

# *Burnout in College*

*Counseling and Psychological Services*

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WINTER 2021

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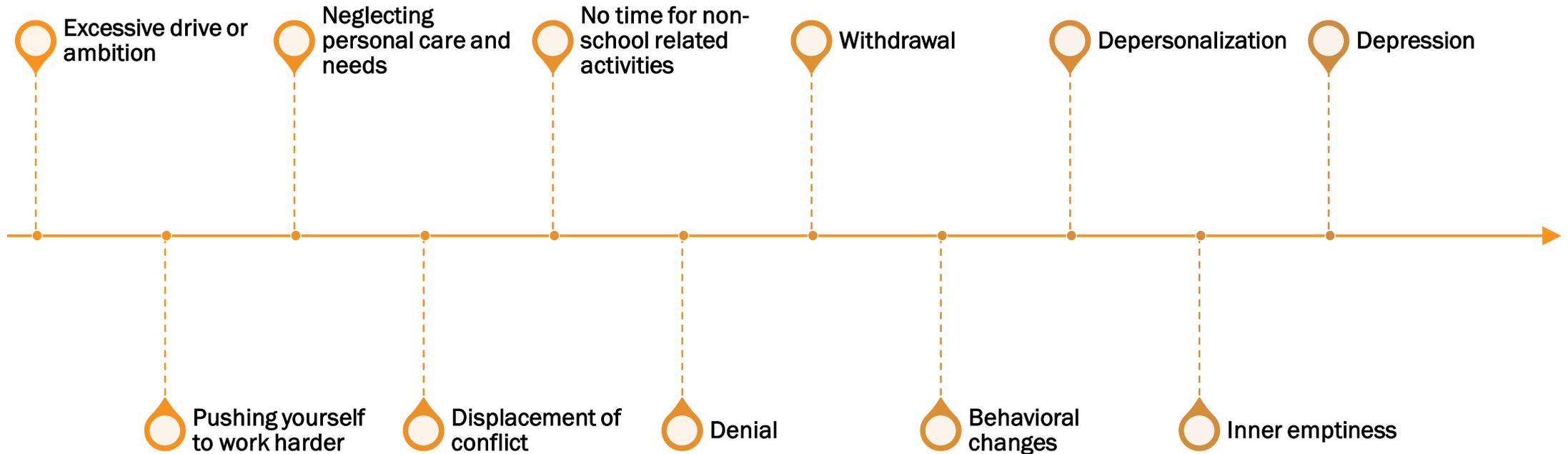


**Burnout** –  
a state of emotional,  
physical, and  
mental exhaustion  
caused by excessive  
and prolonged  
stress. Occurs when  
you feel  
overwhelmed,  
emotionally drained,  
and unable to meet  
constant demands.

