

# TIPS FOR COMBATTING ACADEMIC BURNOUT

## Academic Preparedness

- Build regular breaks into your homework and studying schedules.
- Use time management strategies to maximize your time.
- Find a strategy for planning ahead that suits your needs (i.e. weekly planner, monthly calendar, etc).
- Utilize support services on campus such as professor office hours, the Writing Center, the QR Center, research librarians, peer mentors, peer tutors, and many more!

## Physical Wellness

- Choose exercises that make you feel refreshed.
- Prioritize getting high-quality sleep by practicing good sleep hygiene techniques such as developing a consistent sleep routine, turning off screens at least 30 min before bed, etc.
- Remember to eat regularly—food is fuel!

## Mental Health

- Practice mindfulness techniques such as meditation or journaling.
- Maintain a support network by checking in with friends and family—consider a quick phone call or coffee break to reconnect!
- Remember to set boundaries around academics, work, and personal life.



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# SIGNS OF BURNOUT

## PHYSICAL SYMPTOMS

- EXHAUSTION AND FATIGUE
- GASTROINTESTINAL DISORDERS
- HEADACHES
- INCREASED ILLNESS
- INSOMNIA
- LOSS OF APPETITE
- MUSCLE PAIN



## EMOTIONAL SYMPTOMS

- ANGER OR IRRITABILITY
- ANXIETY
- CYNICISM
- DEPERSONALIZATION
- DEPRESSION
- HOPELESSNESS
- LOSS OF ENJOYMENT



## BEHAVIORAL SYMPTOMS

- CONCENTRATION ISSUES
- DECREASED PRODUCTIVITY
- INCREASED ISOLATION
- A LACK OF MOTIVATION
- REDUCED EFFICACY

