



Honeymoon

1 - 3 weeks

I feel great.

I'm doing lots.

It's exciting.



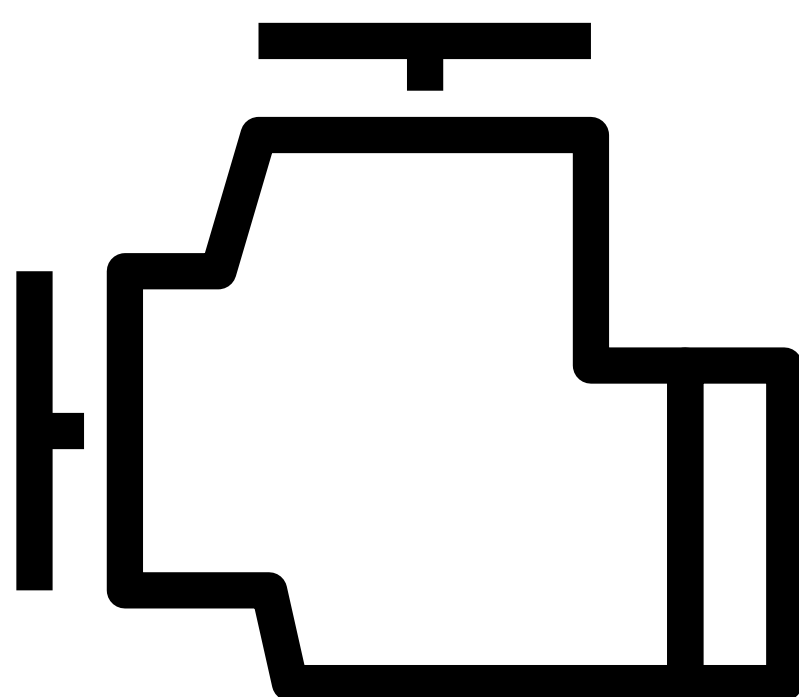


Awakening

1 - 3 days

This might not be sustainable.

I feel like there's a "check engine light" coming on.





Slow Down

a long time

I want to escape. I want to
procrastinate.

My excitement's fading.

Things feel harder.

I need a vacation.

I'm tired.



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Burnout

I'm getting frustrated at things.

I get sick.

I can't focus.



I've hit a wall.

Fight Back:

Three Rs

1. Recognize. Recognize the stages of burnout. Learn to say "no."

2. Reverse. Acknowledge and reverse damage by managing stress and seeking help (see next page). Allow yourself to decompress and not do anything on a regular basis.

3. Resilience. Take care of your physical and emotional health. Create time for yourself.

Reach Out for Help

Connect with the Dean of Students Office, SHAC, or other professional resources.

Connect with family, friends, or other "informal" resources.

Remember your burnout, and make changes for next term.

References



Nate Page's (from SHAC!) Video on 4 Stages of Burnout -
<https://www.youtube.com/watch?v=moeYjNA6E4>

Florida National University: Tips Preventing Student Burnout

It's a good thing to be challenged,
but too much is unhealthy.

If it feels too easy at first, that's
good. It'll be just the right level of
challenging down the line.

Remember: you can't run a
marathon at a sprint.