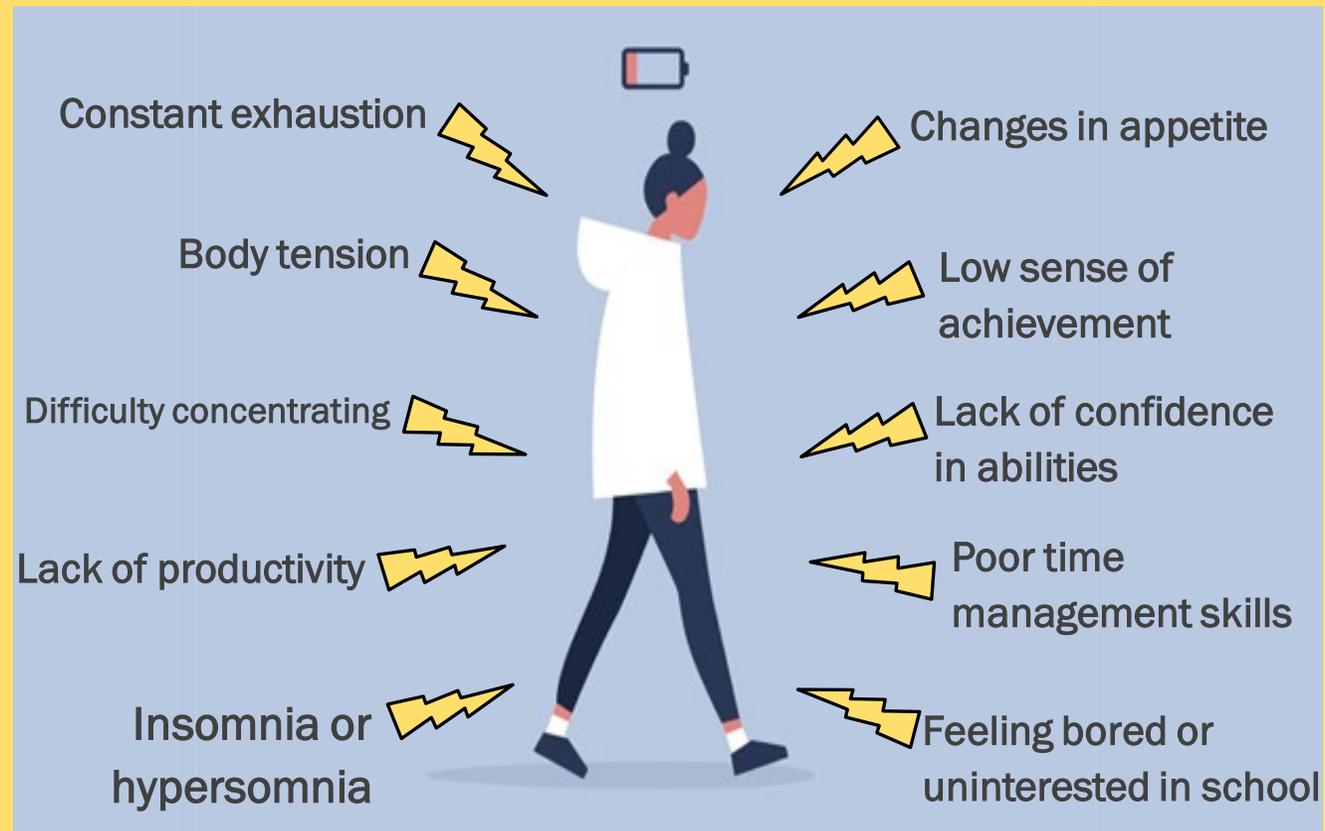


# 12 Stages of Burnout

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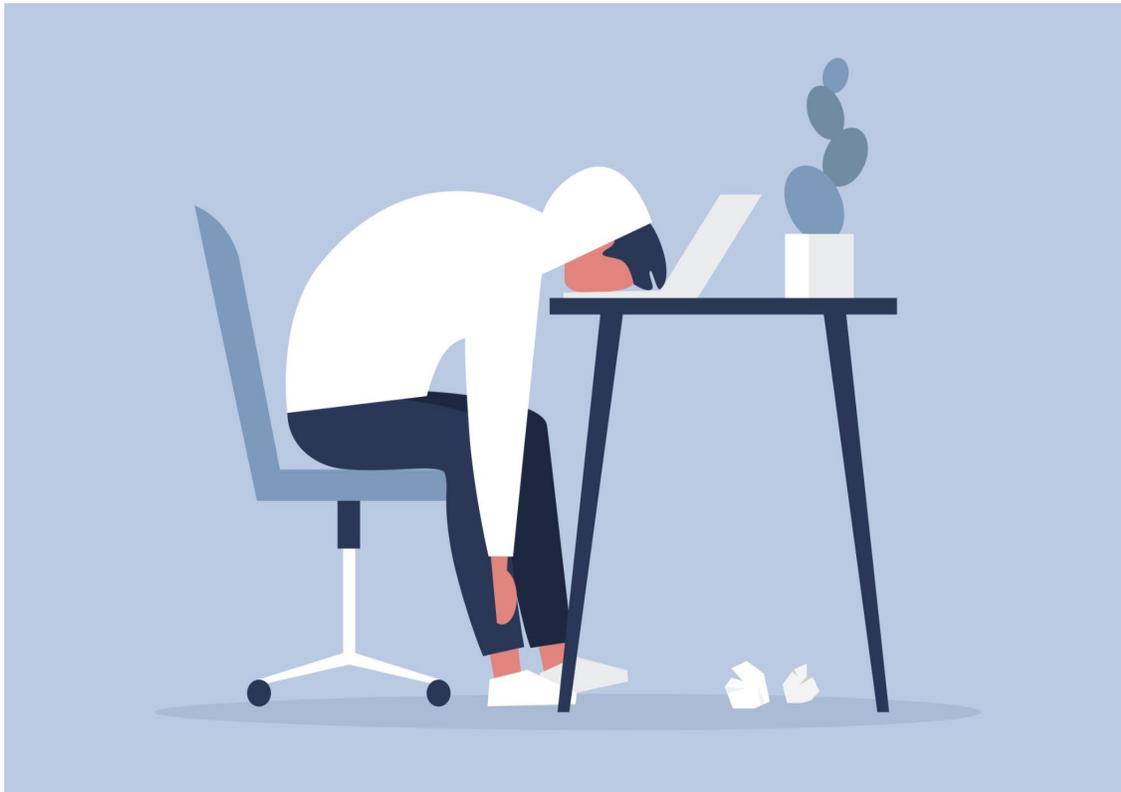
# What BURNOUT feels like...





