

Burnout....

It happens over a period of time and perhaps without forewarning. Students striving for high goals can often feel themselves slipping into a chronic feeling of frustration and disappointment.

Burnout involves 4 parts of our lives. It is an *exhaustion* of our:

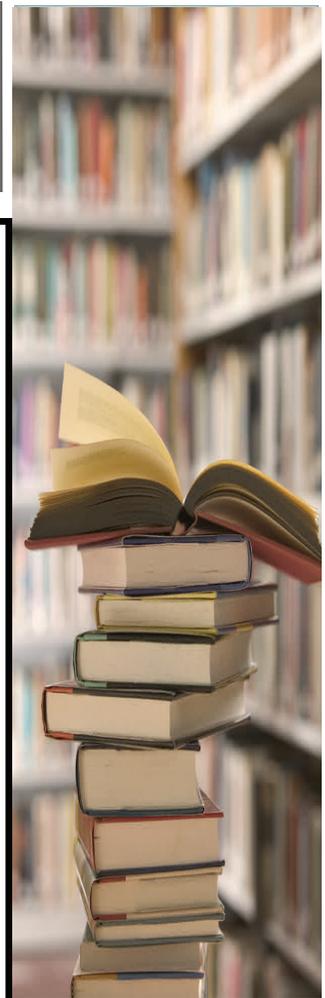
- *Physical bodies*
- *Emotional health*
- *Intellectual ability*
- *Spiritual being*

Burnout *warning* signs:

- A fast paced lifestyle
- Devoting all your time to school and work neglecting relationships and family
- When a student becomes apathetic, feeling helpless and cynical just waiting to make it to the end of the semester.

Preventing Burnout:

- Be flexible to changes that can occur in any schedule. Rearrange time, activities or events if unexpected things occur. Incorporate your friends and family who are interested in you achieving your goals.
- Set up a good plan to manage your time. Make sure it includes more than enough time for study and always include a day to rest and be with your family.
- Schedule meditation or physical activity to help relieve stress.
- Set up a good plan to manage healthy eating. It is necessary to give your body the energy it needs to stay healthy and build a resistance to the flu and other contagious illnesses that thrive in large groups of people.



*...exhaustion
of your total
self; the
mind, body
emotions
and spirit...*

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