

CosmiCode Summer Internship Program

Week 2- Task # 04

Task 4: Writing a 500-word blog post using 2–3 of the keywords from Task 3.

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Burnout Is Real: How to Recognize It and Start Healing

You're constantly tired. You have zero motivation. And even when you rest, it doesn't feel like you're recharging. Sound familiar?

Many may call it being lazy. But what if I told you that it might not be laziness — it could be burnout.

Especially for students, burnout isn't just about being tired from school. More likely, it's a mental and emotional overload that builds up silently until even the smallest tasks feel impossible, like the mini-conquests you get while playing the game, which have nothing to do with the plot of the game but upgrade your skills. Coming back to the topic, in a world that glorifies the hustle culture, most people don't even realize they're burned out until it hits hard.

Signs of Burnout in Students

It's important to understand that burnout symptoms in students can show up differently for everyone, but here are some of the most common signs:

- Feeling emotionally drained or feeling numb
- Struggling to concentrate
- Losing interest in things you used to enjoy
- Increased irritability or mood swings
- Constant fatigue, even after getting a good sleep

If you've been feeling mentally and emotionally exhausted for weeks, it's time to stop brushing it off and start acknowledging it by calling it a burnout, instead of procrastination.

Academic Pressure & Emotional Exhaustion

Pressure to perform can be considered to be one of the major causes of students' burnout. From grades and exams to internships and social expectations, everything piles up. Academic pressure can create unrealistic standards, pushing students to feel guilty for taking breaks or needing rest. Be it for themselves, or the need to satisfy their families' toxic expectations.

The truth? No one can operate at 100% all the time. Not even you.

That's not weakness — that's humanity.

How to Start Healing

Burnout doesn't go away overnight, but it can be managed with care and intention. Start by:

- **Taking real breaks** — not just scrolling on your phone
- **Journaling your thoughts** to release built-up emotions
- **Talking to someone** — a friend, counsellor, or therapist

- **Saying no** to non-essential tasks
- Reconnecting with things that bring you joy without pressure

You don't need to "earn" rest. You're allowed to pause — and you're allowed to recover.

Final Thoughts

Burnout isn't dramatic or fake — it's real, and it's happening to more students than ever before. The earlier you recognize the signs, the easier it becomes to take back control of your mental space.

So if you've been feeling heavy, exhausted, and distant from yourself, consider this your sign to slow down — and breathe.