

SURVIVING IT

SYMPTOMS, EFFECTS & STRATEGIES

BURNOUT

STRATEGIES

WHAT IS BURNOUT?

A state of emotional, physical and mental exhaustion due to prolonged stress

WHY IT HAPPENS IN TECH

PEOPLE?

- Always on culture
- Remote work isolation
- High mental load
- Constant change

SYMPTOMS OF BURNOUT

- **Physical:** Fatigue, pain, poor sleep
- **Mental:** Brain fog, disorganized thinking
- **Emotional:** Irritability, isolation
- **Behavioural:** Procrastination, withdrawal

EFFECT OF BURNOUT

- Constant exhaustion
- Poor work performance
- Loss of joy & motivation
- Health issues
- Doubting your career

STRATEGIES FOR WORK-LIFE BALANCE

1. **Set Boundaries:** Define work hours
2. **Mind WFH Balance:** Create a focus-friendly environment
3. **Own Your Balance:** Set your own norms
4. **Find Your Pace:** Know your strengths & limits

STUDENT-SPECIFIC TIPS

- Manage time with planners
- Set realistic goals
- Take regular breaks (Pomodoro)
- Build a support network
- Explore hobbies outside tech

BALANCE IS NOT A LUXURY, IT'S A NECESSITY