# Warning Signs of **Burnout**

In the context of Zoom

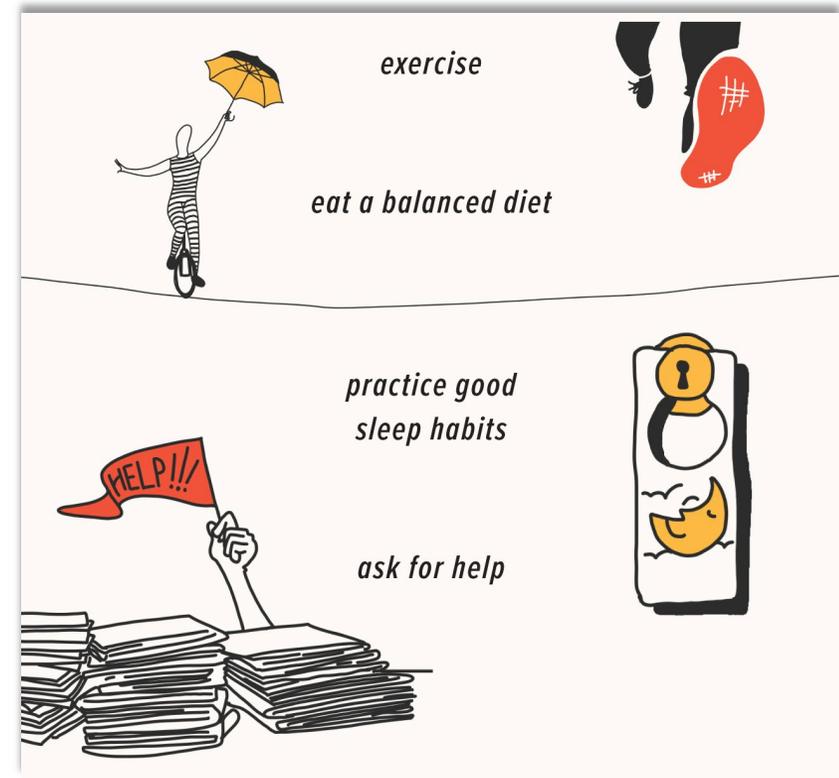


- Decline in academic performance
- Increased irritability
- Isolating from others
- Difficulty meeting deadlines or attending appointments
- Feeling apathy or detachment towards goals or work
- Being “spread thin” from increased responsibilities (poor boundaries)

