

# Managing Burnout



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## What is Burnout?

Burnout is the consequence of long-building, untreated stress.  
It is physical, emotional and mental exhaustion.

### Triggers of Burnout:

- having a rigorous academic schedule
- stress of an increasingly demanding job
- caring for a loved one with a serious or chronic health condition
- dealing with relationship problems

Trying to do too much on your own also creates an ideal environment for burnout to occur.

### Signs of Burnout:

- fatigue
- anxiety / inability to disconnect from your work e.g, dreaming about designs or stressing about assignments when not at work/university
- brain fog
- anger or other emotion-management issues
- feeling a loss of control in any and all aspects of your life
- being short with the people around you
- self-critical inner monologues

If you feel unsure of how to begin sorting through the causes of burnout, that's normal.

# Dealing with Burnout:

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## 1 Identify immediate changes you can make.

Start to reflect and evaluate a few ways to lighten your load as soon as possible.

## 2 Talk to people you can trust.

Struggling through burnout alone can make overcoming it more difficult.

Friends, family members, and partners can help you brainstorm possible solutions.

Connect with the university Counselling service – we can offer professional guidance by helping you identify causes and explore possible coping methods.

## 3 Take back control.

Burnout can make you feel powerless. You might feel as if your life is rushing past and you can't keep up.

- Prioritize: Decide which tasks are less important and set them aside.
- Leave work at work: Part of burnout recovery is learning to prioritize work-life balance. After doing your work, focus on relaxing and recharging.
- Be vocal about your needs: Explain to others involved that you need some support in order to take care of your health and manage your workload productively.

## 4 Practice self-love, recognise your needs!

Reaching a point of burnout can bring up feelings of failure and a loss of purpose or life direction.

- Make enough time for sleep.
- Incorporate some exercise in your day-to-day routine.
- Spend time with loved ones, as well as time alone.
- Practice mindfulness via meditation, yoga.
- Eat nutritious meals and stay hydrated.
- Take a break! Give yourself permission to switch off and disconnect when you need to. You might be surprised how effective this is.