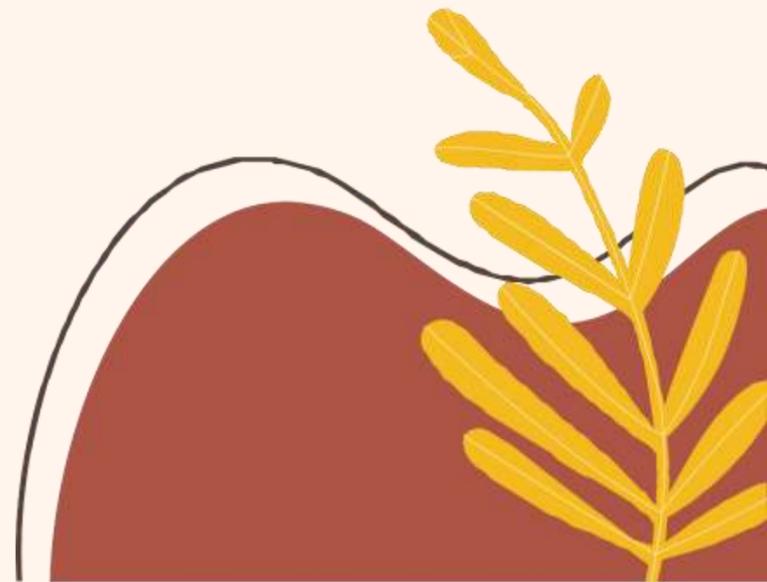
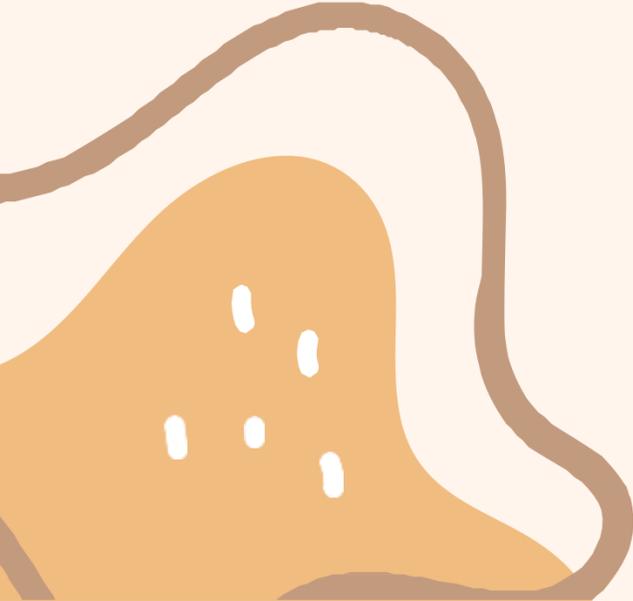


TOOLS FOR HANDLING BURNOUT

Created by Josie Makkink



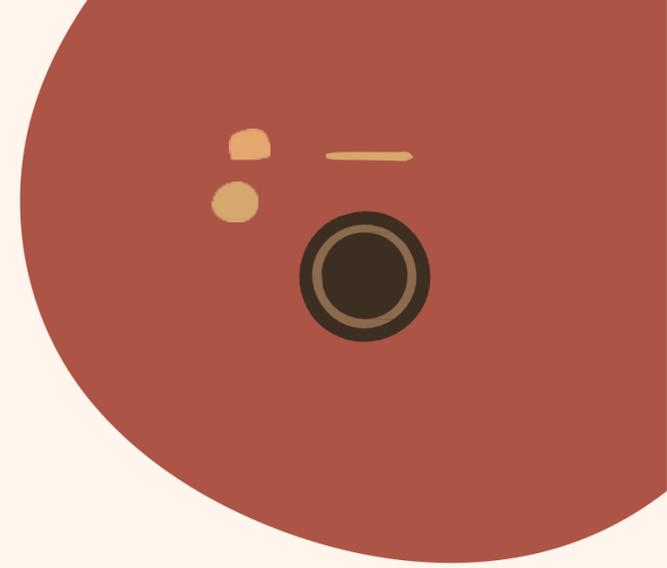
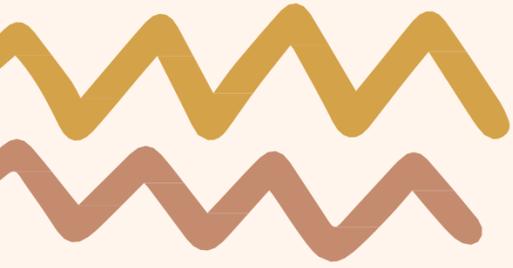
START

