The 4 Steps of Burnout:

1. Honeymoon
2. Awakening
3 SLOW DOWN

4 BURNOUT
I'M DOING LOTS!
IT IS EXCITING!
I FEEL GREAT!
Step 2

Cut out images

THIS MIGHT NOT BE SUSTAINABLE...
I WANT TO ESCAPE.
I WANT TO PROCRASTINATE.
MY EXCITEMENT'S FADING.
THINGS FEEL HARDER.
I NEED A VACATION.
I'M TIRED.
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"
2. REVERSE
Acknowledge and mitigate damage by managing stress and seeking help. Allow yourself to decompress.

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 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.
**Burnout**

**The 4 Steps of Burnout**

1. **Honeymoon**
   - I'm doing lots!
   - It's exciting!
   - I feel great!

2. **Awakening**
   - This might not be sustainable...
   - Things feel harder

3. **Slow down**
   - I want to escape
   - I want to procrastinate
   - My excitement's fading
   - I need a vacation

4. **Burnout**
   - I'm tired
   - 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.”

2. **Reverse**
   - Acknowledge and manage damage to regain balance. Allow yourself to decompress.

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

**Sources**

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