

BURNOUT



THE 4 STEPS OF BURNOUT:

1

HONEYMOON

2

AWAKENING



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3

SLOW DOWN

4

BURNOUT



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Step 1



Cut out images

**I'M DOING LOTS!
IT IS EXCITING!
I FEEL GREAT!**

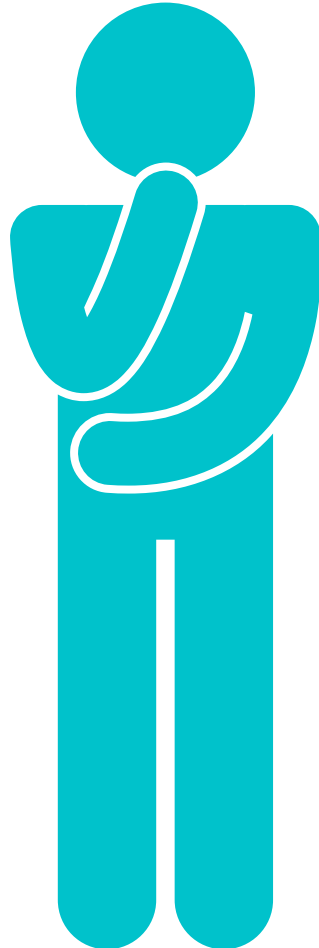


Step 2



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**THIS MIGHT
NOT BE
SUSTAINABLE...**

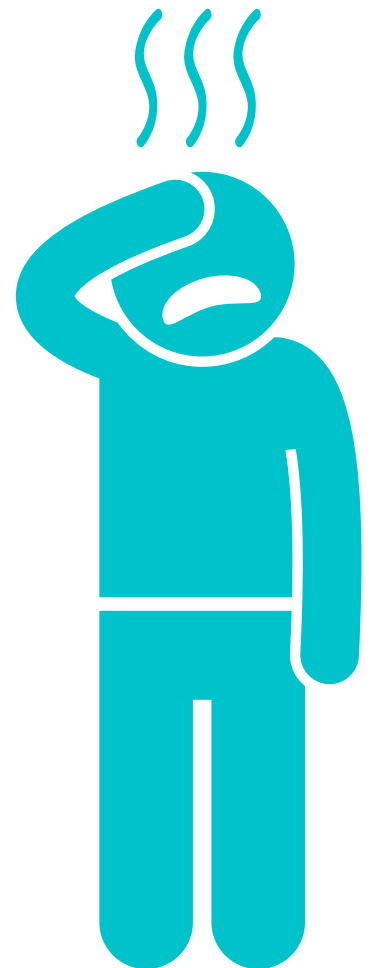


Step 3



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**I WANT TO ESCAPE.
I WANT TO PROCRASTINATE.
MY EXCITEMENT'S FADING.
THINGS FEEL HARDER.
I NEED A VACATION.
I'M TIRED.**



Step 4



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I'm getting frustrated.

I'm getting sick.

I can't focus.

I've hit a wall.



PREVENTING BURNOUT

The Three R's



1. RECOGNIZE

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



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2. REVERSE

Acknowledge and mitigate damage by managing stress and seeking help. Allow yourself to decompress



3. RESILLIENCE

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 on-campus resources
- Connect with family, friends, or peer leaders
- Remember your burnout, and make a simple plan to use when you feel stressed

**YOU CAN'T RUN A MARATHON
AT A SPRINT.**





Cut out images

SOURCES

Burnout (wellness webinar week 4) [Video]. (n.d.).
https://www.youtube.com/watch?v=wXOm_dsvqV0&t=461s

Web Page

Tips for preventing student burnout. (2019, August 20). Florida National University. Retrieved October 1, 2021, from <https://www.fnu.edu/tips-preventing-student-burnout/>



HEALTH PROMOTION

