

BURN BRIGHT, NOT OUT

WHAT'S BURNOUT & HOW DOES IT HAPPEN?

Burnout can be experienced by anyone with prolonged levels of chronic stress. If left untreated, stress develops into chronic stress and eventually can cross over into burnout. Stress makes people feel that they have too much on their plate, but burnout makes people feel depleted, like they have nothing else to give.



Lifestyle Causes

- Working too much, without socializing or relaxing
- Lack of close, supportive friendships
- Too many responsibilities without enough help
- Not getting enough sleep (at least 7 hours)
- Limited or no physical exercise

Personality Traits

- Perfectionistic tendencies
- Pessimistic views of yourself and the world
- Need to be in control
- High achieving in nature
- Poor time management
- Unrealistic goal setting



Physical Symptoms

- Headaches
- Fatigue
- Stomach aches, intestinal issues
- Frequent illness
- Changes in sleep or appetite

Emotional Symptoms

- Helplessness
- Cynicism
- Sense of failure and self-doubt
- Decreased satisfaction
- Feeling detached or alone in the world
- Loss of motivation

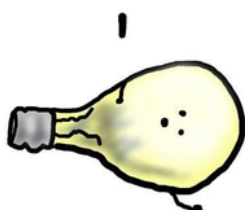


Behavioral Signs

- Reduced performance in everyday tasks
- Withdrawal or isolation from others
- Procrastination
- Outbursts
- Using food, drugs, or alcohol to cope

BURNOUT PREVENTION

I'm feeling a little burnt out...



TIPS

Shape Your Community

- Connect with others through social events and clubs that form an uplifting community

Support a School-Life Balance

- Find a healthy balance between being a student and making time for hobbies, friends, and other pursuits.

Say “NO” Sometimes

- Learning to say “no” to certain things prioritizes commitments and helps you reach your goals.

Strive for Exercise

- Exercise is a powerful stress reliever for the mind and body. Moving daily for 30 minutes can significantly decrease stress.

Select Healthy Foods

- Try choosing nutrient-dense foods that give a steady energy and mood boost. Also, limit alcohol intake as it increases anxiety in high doses.

THREE R'S

RECOGNIZE

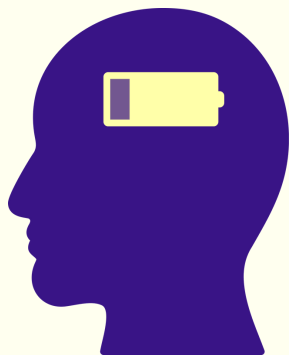
Identify the symptoms of burnout and recognize your symptoms.

REVERSE

Take action to manage your symptoms and seek support from others

RESILIENCE

Prioritize physical and mental health to build resilience to stress and burnout



RESOURCES

Darling Downs Health. (2023, September 17). *Signs you might be experiencing a burnout and how to regain balance in your life*. Queensland Health.

<https://www.darlingdowns.health.qld.gov.au/about-us/our-stories/feature-articles/signs-you-might-be-experiencing-a-burnout-and-how-to-regain-balance-in-your-life>

Mayo Foundation for Medical Education and Research. (2021, June 5). *Know the signs of Job Burnout*. Mayo Clinic.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>

Phillips, L. (2022, January 26). *Stress vs. anxiety vs. Burnout: What's the difference?* Counseling Today.

<https://ct.counseling.org/2022/01/stress-vs-anxiety-vs-burnout-whats-the-difference/#:~:text=If%20left%20untreated%2C%20stress%20develops,left%20to%20give%2C%20she%20explains.>

Smith, M., Segal, J., & Lawrence, R. (2023, February 24).

Burnout Prevention and Treatment. HelpGuide.org.
<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>