCH A  
YOGA VIDEO



TAKE FIVE  
MINUTES TO SIT  
DOWN & TAKE A  
DEEP BREATH



GET INTO BED  
15 MINUTES  
EARLY



NOTICE THE WAY  
THE WATER FEELS  
WHEN TAKING  
A SHOWER



JOURNAL  
YOUR  
THOUGHTS



SMILE, AND  
REMEMBER TO  
ENJOY WHAT  
YOU ARE DOING

# MORE STRATEGIES

- build effective time management skills
- reach out to a trusted ear
  - (chatgpt is a great alternative to talking to people)
- set boundaries
- prioritize YOU and YOUR HEALTH

# SCENARIOS

**SCENARIO:** "YOU'RE INVOLVED IN MULTIPLE STUDENT ORGANIZATIONS, PLUS AN INTERNSHIP, AND YOU HAVE A HEAVY CLASS LOAD. YOU ENJOY THESE ACTIVITIES, BUT RECENTLY IT'S BECOME HARDER TO KEEP UP WITH EVERYTHING. YOU'RE FEELING STRETCHED TOO THIN AND FINDING IT HARD TO SAY NO."

**PROMPT:** HOW MIGHT YOU PRIORITIZE OR SET BOUNDARIES TO PREVENT BURNOUT FROM EXTRACURRICULARS?

# SCENARIOS

**SCENARIO:** "YOU'RE IN A CHALLENGING MAJOR THAT REQUIRES CONSTANT STUDYING AND INTENSE WORKLOADS. LATELY, YOU'RE FINDING IT HARD TO KEEP UP WITH EVERYTHING, AND YOU'RE LOSING INTEREST IN YOUR STUDIES, EVEN THOUGH IT'S SOMETHING YOU'VE ALWAYS CARED ABOUT."

**PROMPT:** WHAT COULD YOU DO TO REKINDLE YOUR INTEREST IN YOUR FIELD WHILE MANAGING THE DEMANDS MORE SUSTAINABLY?

# SCENARIOS

**SCENARIO:** "YOU'VE BEEN STAYING UP LATE TO FINISH ASSIGNMENTS AND STUDY FOR EXAMS, LEAVING ONLY A FEW HOURS FOR SLEEP EACH NIGHT. YOU'RE NOTICING IT'S HARDER TO CONCENTRATE IN CLASS, AND YOUR MOOD HAS BEEN WORSENING. YOU KNOW YOU NEED MORE REST, BUT YOU'RE WORRIED ABOUT FALLING BEHIND."

**PROMPT:** WHAT ARE SOME STRATEGIES TO BALANCE STUDY TIME AND SLEEP TO IMPROVE WELL-BEING AND ACADEMIC PERFORMANCE?

# LINKS

<https://www.calm.com/blog/stress-vs-burnout#:~:text=Stress%20is%20when%20your%20body,have%20nothing%20left%20to%20give.>

<https://www.trs.texas.gov/Pages/healthcare-news-202405-burned.aspx>

google gemini also has great tips