

Academic Burnout & Self Care in College

Yes, it's possible. And necessary!



Intention for Today's Session



- Define & understand Academic Burnout
- Identify places of concern & coping mechanisms
- Commit to 1-2 self-care strategies or interventions





What do you already know about stress?

What do you already know about being burned out?



Academic Burnout



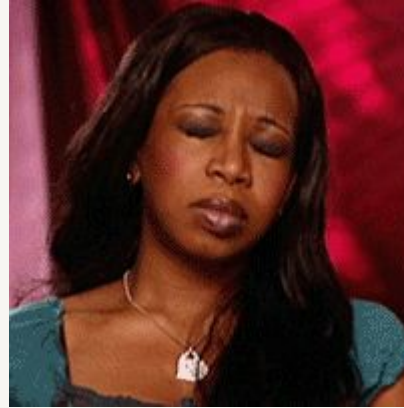
Academic Burnout is a syndrome caused by chronic stress. It is defined as physical and emotional exhaustion from excessive and prolonged stress as a result of

- **Poor/inadequate/low quality sleep**
- **Poor eating habits**
- **Concurrent family demands**
- **Little to no physical activity or exercise**
- **Mental strain**

Effects of Academic Burnout

(Kosmin, 2023)

- Vital Exhaustion
- Lack of Motivation & Interest
- Lack of Creativity
- Lack of Concentration
- Increased Irritability
- Frequent Illness
- Anxiety
- Depression





IMPORTANT NOTE



Stress

vs.

Burnout

Stress is defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree.

(W.H.O., 2023)

Burnout is the accumulation of stress that a student may have disregarded over a long period of time. The build-up of this stress causes students to fall into a cycle of negative emotions and eventually withdraw emotionally, intellectually, and physically.

(Kosmin, 2023)

Treatments & Solutions



Self Care

- the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker
- the self-initiated behavior that people choose to incorporate to promote good health and general well-being
- anything nourishing to the mental, physical, emotional, or psychological self

(Lawler & Ghillihan, 2023)



Psychosocial Importance of Self Care

People who exercised between two and eight hours per week throughout their lives reduced their risk of an early death by 29 to 36 percent (*Saint-Maurice, 2019*).

Having a strong life purpose was associated with decreased mortality rates (*Alimujiang, 2019*).

Eating a diet filled with more servings of fruits and vegetables per day was associated with a lower risk of mortality, especially from heart-related issues (*Wang et al., 2014*).

too little sleep (less than seven hours per night) was linked with higher mortality rates, though too much sleep wasn't healthy either (*Yin et al., 2017*).

According to a 2019 study, spending time in green space is associated with a lower mortality rate (*Rojas-Rueda et al., 2019*).



What does self care look like for you?

What do you already do to relieve stress?



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- ❑ Prioritizing sleep
- ❑ Reading or meditating before sleep
- ❑ Nighttime routine
- ❑ Working out
- ❑ Walking
- ❑ Deep breathing (even better if it's outside)
- ❑ Creative hobbies
- ❑ Purely social interactions
- ❑ Music
- ❑ Adult coloring books
- ❑ Power naps
- ❑ Take breaks - for real
- ❑ Drink water
- ❑ Eisenhower Matrix
- ❑ Journaling
- ❑ Eating actual meals
- ❑ Meditation & Affirmations
- ❑ Intentional stretching & Yoga
- ❑ Gratitude & Self Compassion
- ❑ Therapy

Practical Examples of Self Care



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“Homework”



Gratitude Log

“Three Good Things”
App



Breathwork

2-1 Breathing Exercise



Loving Kindness in Traffic

Kristen Neff