# How to prevent **burnout**

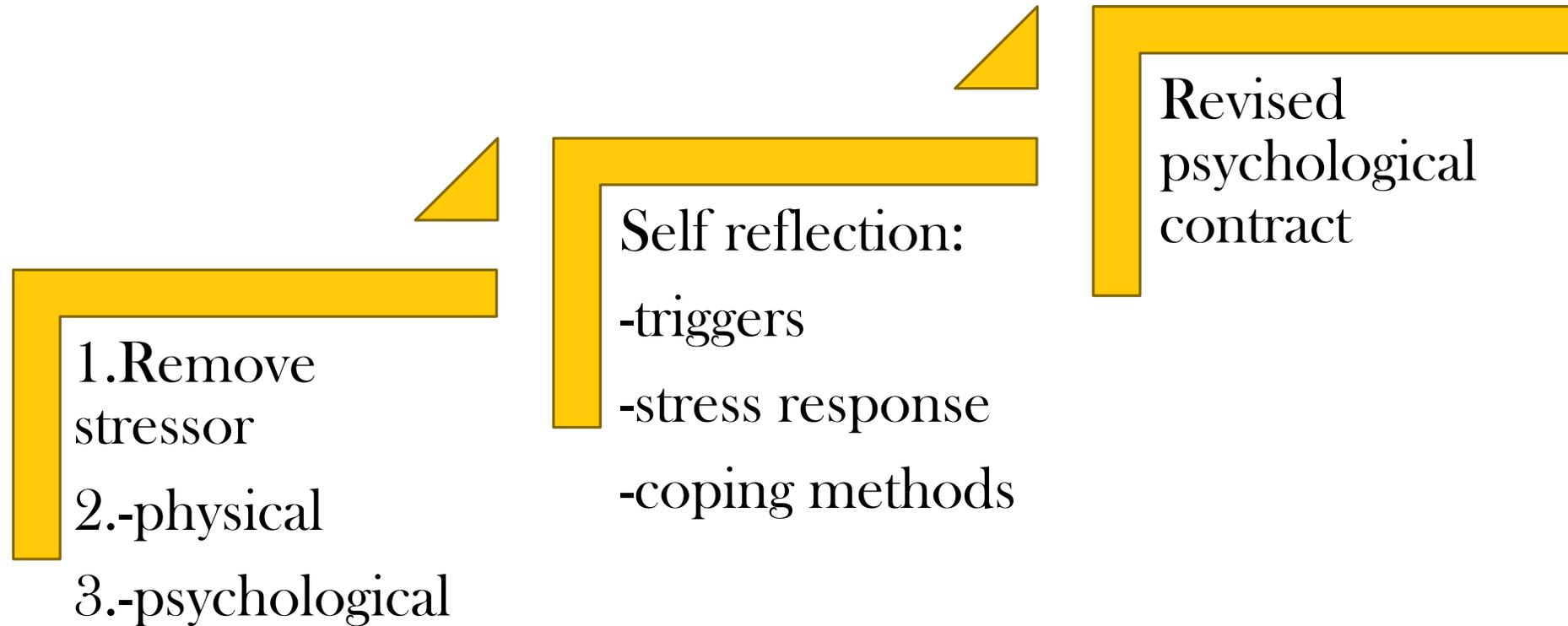
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- Know yourself and your needs AND communicate these needs to support system
- Stay grounded and grateful
- Know that self-care includes emotional and physical work
- Set boundaries with your time and space
- Contact available resources
  - CAPS (therapy, daily drop in workshops, groups)
  - Family, friends, mindfulness apps

