

A Student's Guide to Avoiding Burnout

What is burnout?

Burnout is a term used to describe a loss of motivation and negative wellbeing. It is normally the result of feeling stressed over a long period of time.

Students who experience burnout typically report feeling exhausted by their studies, start to see little value in their university work, and question their ability to do things well.

It is common to experience some of these things at university and feel stressed, particularly about assignments, exams and grades. However, burnout develops when these feelings don't go away or start to feel overwhelming.

What are the consequences of burnout?

Burnout can have important implications for your wellbeing. Students who experience burnout can feel unwell and anxious.

It can be difficult to do university work and complete assignments when you are feeling burned out. You might find yourself attending university less and performing less well on your assessments than you would otherwise do.

Burnout might lead to you feeling isolated, unmotivated, and like you want to quit university.

What should you do if you feel your burnout is a problem?

If you are feeling burned out, there are things you can do to feel better and recover your motivation.

You can speak to student services at your university about how you are feeling. They are a good first point of call and will advise you on what type of support would be best given the issues you are having.

If you are experiencing mental health issues related to burnout (or other things), you should seek the support of a mental health professional, starting with your local GP. You will be able to register with a GP near your university if you haven't already done so.

FURTHER INFORMATION

If you would like to learn more about burnout and some of the techniques people use to help reduce it, you can take a look at the books below.

Kristin, N. & Germer, C. (2024). *Mindful self-compassion for burnout*. Guilford Press.

Sorensen, D. (2024). *ACT for burnout*. Jessica Kingsley Publishers.

Marsh, M. (2023). *Stress and Burnout in Education: 15 Strategies to Help You Break the Stress Cycle*. National Centre for Youth Studies.

