

Burn Out FACTS AND FIGURES



63% of graduate students reported feeling overwhelming anxiety
(Promoting Graduate Student Mental Health: The Role of Student Affairs Professionals and Faculty (naspa.org))

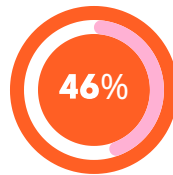
"YOU'RE FEELING BURNT OUT AND DISCOURAGED, BUT YOU'VE MADE IT THIS FAR AND I THINK THAT REALLY BRAVES"

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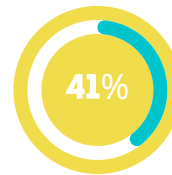
Burnout looks different for everyone, and usually impacts every part of our lives, not just our academic performance, the most logical approach to reducing symptoms is tailoring your 'treatment plan' to what works best for you, your environment, and what resources you have available. As a graduate student, you're always going to have work, and as a human life is sometimes (often) going to be complicated and exhausting due to things out of your control, the only thing you can actually control is changing how you cope with these stressors.



LONELY
"58% of students reported feeling very lonely."(naspa.org)



HARD TO HANDLE
" 46% of students reported that academics had been traumatic or very difficult to handle." (naspa.org)



DIFFICULTY FUNCTIONING
" 41% of students felt so depressed it was difficult to function"(naspa.org).

Signs of Burnout:

- Fatigue
 - Feeling mental, emotionally, and physically exhausted (or all three)
- Insomnia and changes in appetite/eating patterns
- Impaired work performance
- Increased susceptibility to physical illness and substance abuse
- Sense of dread about work
- Feelings of emptiness, apathy, and hopelessness
- Loss of motivation
- Difficulty concentrating
- Missing deadlines or a dramatically decreasing academic
- Self-isolation and feelings of loneliness
- Increased substance use

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**BURNING OUT OR BURNING UP?
CHECK OUT NVZ.CUSTOMS FORUM TO READ MORE ABOUT IZZY'S EXPERIENCE WITH BURNOUT**