Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and ongoing stress. It occurs when you feel overwhelmed and unable to meet the constant demands in your life. As the stress in your life continues, you begin to lose interest and motivation in both your school and/or work life. The key is to recognize when you are feeling “burnout symptoms” and then take steps to minimize the stress causing burnout.

Burnout Symptoms

- **Cognitive**: Lowered concentration, decreased self esteem, rigidity, perfectionism, minimization, preoccupation with school and/or work, constant negative thinking.

- **Emotional**: Anxiety, guilt, anger, feeling shutdown, helplessness, sadness, depression, feeling depleted, overly sensitive or an emotional roller coaster

- **Behavioral**: Inpatient, withdrawn, irritable, sleep disturbances, crying, angry outbursts, too much sleep, losing things, appetite changes, increased drug/alcohol use

- **Personal Relations**: Decreased interest in intimacy with others, mistrust, isolation of others, projection of anger or blame onto others, intolerance, withdrawal, increased interpersonal conflicts or constant arguing

- **Somatic**: Sweating, rapid heartbeat, aches and pains, dizziness, headaches, nausea, getting sick often

- **School/Work performance**: low morale, low motivation, avoiding tasks, obsession about details, negativity, lack of appreciation, peer conflicts, lack of follow through, increased absences, irritability, withdrawal from peers

Identify which type(s) of burnout symptoms you are experiencing and explore ways to rejuvenate yourself.

See other side for suggestions.
WAYS TO REJUVENATE YOURSELF

- Exercise
- Do some Deep Breathing
- Eat Healthy! More fruits and vegetables are GOOD
- Identify negative thoughts and STOP them in their tracks. Rearrange your negative thinking into more positive thinking.
- Set goals and create realistic steps to reach them.
- Practice time management
- Talk to someone
- Remind yourself of the little things you have done and accomplished
- Practice relaxation exercises
- Do some Yoga
- Listen to music that uplifts you
- Take a break from technology!
- Go for a walk
- Simply…Take a break!
- Do something creative
- Spend fifteen minutes stretching
- Play a sport you love
- Spend time with friends or family.

Remember we ALL experience some form of burnout at some point. Admit that there may be too much to handle on your own and reach out to others for support. You can contact Psychological Services at CCSF’s Student Health Center @ (415)-239-3148 or stop by their location at HC-100, 1st floor.