

Ways to Avoid Burnout

By: Mckenzie Bray

We are at the point in the semester where assignments are due, final project groups are being assigned and senior capstone projects are being completed and shared. As we get closer and closer to exams, you may find yourself nearing the point of burnout.

Burnout is the inability to complete tasks due to an overwhelming amount of stress. Signs that you are experiencing burnout are different for every person, but often, it comes with extreme exhaustion, lack of motivation, irritability, decreased productivity, decreased appetite and overall a lack of satisfaction with your work. These symptoms are often experienced in the workforce, but students experience burnout just as much as anyone else. I know I do. It is something normal that everyone experiences.

While burnout is not always preventable, there are ways to help manage stress and ease those symptoms. The following list are some ideas on ways to help symptoms of burnout and hopefully make life a little easier during this busy time:

1. Get enough sleep

I know from experience that this is easier said than done, but getting the recommended eight hours of sleep a night or even taking small naps throughout the day could help relieve some stress and anxiety and make you feel better about yourself overall.

2. Go for a walk

Sometimes the best way to relieve stress is to take a break from what is stressing you out. Exercise and fresh air are also great ways to relieve stress, so why not kill multiple birds with one stone by taking a nice long walk outside.

3. Look at your work from a new perspective

This tip is especially useful if you are writing an essay or working on a debate; if you are struggling to write your argument, try looking at it from the other side. Looking at the arguments of the other side could make it easier to craft your own argument. You can also try crafting your assignment in another format.

4. Take a bath/shower

I know that one of the first things I want to do when I have had a long, stressful day is to take a nice relaxing bath. Unfortunately, here on campus most of us do not have the ability to

take a bath, but what could be just as helpful is taking a nice long, warm shower with some music.

5. Ask for help

Sometimes, the best way to help relieve stress is to ask for help: ask a friend or classmate to bounce off ideas; get a second opinion; meet with an instructor during office hours. Many people are often afraid to ask for help because they are afraid to be seen as stupid or incapable—I know I have had those worries—but it is okay to ask for someone to help you when you need it.

I hope that you try out these tactics and find that at least one of them works for you. And if not, that is okay. There are plenty of other ways to relieve stress and prevent burnout. Sometimes it takes time and lots of trial and error to find the tactic that works best for you.

Photo: Tony Tran