When you are trying to power through your burnout

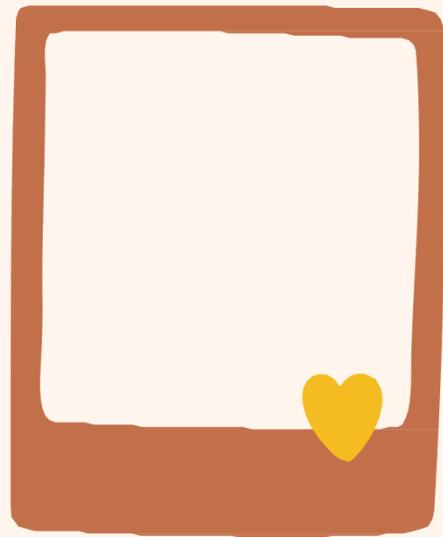


University has me like

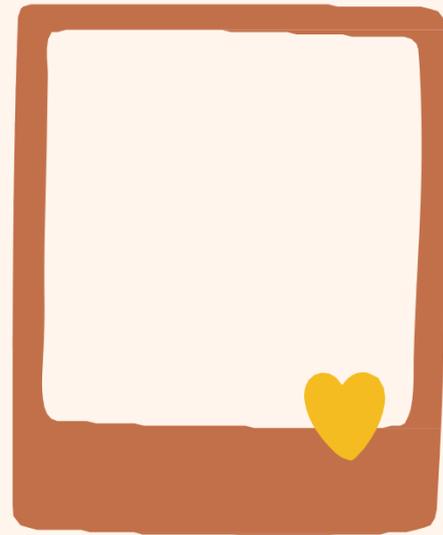




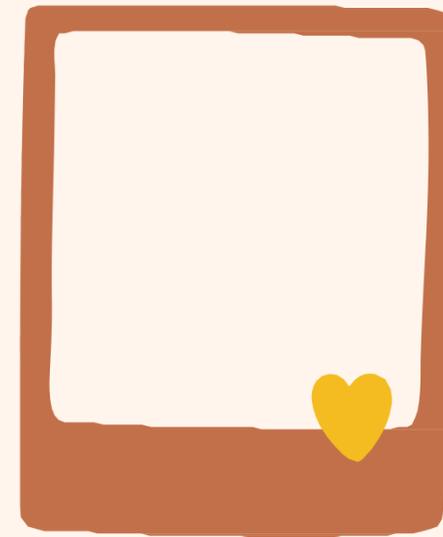
Burnout is more than just feeling tired...



