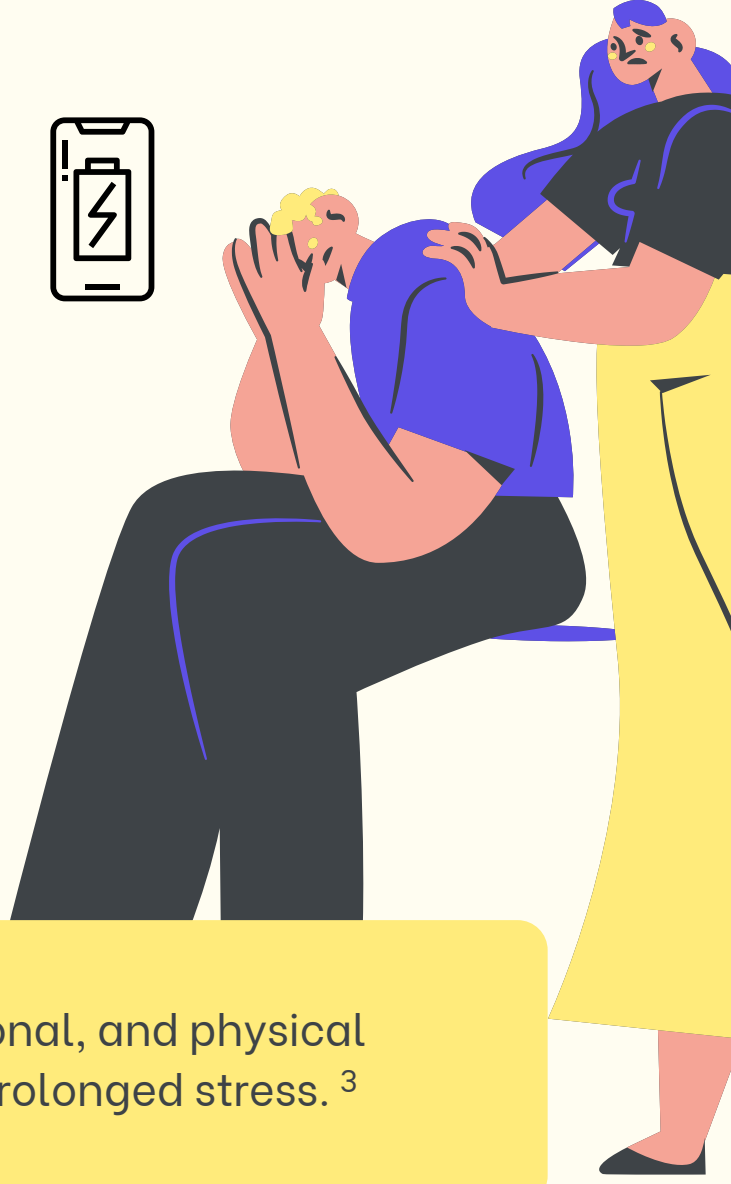
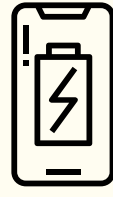


# NAVIGATING STUDENT BURNOUT

What to do when you're feeling like a phone on 1% battery....



## WHAT IS BURNOUT?

Burnout is mental, emotional, and physical exhaustion caused by prolonged stress.<sup>3</sup>

## DID YOU KNOW?

- Burnout can show up in many ways such as a lack of interest in academics, leading to a drop in academic performance.<sup>1</sup>
- Students facing burnout report feeling uninterested in things that once fulfilled them as well as trouble sleeping and appetite changes.<sup>1</sup>

## STRESS VS BURNOUT

Feelings of stress are normal and healthy!<sup>2</sup> Working on a big assignment can increase stress, but once finished, the feelings subside.<sup>2</sup> With burnout, the stress is bottled up over a long period, leading to what seems like a never-ending negative cycle of emotions.<sup>2</sup>



## SIGNS AND SYMPTOMS

Some of the signs and symptoms of burnout include extreme exhaustion, lack of motivation, as well as feelings of anxiety or depression.<sup>1,2</sup>



If this is how you're feeling, be kind to yourself! Don't be ashamed to ask for help!

## PREVENTION/RECOVERY STRATEGIES

- Know the warning signs<sup>1</sup>
- Seek professional help:<sup>1</sup> therapy and campus resources!
- Practice self-care<sup>2</sup>
- Take breaks<sup>2</sup>
- Set realistic goals<sup>2</sup>



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