

## STUDENT BURNOUT:

### How To Spot It And Take Steps To Beat It

1. Understand the signs and symptoms of burnout

2. Adopt healthy study habits

3. Take care of your body

4. Set your priorities and learn when to say no

5. Make time for fun

6. Create an inviting workspace

7. Maintain perspective (and breathe)

8. Don't be afraid to ask for help

## How to Switch Tasks (And Avoid Burnout)



Start each day with a productive task



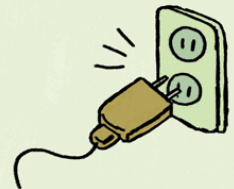
Take lunch breaks



Create a designated workspace

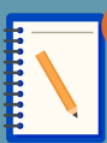


Pay attention to your feelings



Unplug at the end of the day

# Top tips to avoid burnout



1

## Be aware of your emotions, stress levels and mental health

Make time to 'check in' with yourself. Strategies such as mindfulness, meditation and journaling can help.



2

## Take charge of your wellbeing

If you are to look after your students, you have to spend time refuelling and looking after your health and wellbeing too.



3

## Accept that sometimes you just have to say no

It is okay to say you can't do something, whether it's due to lack of time, workload or the limited impact it will have on student outcomes.



4

## Take mental health days

Take the time to relax and recover when you need to.



5

## Get support when you need it

Speak to colleagues, friends or family or call our free and confidential helpline. We're here open 24/7 and staffed by qualified counsellors. Call us. We'll listen.

# High School **BURNOUT** Signs And Tips

## WHAT IS 'BURNOUT'?

A simple definition of 'burnout' is a feeling of chronic stress that creates emotional and physical exhaustion.



## COMMON HIGH SCHOOL BURNOUT SIGNS:



Depression



Anxiety



Insomnia



Poor Eating  
Habits



Nausea



## BURNOUT RELIEF TIPS



**DON'T SPREAD  
YOURSELF  
TOO THIN**

It's easy to want to do everything but recognize your time and energy limits.



**CARVE OUT  
CONSISTENT  
PERSONAL TIME**

Don't forget to give yourself "me time".



**GET COMFORTABLE  
SAYING 'NO'**

Don't feel obligated to attend every event.



**DON'T BE AFRAID  
TO ASK FOR HELP**

If you're scared about falling behind on classwork or other school-related anxiety, reach out for guidance.

# TOP TIPS FOR MANAGING STRESS AND PREVENTING BURNOUT



## TIP 1

### Plan your time

This is really important for your productivity and self-care. Each week allocate time to address your learning requirements because it can be a huge benefit when your deadlines, assessments or exams arrive.

## TIP 2

### Keep track of objectives

Sometimes this can be tough. Be gentle with yourself about it – create an action plan. Making sure you are up to date with your work, for example, will help to ensure you progress on programme in the long run. Keep track of your objectives and mark these off as you go along.

## TIP 3

### Give it your best shot!

Challenge yourself to complete the work you find most difficult first. If you are not sure – ASK!

- Practice where you can.
- Review and revise
- Keep calm, keep talking!

## TIP 4

### Ask for help

None of us is superhuman. We all get tired and overwhelmed. Reach out if you need to. Your tutors, teachers, trainers and support staff are all here to help you and if there's something else impacting you or your learning, let them know about it so they can help.

## TIP 5

### Eat and sleep well

Sleep reduces stress and anxiety levels – fact!

- Implementing a routine (as boring as it sounds) will help promote good sleep ahead of any assessments.
- Avoid those stimulants we can tend to go for – coffee, energy drinks, chocolate, illegal drugs – as they won't quite be the friend you think they are.

## TIP 6

### Learn calming strategies for self-care

Learning how to stay calm when feeling stressed will enable you to perform to the best of your ability. Experiment with breathing or calming strategies and pick something that's a best fit for you.



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# 4 Tips to Fight Student Burnout


Faculty members Amy Banko and Brittany Stone share some thoughtful strategies on how to prevent and resolve burnout during your spring break.


a state of prolonged emotional, physical, and cognitive stress related to one's role as a student



**1**  **Connect with People that Lift You Up**  
Burnout can lead to **decreased feelings of connection**, while feelings of isolation can reduce resilience and add to one's level of burnout. Building your **social supports** is therefore, one of the best ways to protect against burnout.

**2**  **Take a Brain Break & Spend Time Doing Something That Brings You Joy**  
Taking **time off** can actually help you to be more productive! Unplug from work and school to make time over break to do something that makes you feel **inspired**.

**3**  **Laughter is the Best Medicine**  
Find ways to bring more **laughter** into your life. Laughter has been shown to strengthen the immune system, improve mood, reduce pain, and protect from the damaging effects of **stress**.

**4**  **Hit Reset on Your Organization and Time Management Strategies**  
As the semester progresses with looming deadlines, students' organization and time management skills tend to break down. Avoid the **anxiety** of procrastination and unrealistic deadlines by setting some time aside during the break to **reorganize** and **plan** out the rest of your semester.