Physical and emotional exhaustion



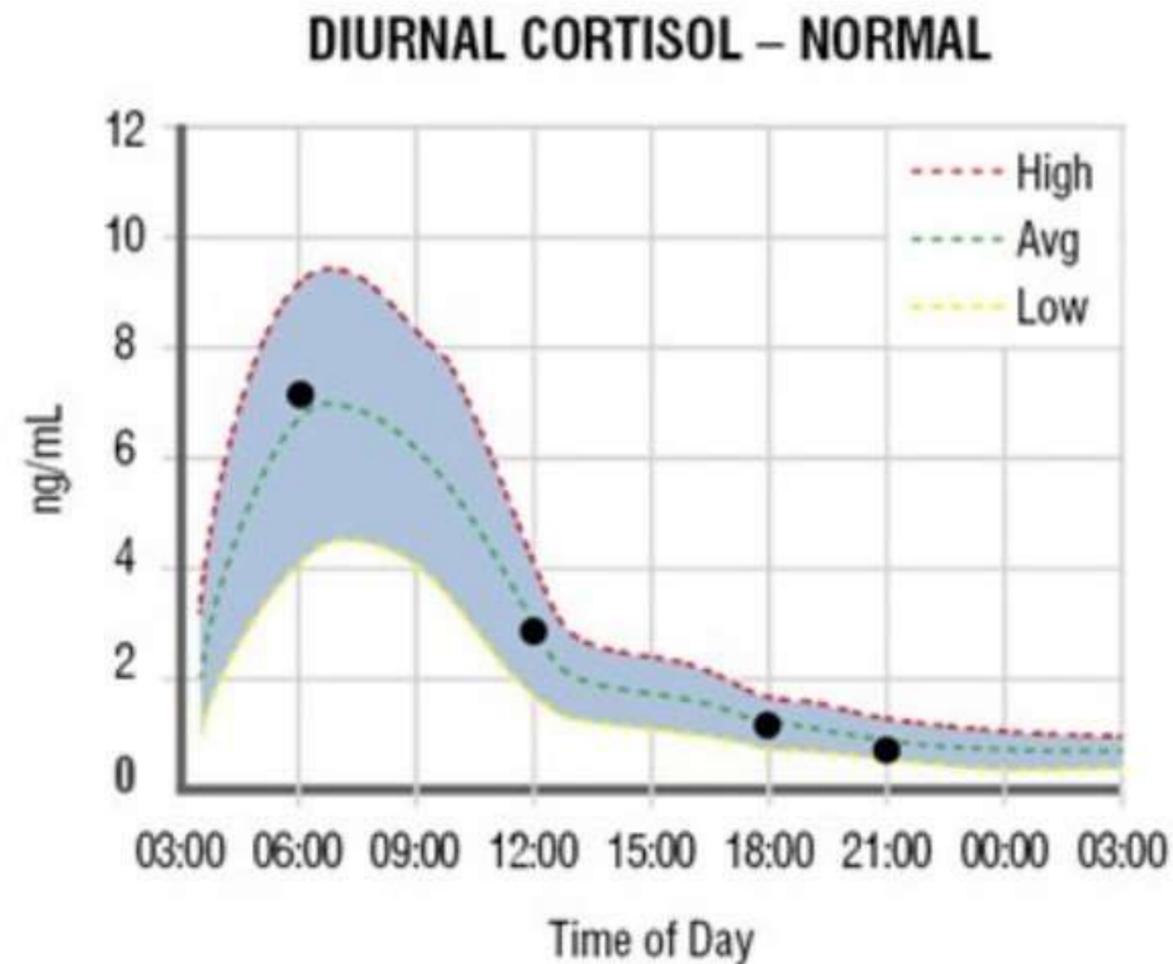
Feeling "over everything" and losing interest.



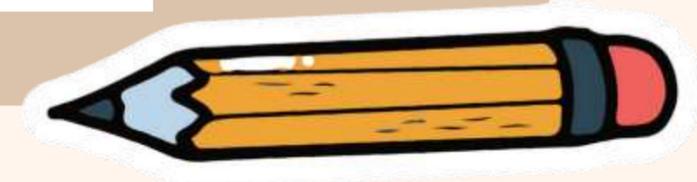
Thinking "why can't I deal with this?"



