



# AM I BURNTOUT? WHAT DO I DO?

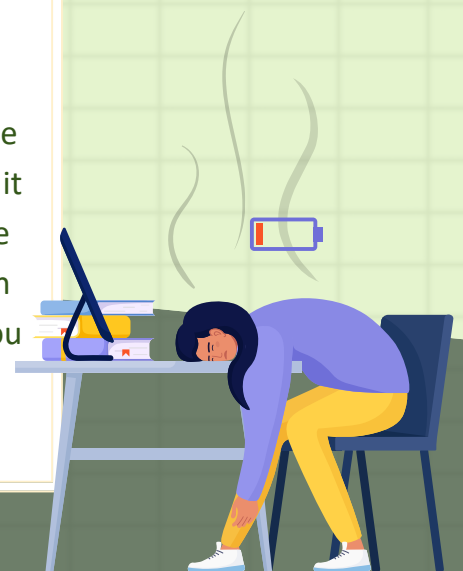


## What are the signs of burnout?

Feeling burnt out or physically/emotionally strained and depleted are common in developing ages due to a variety of factors such as stress from education and pressure to keep up with your place of employment among other stressors. Generally, burnout is related to fatigue or tiredness as you may lack the energy required to go about daily functions. Further symptoms of burnout include skepticism of personal interests, feeling lost on a personal and professional level, and feeling unsuccessful. Extreme emotional changes such as irritation and frustration are common signs of burnout that may come in bursts as you are trying to keep up with high expectations. Additionally, the likelihood of engaging in risky behaviors may increase such as the intake of drugs and alcohol to distract yourself. To best avoid burnout, it is important to identify when you are involving too much of your time in personal and professional stressors at the cost of your health. Appropriate steps to prevent burnout include pacing yourself, which can be done by taking breaks to moderate stressors as well as seeking help from loved ones and professionals to establish a healthier schedule.

## How do I pace myself in life without feeling overwhelmed?

Organizing your time has many benefits and can help you relieve the feeling of being overwhelmed. When facing pressure in schoolwork it might be a good idea to break up tasks across several hours to pace yourself. Additionally, allow yourself breaks in between during such stressful times. Furthermore, communicating with others around you will always be a good idea as they can better understand how to support you as well as your boundaries and desires.



## Are there any resources online to help me find balance in life?

A variety of platforms and mediums exist to help you regain control over your life and recover from burnout. Mental health support websites and communication with professionals online are great ways to discover healthy means of lifestyle. Let's Talk is one such source for mental health support that is easily available and can be booked online.

