

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.³

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.¹
- Students facing burnout report feeling uninterested in things that once fulfilled them as well as trouble sleeping and appetite changes.¹

STRESS VS BURNOUT

Feelings of stress are normal and healthy!² Working on a big assignment can increase stress, but once finished, the feelings subside.²

With burnout, the stress is bottled up over a long period, leading to what seems like a never-ending negative cycle of emotions.²

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.^{1,2}

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 signs¹
- Seek professional help:¹ therapy and campus resources!
- Practice self-care²
- Take breaks²
- Set realistic goals²

REFERENCES

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2. Kosmin J. Stress vs. Burnout: Addressing Burnout Among College Students. Malvern Behavioral Health. <https://www.malvernbeh.com/blog/burnout-among-college-students/>. Published July 3, 2024.
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