Physiology of burnout

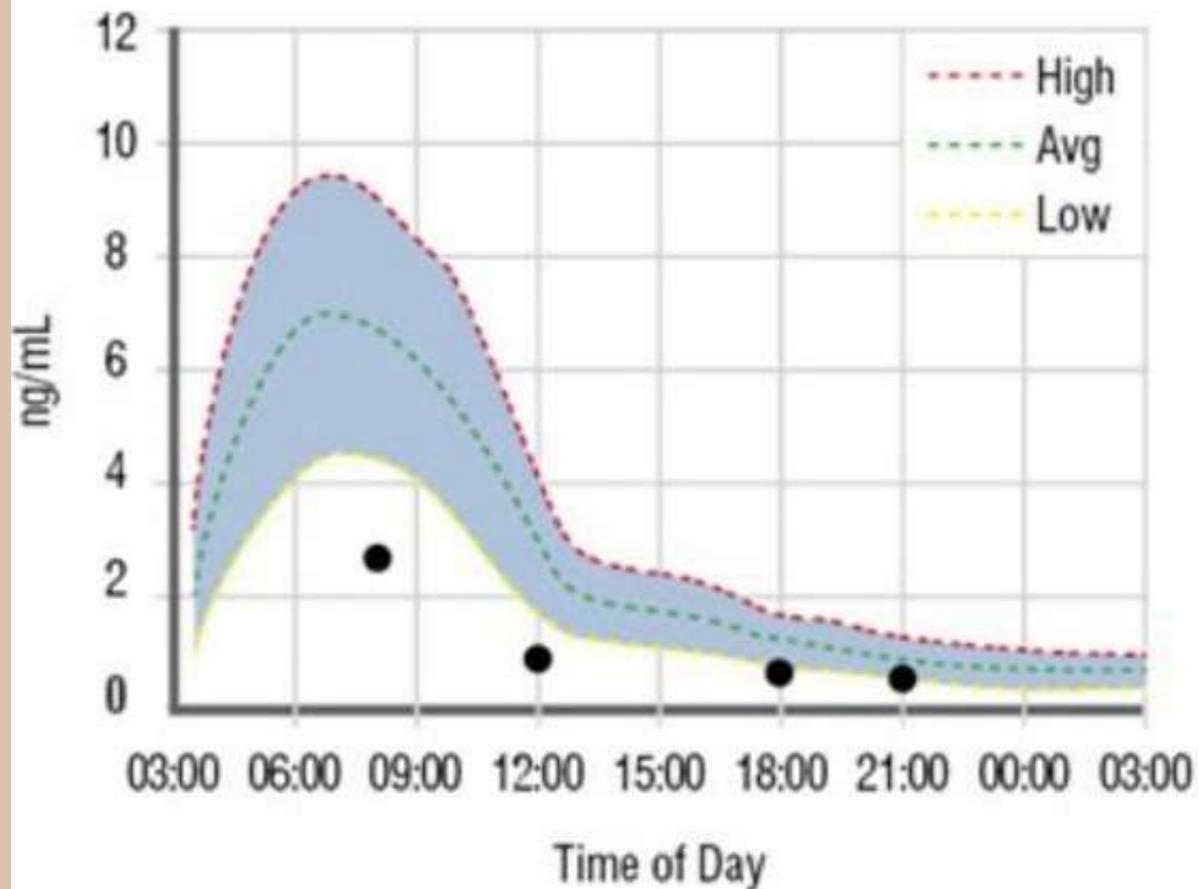


This pattern shows a normal rise in cortisol production within 30 minutes of waking for the day. Cortisol levels then drop throughout the day, reaching their lowest point at bedtime.

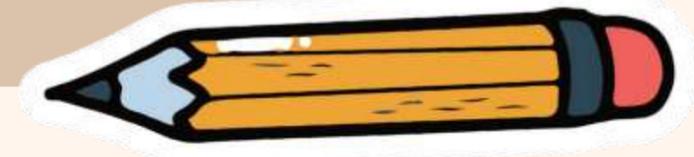


Physiology of burnout

DIURNAL CORTISOL – BURNOUT



The burnout pattern, also commonly called “adrenal fatigue” is really a reflection of low overall cortisol during the day. General symptoms include day-long fatigue, irritability, food cravings, insomnia and exhaustion.



Recovery tools



GEAR DOWN

- What are you currently in 5th/6th gear on?
- How can you change it to a lower gear?
- List activities which take you down a gear and the number:
eg) Replacing intense exercise with light exercise - shift to gear 3
eg) Taking many more breaks in the day - shift to gear 2



NURTURE

- Watering Can Exercise: We only have so much water in the can. When we're burnt out, we have even less.
- What activities or relationships drain your energy and deserve less of your time?
- What activities or relationships make you feel happy, whole and full, and deserve more of your time?
- A note on sleep.

