

Burnout

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and extended stress. It occurs when you feel overwhelmed and unable to meet expectations set by yourself or by someone else. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place. Burnout affects every college student at least once and with the added responsibility of being a leader for a student organization you may experience burnout more than once during your time here.

Sources of burnout–

- Taking on everything.
- Not paying attention to our needs and wants.
- Not communicating feelings of frustration/anger.
- Isolating ourselves physically, psychologically and emotionally.
- Not recognizing that life has gray areas.
- High expectations of self and guilt if not perfect.

Symptoms of burnout –

- Fatigue
- Anxiety
- Indecisiveness
- Guilt
- Anger and resentment
- Forgetfulness
- Depression
- Over sensitivity
- Little or no control of emotions

Strategies to combat burnout –

- Identifying professional survival skills.
- Asking for support from peers.
- Recognizing it.
- Dealing with unfinished business.
- Work with someone you like to work with.
- Learn to relax without working at it.
- Regular exercise and good nutrition.
- Be creative with your anger.

Stress versus Burnout

Stress	Burnout
Characterized by over engagement	Characterized by disengagement
Emotions are over reactive	Emotions are blunted
Produces urgency	Produces helplessness
Loss of energy	Loss of motivation
Leads to anxiety	Leads to detachment
Primary damage is physical	Primary damage is emotional