

BURNOUT & STRESS

BURNOUT

an extended period of time where someone experiences **EXHAUSTION** and a **LACK OF INTEREST** in things, resulting in a decline in their performance

(Virginia University, 2019)

87%

of students have experienced stress during their college years

(American Institute of Stress, 2019)

STRESS

a feeling of **EMOTIONAL** or **PHYSICAL TENSION**. It can come from any event or thought that makes you feel **FRUSTRATED, ANGRY**, or **NERVOUS**. It is your body's reaction to a challenge or demand

(American Institute of Stress, 2019)

BURNOUT WARNING SIGNS

- Constantly exhausted
- Lack of motivation
- Increased frustration
- Grades suffering
- Struggling to pay attention
- Feeling disengaged from friends due to stress and exhaustion and colleagues
- Feelings of anxiety or depression
- Uninterested in things once enjoyed
- Higher frequency of illness
- Lack of inspiration & creativity

(Florida National University, 2019)

SIGNS OF STRESS

- Missed assignments
- Repeated absences
- Feeling discouraged about academic progress
- Lack of confidence
- Lack of personal hygiene
- Sleep changes
- Unusual weight loss or gain
- Increased anger or hostility
- Irritability
- Inability to concentrate and stay motivated
- Disquieting sense that something is wrong

(American Institute of Stress, 2019)

- Learn to say “no”
- Avoid procrastination
- **SLEEP!**
- Make time for enjoyable activities
- Spend time with friends and family
- Exercise
- Set reasonable goals
- Engage in gratitude
- Practice mindfulness
- Listen to music
- Reach out to the university counseling center

WHAT
YOU
CAN
DO!

71%

of students reported increased stress due to the COVID-19 outbreak

(Son et al, 2020)

25%

of 18-24 year olds reported increased substance use to cope with the pandemic

(CDC, 2020)

90%

of students reported education as a major source of stress during the pandemic

(APA, 2020)

While most adults report experiencing elevated stress due to the COVID-19 pandemic, adults ages 18-23 are experiencing the highest stress levels.

(APA, 2020)

College students face many uncertainties as colleges closed campuses, sent students home, and transitioned to online learning.

(Stress in America, 2020)

Be aware of the “COVID wall” which results from having to deal with prolonged uncertainty and high levels of stress.

(Department of Psychiatry at Michigan State, 2020)

More prone to stress during this period of social isolation, uncertainty and abrupt transitions.

(Department of Psychiatry at Michigan State, 2020)

HORTON'S 8 TIPS FOR WELLNESS & SUCCESS

1.

Remember your purpose. Why are you at UND? It is easier to keep persisting when you remember the "whys."

2.

Check yourself for irrational/unhelpful thoughts that can drag you down or make you want to avoid the work. Correct them with rational thinking.

3.

Remember you can do hard things.

4.

Work in smaller chunks of time with small "rewards" in-between, like stretching or calling a friend.

5.

Don't over-caffeinate; it adds to anxiety.

6.

Take care of your body. Exercise a bit. Get enough sleep. Eat well.

7.

Rely on positive supports, friends, family, church community, and professional help as needed.

8.

Allow time for meditating, praying, reading, and appreciating creation to give you perspective and help you settle.