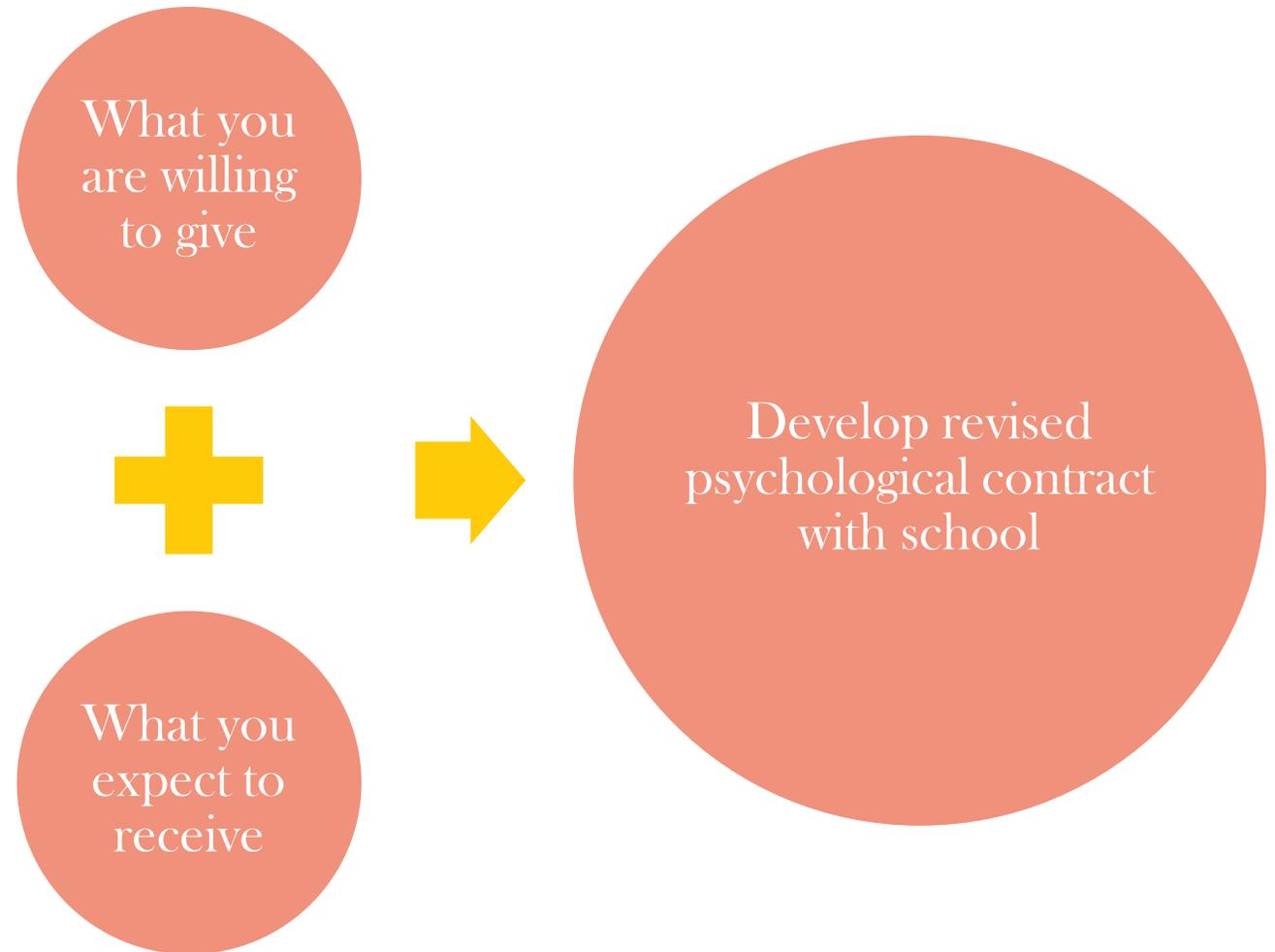


# Burnout Recovery

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Post burnout  
growth starts  
with  
re-evaluating  
your  
relationship  
with school



# Solution to burnout = SELF-CARE

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**Self care:** practice of taking an active role in protecting one's own well-being and happiness during periods of stress (enjoyable activities, supportive community, mental stimulation, healthy lifestyle, creative expression, personal relationships)

## Soothing Strategies

- Deep breathing
- Meditation
- Aromatherapy
- Massage
- Visualizations
- Yoga
- Listening to music

## Distraction Strategies

- Watching TV
- Getting together with friends digitally
- Going for a walk
- Immerse yourself in comedy/humor
- Color or paint
- Do a crossword puzzle or Sudoku
- Call a friend
- Exercise



# COVID-Friendly Self-care

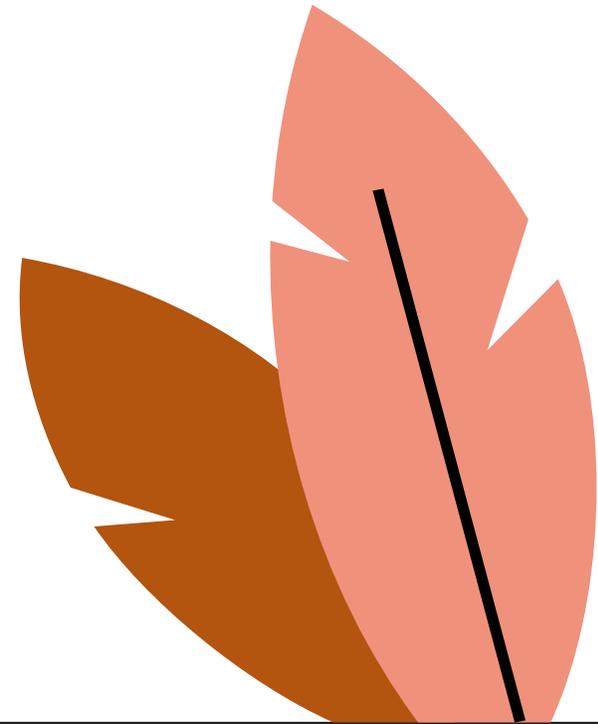
Implementing just one or two self-care strategies can help to ease stress:

- ❖ Practice proactive self-care about which things you have control over:
  - Take regular breaks
  - Eat healthy meals and snacks
  - Hydrate often
  - Exercise daily
- ❖ Buddy up with a classmate or co-worker to avoid burnout. Check on each other virtually throughout the day.
- ❖ Step outside for some sunshine.
  - Explore a new area of your neighborhood
  - Dust off your old bike and take a ride while there is less traffic
  - Pull out your yoga mat or towel and stretch in between meetings/classes

# COVID-Friendly Self-care

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- ❖ Practice the deep exhaling of your stress and inhaling of fresh air for 3-5 minutes; this resets your stress response to help calm your body down.
- ❖ Communicate with your friends and family regularly. Partner with a friend to catch up and let them know how they can help you after a long, mentally exhausting day.
- ❖ It's normal to feel drained as you adjust to a new normal. Prioritize sleep and make every effort to rest and rejuvenate each evening.
- ❖ Limit exposure to the news, emails, and social media beyond what you need. Choose a time of day to review this information and consider following it with some self-care.



S pecific

M easureable

A chievable

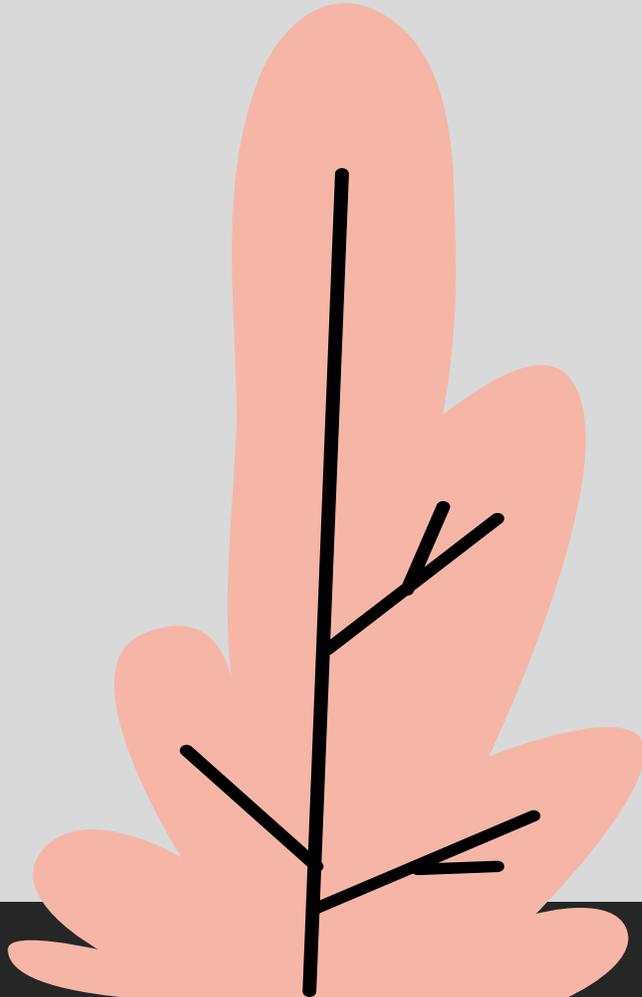
R elevant

T ime-bound

Goals

# JUST BREATHE

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Sit comfortably in a chair with your feet on the floor. Fold your hands on your belly.

Breathe in slowly and calmly. Fill up the belly with a normal breath. Try not to breathe in too heavily. The hands should move up when you breathe in, as if you are filling up a balloon. Avoid lifting the shoulders as you inhale; rather, breathe into the stomach.

Breathe out slowly to the count of 5. 5-4-3-2-1. Try to slow down the rate of the exhale. After the exhale, hold for 2-3 seconds before inhaling again.

Work to continue to slow down the pace of the breath. Let's try this for two minutes.

*When can you practice this each day?*