

Strategies

Surviving the IT Burnout

for

Work-Life Balance

in Tech





A central illustration of a young woman with brown hair, wearing a blue sweater, looking thoughtful with her hand near her chin. Four thought bubbles emanate from her head, each containing a question related to burnout.

what is burnout?

student-specific strategies

Effects of burnout

Strategies of WLB



Definition

Burnout

/'bern, out/ noun

State of **emotional**, **physical**, and **mental** exhaustion caused by **prolonged stress**



Why Burnout

Common in Tech



Isolation and remote work



“Always-on” Culture



High mental load



Rapid Pace of Change



Symptoms of

Burnout

/'bern, out/ noun

Physical:

- Change in **sleep patterns**
- **Headaches** or muscle pain
- Chronic **fatigue** or **low energy**

Mental:

- **Memory** problems
- **Brain fog**
- **Disorganised** thinking



Symptoms of

Burnout

/'bern, out/ noun

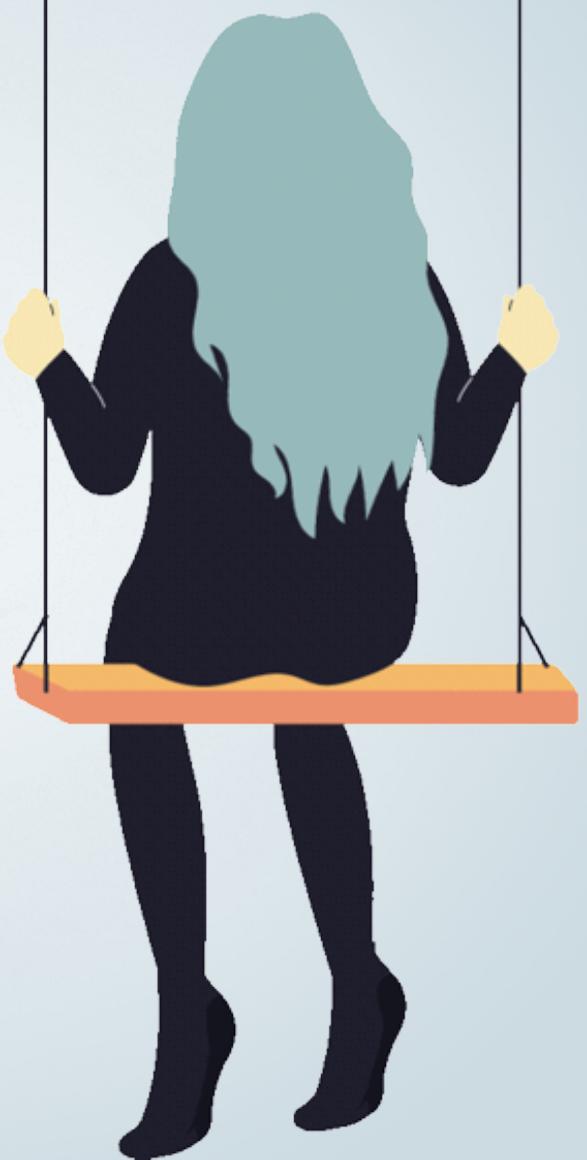
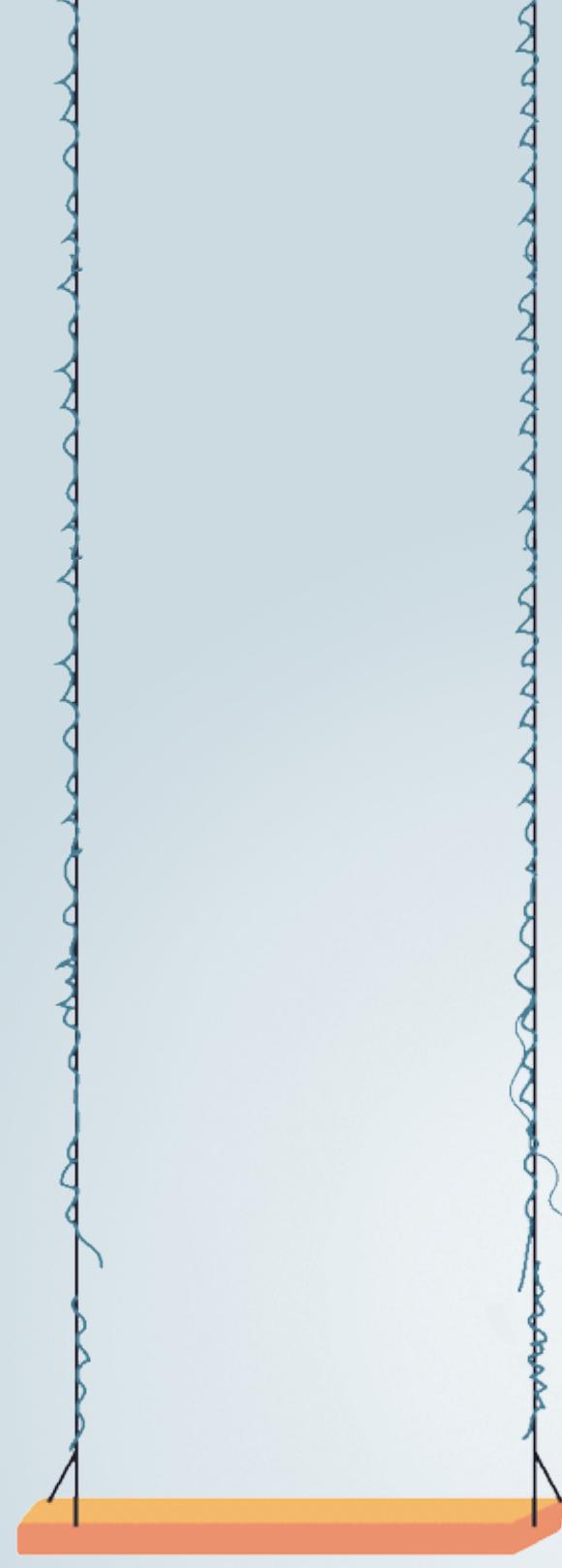
Emotional:

