



# RE-IGNITING THE FLAME: RECOVERING FROM BURNOUT

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# WHAT IS BURNOUT?

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## **DEFINITION:**

BURNOUT- A STATE OF EMOTIONAL, PHYSICAL , AND MENTAL EXHAUSTION CAUSED BY PROLONGED, UNMANAGED, AND CHRONIC WORKPLACE STRESS (WHO)

- NOT LIMITED TO WORKPLACE
- NOT LIMITED TO STRESS
- CAN SHOW UP IN MANY WAYS
- EASY TO MISS OR IGNORE

HAVE YOU EVER EXPERIENCED BURNOUT BEFORE?



## SIGNS TO LOOK FOR

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- PHYSICAL
  - CHRONIC OR EXCESSIVE FATIGUE
  - INSOMNIA OR TROUBLE SLEEPING/OVERSLEEPING
  - CHANGES IN EATING/DIGESTION
  - MORE FREQUENT ILLNESS
  - HEADACHES, BODY ACHES OR MUSCLE TENSION
- MENTAL
  - ANHEDONIA (LOSS OF INTEREST) OR LOSS OF MOTIVATION
  - CYNICISM
  - DETACHMENT/ NOT FEELING CONNECTED TO OTHERS
  - SUDDEN OR INCREASED CHANGES IN EMOTIONAL STATE
  - RELYING MORE ON SUPPORTS/COPING MECHANISMS
  - PERFECTIONISM/HIGH EXPECTATIONS
  - TROUBLE FOCUSING/PROCRASTINATION

WHAT ARE YOUR SIGNS THAT YOU ARE BURNT OUT?



## BURNOUT FOR THE NEURO-SPICY


- SENSORY OVERLOAD
- SOCIAL DEMANDS/MASKING
- CHANGES IN ROUTINE
- ACCOMMODATIONS NOT BEING MET
- NOT ABLE TO SAY NO



## OH WOW, I MIGHT BE BURNTOUT

- SAME!
  - BURNOUT IS VERY COMMON
- ACKNOWLEDGEMENT OF CONTEXT
  - TRANSITIONS, PERSONAL, SOCIOPOLITICAL
- COMMUNITY IS KEY
- SELF-CARE AS A NECESSITY
  - PREVENTION VS REACTION
- DISCIPLINE AND CONSISTENCY IN EVERYDAY TASKS OR RESPONSIBILITIES
- REST/RELAX/RESET
  - GETTING LOST IN THE ALGORITHM



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- IDENTIFYING IS THE FIRST STEP
  - SELF-COMPASSION
  - RECOVERY LOOKS DIFFERENT FOR EVERYONE
  - DON'T RUSH THE PROCESS
  - HEALTHY COPING
  - YOU'RE NOT ALONE
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WHAT NOW?

## STARTING THE RE-IGNITION PROCESS

- REDEVELOP ROUTINE & ANCHORS
- INTENTIONAL BREAKS & REST
  - ACTIVE VS PASSIVE REST
  - LIMIT SCREEN TIME/SCROLLING

### TYPES OF NEEDS:

- MOVEMENT
- SUNLIGHT
- MINDFULNESS PRACTICE
- WELLNESS/FOOD/WATER
- SOCIAL CONNECTION & SUPPORT
- BOUNDARIES FOR SELF & OTHERS
  - PRIORITIZATION



# LETTER TO YOURSELF ACTIVITY

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- TAKE A MOMENT TO WRITE A LETTER OR NOTE TO YOURSELF (DIGITAL OR ANALOG) THAT YOU CAN ACCESS LATER FOR YOUR FUTURE SELF
- SOME IDEAS:
  - WORDS OF ENCOURAGEMENT/QUOTES/LYRICS
  - WHAT IS YOUR “WHY”
  - REMINDING YOURSELF WHAT ARE SOME THINGS YOU CAN DO

## **REFLECTION:**

HOW WAS IT FOR YOU TO WRITE THIS LETTER TO YOURSELF?

# Support

## Peer Counseling

if you want to talk to a fellow student about school stress, friend or roommate issues, adjusting to Philly and Drexel, or navigating the dating world, peer counselors get it and are available to provide active listening, non-crisis support, and campus resources.

Schedule Online with a Peer Counselor



## Individual Therapy | Couple's Therapy Group Therapy & Workshops

If you want to work with a trained therapist, DUCC offers free, confidential, LGBTQ+ friendly and culturally sensitive counseling services.

Schedule with a Therapist

  
counsel@drexel.edu  
  
215-895-1415

## Same Day Appointments | Let's Talk Drop-Ins

If you're want some direction or just want to talk through an issue, you can have a one-time appointment with a therapist on the same day you decide you want help. Minimal paperwork, no commitment, just a single-session to focus on the problem at hand.

## On-Call Counselor | Walk-In Appointment

If you or someone you know is thinking about ending their life, threatening to hurt someone else, losing touch with reality, or having any other psychological emergency you can get help right away.

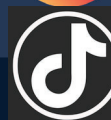
24/7 On-Call Counselor **215-416-3337**

Get Help Now

Walk into the DUCC  
3210 Chestnut St  
2nd Floor



*Is Within Reach*



DREXEL UNIVERSITY

Counseling Center