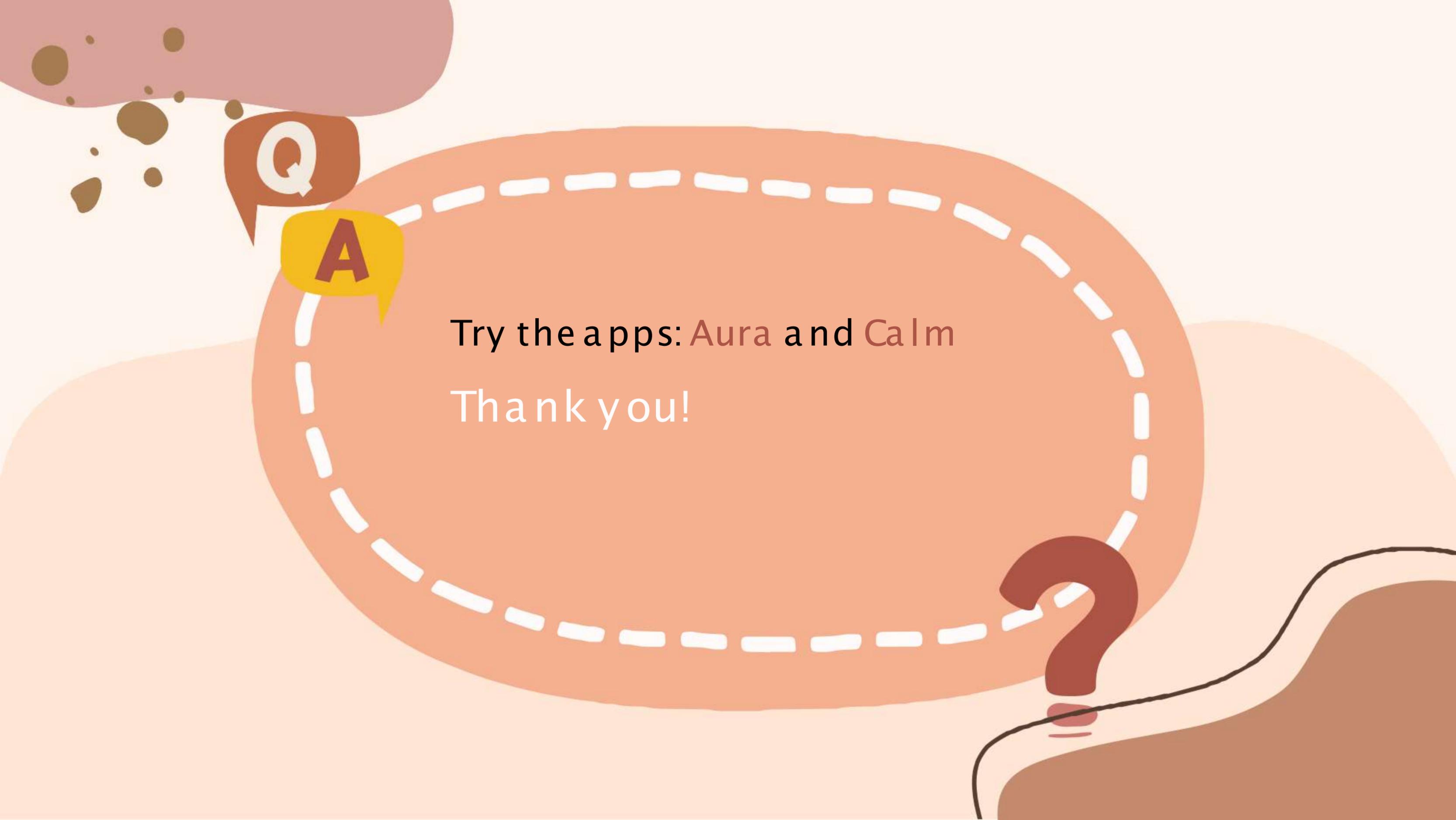
Prevention strategies

KNOW THE SIGNS:

- **What are your signs of burnout?**
- **Do daily capacity checks and realign your goals accordingly**
- **Create change before you're forced to**

BUILD A BEDROCK OF RESILIENCE:

- **What are some daily habits which you think can help best prepare you for times of stress?**
- **What are your non-negotiables with self-care?**
- **Sleep, exercise, nutrition, fulfilling relationships, gratitude...**



Q

A

Try the apps: [Aura](#) and [Calm](#)

Thank you!