




STUDENT SUCCESS CENTER

# 3 Tips for Avoiding Burnout





# Celebrate Small Successes

YOU CAN BEGIN TO EXPERIENCE BURNOUT WHEN YOU ARE ALWAYS RUSHING TO GET TO THE NEXT PROJECT OR ASSIGNMENT. GIVE YOURSELF SOME CREDIT EACH TIME YOU MAKE PROGRESS ON YOUR WORK!

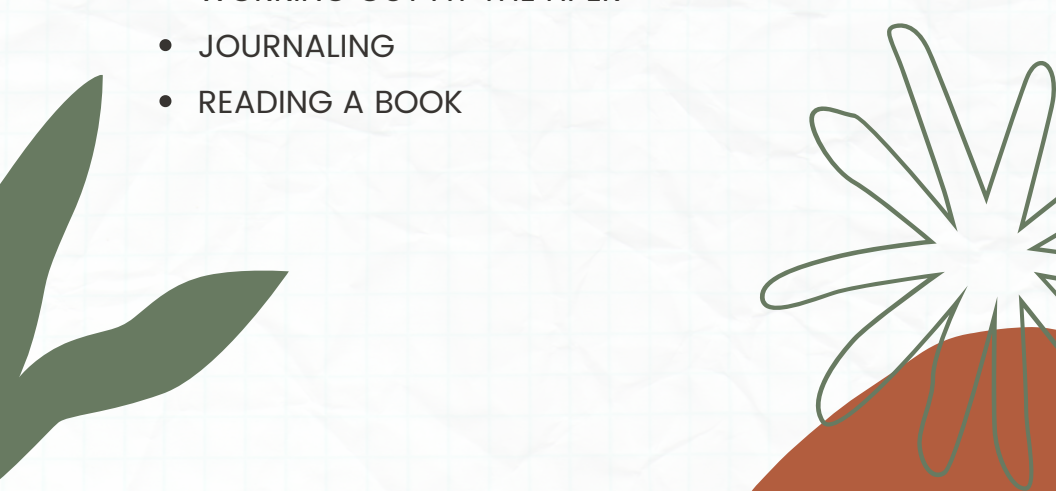
- LIST ALL OF YOUR ONGOING PROJECTS OR ASSIGNMENTS.
- MAKE A LIST OF EVERYTHING YOU NEED TO DO TO COMPLETE THE ASSIGNMENTS.
- CELEBRATE YOUR SUCCESS EACH TIME YOU CROSS SOMETHING OFF YOUR LIST.



# Eliminate Extra Screen Time

MINDLESS SCROLLING THROUGH SOCIAL MEDIA  
CAN INCREASE YOUR STRESS AND IRRITABILITY  
AFTER A FULL DAY OF ONLINE CLASSES.

TRY THIS INSTEAD:

- COOKING A NUTRITIOUS MEAL
  - TALKING WITH A FRIEND
  - NAPPING
  - GOING FOR A WALK
  - PLAYING WITH YOUR PET
  - WORKING OUT AT THE HPER
  - JOURNALING
  - READING A BOOK
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# Check in with Yourself

BE AWARE OF YOUR FEELINGS TO HELP DETECT AND AVOID BURNOUT. RECOGNIZING YOUR FEELINGS CAN ALSO GIVE YOU A SENSE OF CONTROL OVER YOUR SITUATION.

- NOTICE HOW YOUR BODY FEELS WHEN YOU'RE ATTENDING CLASS, A MEETING, OR COMPLETING AN ASSIGNMENT,
- TAKE THREE DEEP BREATHS WHEN YOU NOTICE AN UNPLEASANT FEELING.
- THINK OF A WORD TO DESCRIBE THE WAY YOU'RE FEELING.