

A Quick Guide to Burnout

“Burnout” is a common word, but what does it really mean? How do we deal with it when it happens?

What is “burnout?”

The Meriam-Webster Dictionary defines burnout as: “exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration.”

- This can be further fueled by a workload that is either unfulfilling or unsustainable for a long period.
- It can lead to both physical and mental symptoms, like headaches or a lack of motivation.

What can I do?

- **Identifying meaning in your work** - It can be easy to see homework, classes and assignments as “meaningless” and “busy work,” but this mindset often fuels burnout. Consider what reasons you have for continuing your academic career, and why you find your major interesting or fulfilling personally.
- **Finding balance in daily activities** - Academics is not the only important part of life. Spending time with friends, exercising, relaxation and engaging in hobbies can boost our mood and help counteract feelings of burnout.
- **Take frequent, fulfilling and intentional breaks** - Studying for long periods at a time usually leads to retaining less information and feeling mentally exhausted. Taking breaks to stretch, breathe, go outside or do something fun can give us renewed energy and motivation.
- **Take care of your basic needs** - While it may feel imperative to pull an all-nighter to finish studying, studies show that sleep can further cement the things we’ve learned throughout the day to memory, as well as improve focus, concentration and motivation. Try not to trade sleep and food for study time.

What campus resources can help me?

- **On Demand Workshops** - We have daily workshops on a variety of mental health topics that you can stop in any time you want to. [Find more information about workshops online.](#)
- **Let’s Talk Appointments** - These are 20-minute consultations with a mental health professional about any topic you want quick feedback about, including burnout. [Details about Let's Talk appointments are available online.](#)
- **Wellness Coaching** - This resource is great if you want to focus on developing more balance in your everyday life and identify short - and long-term personal goals for yourself. [Learn more about Wellness Coaching online.](#)

If you feel that burnout is impacting your ability to go through your daily life, Counseling and Consultation Service is here to help. You can schedule a phone screening with us to talk to a mental health provider: [Schedule your appointment online.](#)