- Feeling **detached** or **isolated**
- Feeling **helpless**, **trapped**, or **defeated**
- Easily feels **irritable** or **mood swings**

Behavioural:

- **Procrastinate**
- **Withdrawal** from responsibility
- Excessive **time off**





How to Avoid Burnout



Working in tech can be exciting, but let's face it—
it's easy for work to spill into our personal lives.

With all the emails, meetings, and remote setups,
finding balance can be tough.

The good news?

A few smart habits can make a big difference in
keeping work and life in check while staying happy
and productive.

Effects of Burnout

Effects of Burnout



You feel tired all the time

This isn't normal tiredness.

Even after a full night's sleep, you still feel drained.

It's hard to find energy or motivation to start the day.

You feel like you're always running on low battery.



Effects of Burnout



Your work gets harder

Focusing becomes really difficult.

You take longer to finish things and make more mistakes.

In tech, where clear thinking is key, this really affects your performance.

It's not because you're lazy—it's because your brain is overloaded.



Effects of Burnout



You feel stressed physically

Burnout doesn't just stay in your head.

You might get headaches, stomach aches, or sleep badly.

Some people feel tense or get chest pain.



Effects of Burnout



You stop enjoying things

Things you used to love feel like chores.

Whether it's coding, designing, or talking to friends—it all feels heavy.

It's just work, sleep, repeat... and nothing feels fun anymore.



Effects of Burnout



You question everything

You think about quitting or giving up—not because you're bad at it, but because you're drained and can't enjoy it anymore.



