

Understanding Burnout

How do I
identify
signs of
burnout?



*a healthy mind is
the heart of a
happy life*



How do I
cope with
burnout?



What is burnout?

Burnout is defined as unmanaged and chronic stress, typically related to workplace/education or personal stress.



It affects our relationships, work, and overall well-being.

*Mental health isn't just about feeling good
—it's about feeling whole.*



What causes burnout?

*a strong mind
builds a strong
life.*



Chronic stress -
Continuous stress from work or school, responsibilities or sudden life changes



Unrealistic expectations - High expectations or demands can lead to high pressure, whether self-imposed or not



Insufficient support -
Lack of support can worsen feelings of isolation and stress

“How does burnout feel like?



*It's okay to
not be okay—
but it's also
okay to seek
help.*

Feelings of
cynicism,
negativity, anger or
irritability

Losing motivation
or interest in things
you love

Exhaustion or
increased
energy
depletion

Difference between burnout and stress

Burnout

Extended period of stress

Burnout

Stress feels never-ending

Burnout

"I don't care anymore."

Stress

Usually short-lived or tied to a specific goal

Stress

"I have too much to do."



Why is burnout so common in youths?

Pressure to succeed early in life

Social media comparisons

School / Work / Side hustles

Uncertainty regarding the future

Get enough rest

Do things that bring you joy



What happens if burnout is ignored?



Increased risk
of depression

Loss of
direction or
purpose in life

Worsening
of mental
health

*Healing begins with
a conversation—
never underestimate
the power of
connection.*

Fight stigma: Burnout is not

“
Burnout is not
a sign of
weakness

Burnout is
not
laziness



How to recover - one step at a time



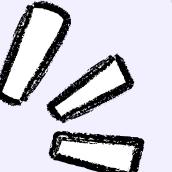
Recovering from burnout takes time

Healing from burnout won't be instant.

Recovering from burnout takes longer if you remain in the environment causing the burnout

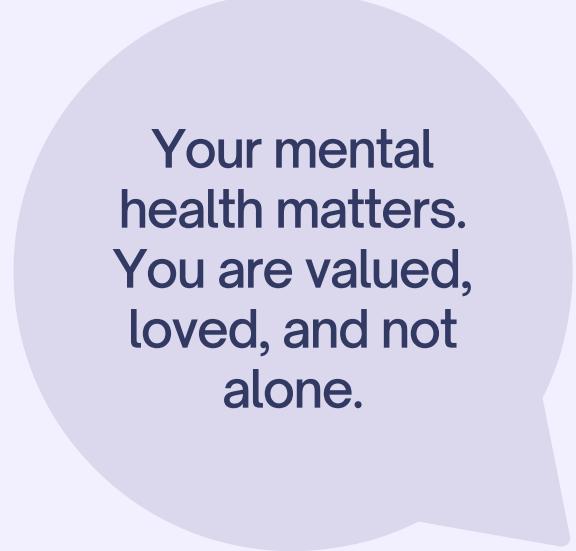


By resting,
you're being
productive



Your mental health matters.
Your story matters. You matter.

“



Your mental
health matters.
You are valued,
loved, and not
alone.



Take good
care of
yourself —
you deserve
it.

”