

## Prevention/Recovery

Become Self Aware:

Understand your strength and weaknesses, limitations, and personal signs of being under too much stress

Create Self Care Plans:

Plans should include your physical, psychological/emotional, spiritual, and relational self

Write It Out:

Enables self expression and acceptance of feelings. Allows us to think through our thoughts and feelings and become more self aware

Other Tips:

- Spend time with friends/family
- Get active and get outdoors
- Drink water and eat healthy
- Prioritize sleep, 6+ hours
- Learn to set boundaries
- Practice Mindfulness
- Set SMART goals
- Be okay with saying "No"

## Resources

Westminster College Wellness Center  
Ground Floor of Shaw Hall  
M-F 8:30am-4:30pm

National Institute of Mental Health  
<https://www.nimh.nih.gov/index.shtml>

The Healthy Place  
Videos, articles, guides for mental health practices and advice  
<https://www.healthyplace.com/>

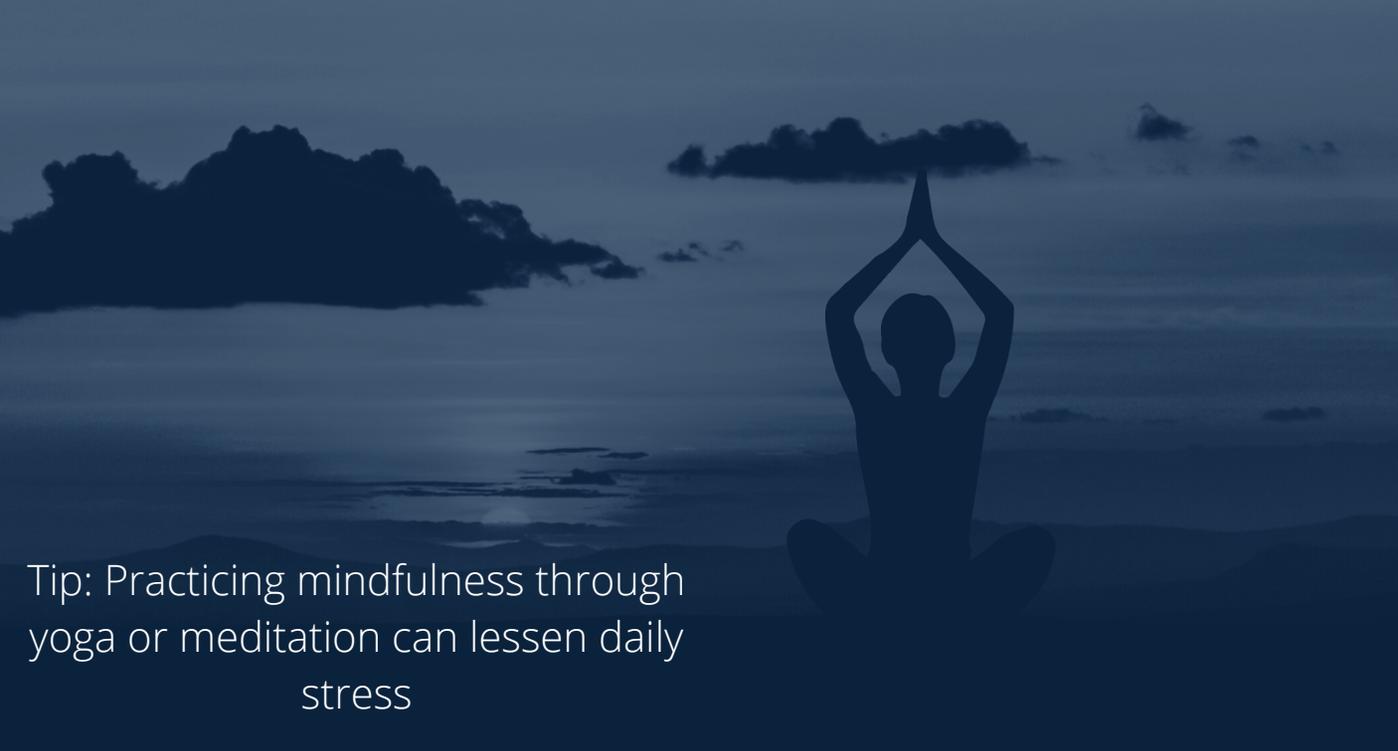
Sleep Resource  
<https://www.affordablecollegesonline.org/college-resource-center/guide-to-sleeping-for-college-students-and-teens/>



## Academic Burnout

Everything you need to know about academic burnout from what it is, the signs, and how to recover





Tip: Practicing mindfulness through yoga or meditation can lessen daily stress

## Signs/Symptoms

- Negative & uncaring approach towards others
- Overwhelming exhaustion
- Feeling cynical/detached from work
- Sense of ineffectiveness
- Little to no motivation
- Headaches or other physical illnesses often
- Unable or unwilling to concentrate
- Irritability and feeling frustrated

## What is Academic Burnout?

"A chronic state of feeling overworked, overwhelmed, and exhausted where symptoms affect one's mental, emotional, and physical states" - Ali Dubois & Molly Mistretta

## What Causes It?

Pursuing Education With:

- New mental or physical challenges
- Financial/Relationship stressors
- Lack of time-management skills
- Assignment overload
- Lack of self-care practices
- Taking on too many responsibilities
- Little to no resiliency skills
- Detached supervision
- Lack of resources or experience
- Negative environment
- High levels of stress

## Is It Normal Stress?

Stress vs Burnout

1. Over-engagement vs disengagement
2. Heightened emotions vs little to no emotions
3. Sense of hyperactivity vs sense of helplessness
4. Diminished energy vs motivation is lost or diminished
5. Leads to anxiety vs leads to depression
6. Physically tolling vs emotionally tolling