

Coping with Burnout

School alone is stressful enough. Trying to balance school with friends, family, activities, work, and other responsibilities can lead to burnout if you're not careful. This handout will give you some pointers on how to recognize, prevent, and recover from stress and burnout. In the end, only you know what works best for you. These are great tips, but listen to your body!

What is burnout?

It is a state of physical, mental, and emotional exhaustion due to excessive and prolonged stress.

Isn't that just like being really stressed?

In short, no. Stress is natural, and often motivates you to complete your tasks. Even in the face of negative repercussions, people suffering from burnout have no motivation to finish tasks.

You may be headed toward burnout if:

- Every day is a bad day
- Your school or work life seem like a total waste of energy
- You're exhausted all the time
- You feel like your work is unappreciated or unnoticed

Prevention & Treatment

Get Sleep! Sleep is an important part of overall health, but it is especially important when coping with stress. The average college student needs 8 hours of sleep. Even if it is tempting to pull an all-nighter to get that presentation done, you'll do it better and quicker if you sleep.

Eat Right & Exercise. When you take care of your body, you have more energy to deal with the demands on you. Plus, pumping iron is a great way to work out frustration!

Set Boundaries. Don't overextend yourself. Learn how to say "no" when you are already busy. Delegate tasks – people respect those who can find a balance. Setting boundaries also means not being available all the time. Don't be on-call for your committees, groups, or school activities when you're doing personal things.

"Me" Time. Do you like painting? Do it. Do you relax by playing video games? Take an hour to play. Reading? Sports? Dance? Don't forget about your hobbies, even during the busy times. Schedule some time for yourself, and you'll be more focused.

Remember, if you need more assistance, the counseling center has plenty of resources available to students free of charge in the Campus Center.