

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



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?



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

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!

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

