

Faculty of Community Services

Academic Support & Resource Centre

How to Recognize Burnout: Strategies to Recharge Your Mind

Recognize the Signs:

- Missing deadlines despite continuous effort.
- Lacking motivation and the persistence of fatigue.
- Declining energy levels and a declining ability to be productive.
- Physical symptoms may include headaches, disrupted sleep, and mood swings.

Re-evaluate Your Workload:

- Prioritize your tasks using organizational tools to help lay out upcoming responsibilities.
- Break down large assignments and projects into smaller, manageable chunks.
- Avoid overloading yourself with too many extracurricular activities.

Create a Healthy Routine:

- Set aside self-care time to relax, enjoy your hobbies, and hang out with friends.
- Establish digital boundaries: use “do not disturb” or app timers to avoid nighttime scrolling.
- Incorporate a balanced diet that includes protein, fruits, vegetables, and whole grains to stabilize energy levels.

Practice Mindfulness:

- Creative outlets such as music, painting, poetry, or baking can help release overwhelming feelings.
- Write-down thoughts or emotions to reduce stress and provide an emotional release.

Connect with Support:

- Peer support and campus mental-health services are available for all students to access.
- Communicating openly with your professors and faculty can help resolve challenges and create solutions that work for everyone.

References

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