

BEATING BURNOUT

Penny Perrin



Hello, me!



OUR ROUTE

1. What is burnout?
2. How would I recognise it?
3. How would I avoid it?
4. How would I recover?



PACKING LIST

1. Worksheets that Amanda sent you (optional)
2. Pen/pencil (optional)
3. Something to nibble on (optional)
4. Something to drink (yes, it's also optional...)
5. Beginner's mind (essential)



GETTING TO KNOW YOU





A working
definition of
burnout.

BURNT OUT

1 if a fire burns out or burns itself out, it stops burning because there is no coal, wood etc left.

WORLD HEALTH ORGANISATION DEFINITION OF BURNOUT



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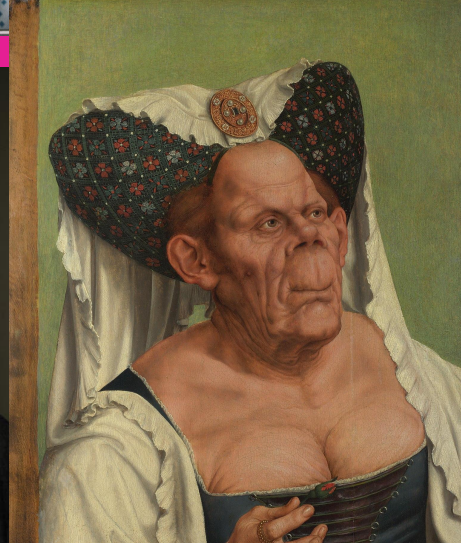
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- feelings of energy depletion or exhaustion
- increased mental distance from one’s job, or feelings of negativism or cynicism related to one’s job, and
- reduced professional efficacy. Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.”

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except.....

WHAT DOES BURNOUT LOOK LIKE AS A STUDENT?



CAUSES

Burnout in school happens when students face ongoing stress or frustration—without enough time to relax and recharge.

Student burnout is a type of burnout that comes from extended academic stress.

RECOGNISE



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RECOGNISE

The main symptoms of student burnout include:

- **a lack of motivation and interest,**
- **impaired ability to focus,**
- **physical health issues,**
- **lack of creativity and joy,**
- **and decreased academic performance.**

AVOID

“The wise rest at least as hard as they work”

— Mokokoma Mokhonoana.

AVOID

- Rest, a lot!
- Do things that GIVE you energy
- Set boundaries
- Budget your time
- Be mindful
- Ask for help
- Move your body

Selfcare



RECOVER

burnout happens
SLOWLY

WHICH
MAKES US THINK
WE HAVE CHANGED
instead of realizing
we are sick.

@LINDSAYBRAMAN

RECOVER

- Acknowledge what is happening
- Ask for help
- Communicate
- Sleep, a lot
- Learn ways to take care of yourself
- (see avoid)

any
questions?





Hello, me!



[hello.me.mentoring](https://www.instagram.com/hello.me.mentoring)



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