Pocket-sized tips to avoid burnout

Be kind to yourself

This is a difficult period and you shouldn’t expect too much of yourself:

• Lower your expectations to reduce pressure on yourself

• Try not to criticise; why not compliment yourself instead?

• Give yourself a gift — it could be as low cost as a chocolate bar!

• Avoid overworking by setting clear goals and a plan to achieve them

• Set clear boundaries between work time and leisure time (especially close to bedtime)

Find a distraction

Sometimes the news can get too much! Perhaps you need a distraction:

• What keeps you engaged and absorbed?

• If you usually watch TV, how about trying a book instead?

• Learning something new could provide variety and growth

• Is there something you’ve always wanted to create or try?

• Immerse yourself in music

Look after your body

Being kind to yourself also means looking after your physical health:

• Develop and follow a balanced eating plan — it doesn’t need to be elaborate!

• Everything in moderation; eat the chocolate bar, then a piece of fruit after

• Consider a break from coffee, energy drinks, cigarettes and alcohol

• Get a good amount of sleep every night — can you go to bed 30 mins earlier?

• Prioritise self-care to replenish your physical and emotional energy
**Keep communicating**

We must look out for one another to avoid feeling isolated and lonely:

- Check on your friends and family regularly
- If you are feeling overwhelmed, tell someone
- Stay in regular contact with your loved ones
- Talk to your tutor and classmates if you are stuck or worried about your studies
- Don’t feel bad if you don’t want another Zoom quiz!

**Spend time outside**

It’s cliché but don’t underestimate the power of nature!

- Move your body to help release stress
- Create a plan to exercise regularly
- Walk in green space if you can
- Remember a change of scenery can do the world of good
- If you’re inside, can you face a window or have a plant nearby?

**Consider your environment**

Your environment can have a big impact on how you feel:

- Create a space in your home that feels serene and peaceful
- Candles, lighting and plants are easy atmospheric tricks
- Keep your environment organized and tidy
- Put a list of what you value or enjoy somewhere you’ll see it daily
- If you are working/studying from home, try to keep this space separate

**Look after your mind**

Prioritise your mental health just as you do your physical health:

- Cut your time watching TV and news
- Consider quiet reflection, meditation, or prayer
- Limit social media and avoid upsetting content
- Remind yourself of the positive in your life
- Write daily in a gratitude journal

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