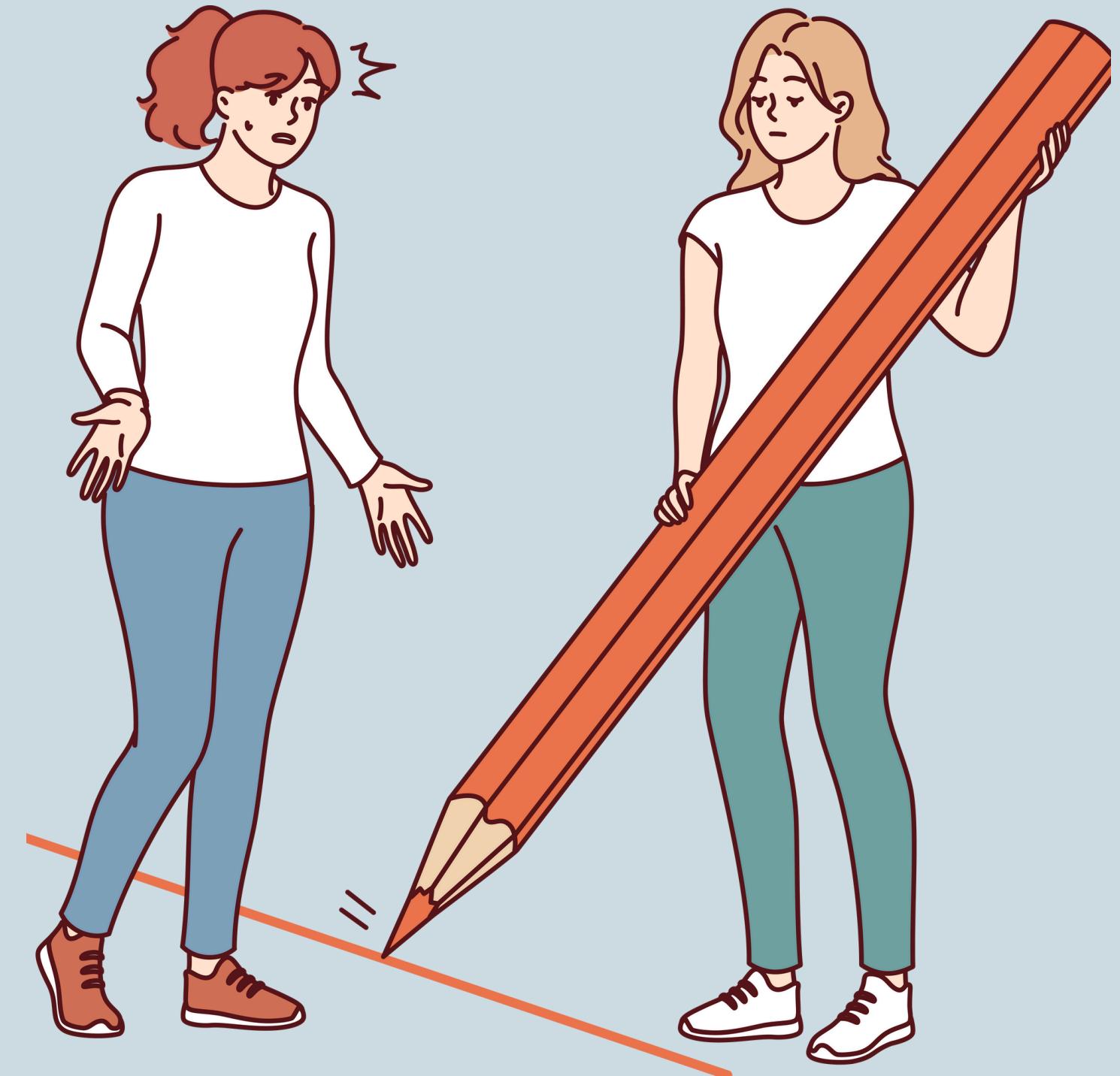


Strategies for Work Life Balance in Technology

Work Life Balance Strategies

SET CLEAR BOUNDARIES

- Establish clear work hours to separate personal time from professional responsibilities.
- Learn to say no to additional commitments that can overwhelm you.



Work Life Balance

Strategies

MIND YOUR WFH HABITS



- When we bring work into our homes, we often bring home into our work as well.
- It can make it harder to focus, create stress, and lower your quality of life.

Work Life Balance

Strategies

OWN YOUR BALANCE

- The way we act each day forms habits, and those habits shape the expectations others have of us for both at work and at home.
- Just because it's the norm in the industry doesn't mean it has to be your norm.



Work Life Balance Strategies



FIND YOUR OWN PACE

- Each person is unique, with their own strengths and weaknesses. That is why it is important to recognize and understand them.
- By assessing our strengths and weaknesses, we can better plan our goals and maintain both our mental and spiritual well-being.



Student-Specific Strategies

STUDENT-SPECIFIC STRATEGIES

1. Time Management:

- Highlight the importance of balancing academic responsibilities with personal time.
- Encourage students to use tools like planners or apps to organize their schedules effectively.



STUDENT-SPECIFIC STRATEGIES

2. Setting Realistic Goals:

- Emphasize the need to set achievable goals for both studies and personal projects.
- Unrealistic expectations can lead to unnecessary stress.



STUDENT-SPECIFIC STRATEGIES

3.Taking Breaks:

- Advocate for regular breaks during study or coding sessions.
- Techniques like the Pomodoro method can help maintain focus while preventing burnout.



STUDENT-SPECIFIC STRATEGIES

4. Building a Support Network

- Encourage students to connect with peers, mentors, or professors for guidance and emotional support.
- A strong network can help navigate challenges.



STUDENT-SPECIFIC STRATEGIES

5.Exploring Hobbies:

- Stress the importance of having non-tech-related hobbies to unwind and recharge.
- This helps maintain a healthy balance between work and leisure.



Q & A

THANK YOU