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:

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.