

Burnout

STUDENT COUNSELLING UNIT
MENTAL HEALTH AWARENESS SERIES
MAY 2021

What is burnout?

- Burnout is a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress.
- As the stress continues, you begin to lose interest and motivation.



Experiencing academic burnout

Signs that you may be experiencing burnout:

- Feeling fatigued/exhausted regardless of the amount of sleep you get.
- Increased pain or tension in your body e.g. headaches, sore muscles or a tense jaw.
- Change in appetite or sleeping patterns.
- Lack of motivation to attend lectures and procrastination with academic tasks.
- Loss of confidence in academic abilities.

How to prevent burnout?

- Manage your time and plan ahead by making use of a timetable and daily reminders.
- Take breaks, go for walks and take time to relax.
- Make time for social activities such as spending time with friends and family.
- Make time for activities you enjoy.
- Develop good relationships with tutors, mentors and lecturers.
- Develop relationships with peers to ensure your university experience is pleasurable.
- Avoid procrastination by developing a scheduled routine.



Did you know?

- If your brain is on overload, parts of it which control memory and attention are weakened.
- This makes it difficult to learn new information and retain old information
- As such, the brain needs to "clear space" regularly to help form new memories and solidify old memories.
- The pre-frontal cortex is responsible for many of the above, but in people experiencing burnout, this capacity is lowered.

Some helpful Resources

If you would like to learn more about mental well-being and find helpful resources to cope, visit/explore:

- <https://www.up.ac.za/student-counselling>
- The SCU-B Chatbot, "SCU-B" on the student portal

If you would like to attend therapy, email:

- Studentcounselling@up.ac.za

For 24hr support, you can call:

- The UP Careline: 0800 747 747



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Department of
Student Affairs

Departement Studentesake
Kgoro ya Merero ya Baithuti