

Self-Care for Students with Burnout

Burnout is exhaustion of physical or emotional strength or extremely decreased motivation levels, usually as a result of prolonged stress or frustration. It was thought to occur in working individuals, but recent research indicates that students can also be at risk.

What are the early warning signs of burnout?

Loss of meaning

It is characterized by a loss of interest in school work, so that a person dreads getting up in the morning and having to face the day.

Lack of focus and decreased efficiency

Finding it difficult to focus on career tasks; resulting in poor academic performance.

Depleted inner resources

Feeling unable to deal with problems that arise with lecturers, friends, etc

Irritability

Easily irritable with many people in the university context, both lecturers and students, and finding it difficult to remain patient and to be a good listener

Insecurity

Feeling insecure and vulnerable to criticism. Believing that people are attacking you, which

leads to preoccupation with what others are thinking. Wasting time and energy while fending off perceived attacks.

Mistakes

Making a number of mistakes through carelessness, inattention or lack of focus on the problem at hand

Lack of insight

Failing to realize what is happening and to identify the role you play in the condition, but instead blame others or their school environment.

What Causes Burnout?

- Not having a healthy balance between work and rest
- Not accessing help or supportive resources
- Too little social support
- No time for hobbies
- Too little sleep
- Perfectionism
- Having relationships that drain you of energy physically and emotionally
- Being overly involved in community or social activities
- Trying to be superman or superwoman - being everything to everyone
- Studying excessively or taking an excessively large number of classes

How do I Deal with Burnout?

Physical Self-Care

- Eat regularly(breakfast, lunch, dinner)
- Eat healthily
- Get regular exercise
- Get regular medical care when needed
- Dance, swim, walk, run, play sports, sing or do some other physical activities that is fun
- Get enough sleep(7hrs:30 min -8 hrs)

Psychological Self-care

- Make time for yourself and self-reflection
- Write in your journal
- Read literature that is unrelated to work
- Seek counselling
- Decrease stress in your life where you can
- Wear clothes you are comfortable in
- Listen to music that you find soothing
- Seek a balance

Emotional Self-Care

- Spend time with others whose company you like
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Find ways to increase your sense of self-esteem
- Reread favorite books, re-view favorite movies

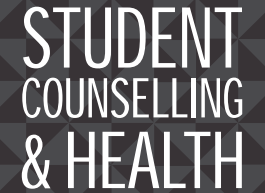
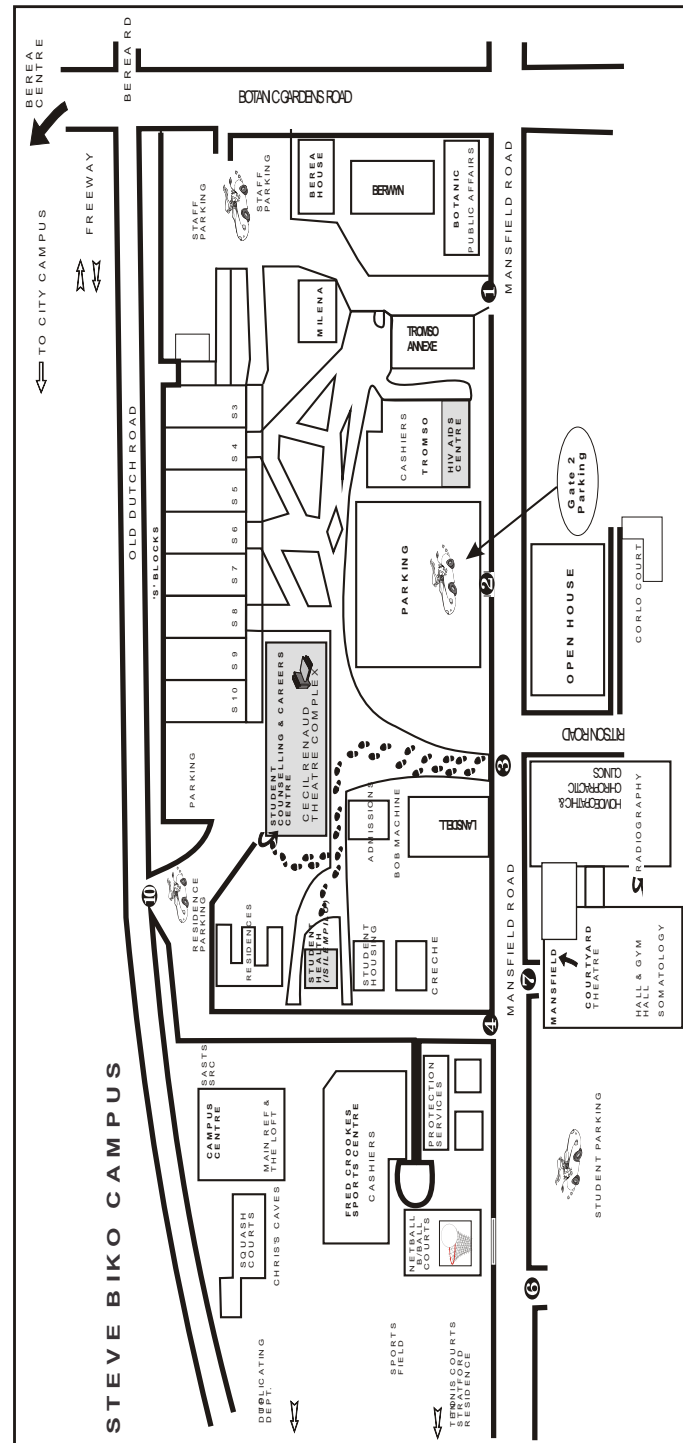
- Identify comforting activities, objects, people, relationships, places, and seek them out
- Allow yourself to cry
- Find things to make yourself laugh

Spiritual Self-Care

- Make time for reflection
- Spend time outdoors
- Find a spiritual connection or community
- Be open to inspiration
- Cherish optimism and hope
- Be open to not knowing all the answers
- Identify what is meaningful to you and ensure its place in your life

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Self - Care

