



Student Leader Burnout

How to recognize and mitigate burnout.

Adapted By Jeremy Sippel

Assistant Director, SGA and Student Organizations

What is BURNOUT?

- Emotional, Mental, and Physical exhaustion caused by excessive prolonged stress
- Sense of feeling overwhelmed, loss of interest/motivation, have nothing more to give
- Unable to meet constant demands by reducing your productivity





Warning signs

Mental:

- Making careless mistakes you normally wouldn't make.*
- Lashing out at others due to pressure.*
- Losing confidence, motivation, or feeling incapable to keep deadlines.*



Warning signs

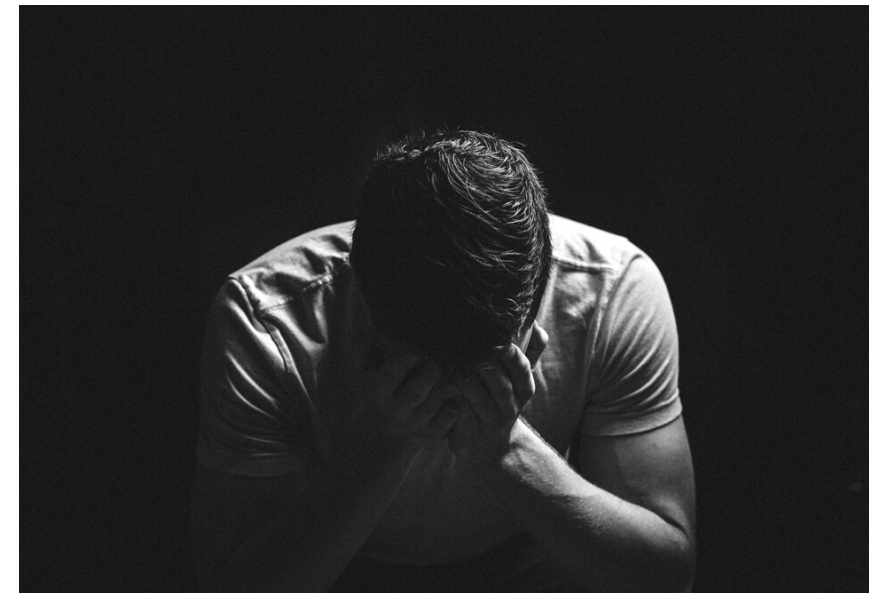
Physical:

- Feeling exhausted despite sleep or not sleeping well at all
- Stress eating, overthinking, bad habits
- Pain and tension in your body from working or thinking about work.
- Frequent headaches or dizzy spells
- Illness more often, including head colds, stomach flu

Warning signs

Emotional:

- Finding yourself sensitive over small issues such as comments or critiques from others.
- Not being able to concentrate or focus during leisure activities.
- Consistently feeling bored or not enjoying things you used to enjoy.



Dealing with Burnout

If you believe you are burnt out, it is important to take it seriously and deal with it right away. It will only get worse if you leave it alone. The stress and pressure will continue to build up. You must take steps to get your life back into balance and prevent a breakdown.

Ideas to help prevent burnout

Meet with the Counseling Center.

Time Management and Organization

Social Media Shutdown

Breakdown Responsibilities

Set reasonable goals

Maintain good health and respect your personal needs

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Counseling Center

Eligibility for Counseling

All currently enrolled students

Eligibility for Consultations

Students, faculty, & staff

Office Hours

Monday through Friday,
8 a.m. to 5 p.m.

Drop-In assessment hours

9 a.m. - 4 p.m.,
Monday through Friday

After-Hours Crisis Assistance

Call the Counseling Center at
903-886-5145, answered by
licensed counselors 24/7

**"You Can't Heal What You
Don't Reveal" - Swati**

Center's Philosophy

Our staff of 11 licensed mental health providers, administrative support, and graduate trainees are committed to being a confidential, supportive, and nonjudgmental space for all members of the A&M Commerce community.

We represent a diverse range of identities, backgrounds, and theoretical orientations—all of which allows us to serve the range of mental health needs in our community.

We have advanced training and specialize in college mental health and multicultural competencies.

We are a trauma informed Counseling Center meaning we have specialized training in working with and supporting clients who have had trauma experiences.

Counseling Center Services

- Individual/Couples
- Group
- Counseling (client and non-client groups)
- Crisis
- Intervention
- Consultation and Referral
- Educational Outreach & Prevention services
- Psychiatric Medication Management for Counseling Center clients

Note: Consultation and referral services are available for faculty/staff who are experiencing psychological crisis, have concern about another person, or who might be seeking a professional referral.

Time Management and Organization

*Manage your time with a calendar and keep track of priorities and deadlines.
Keep track of your responsibilities and avoid procrastinating.*

Social Media Shutdown

Sometimes social media and the internet lead to overstimulation that can overwhelm us. Try at least one hour before going to sleep, turning off mobile devices and social media. This can help you tune out and avoid a burnout.

Break Down Your Responsibilities

Break long-term goals and larger projects into smaller more achievable goals and projects to avoid stress that occurs with trying to finish a project last minute.

It is okay for you to delegate responsibilities amongst your members/other Execs.

You do not need to be the person that takes all the tasks on themselves.

Delegating helps you effectively manage your time, ability to dedicate yourself to other responsibilities, and relieve pressure you may have from too many responsibilities.

Set reasonable goals

Don't set yourself up for stress by creating goals that are unachievable or unrealistic and your ability to meet the goals. This can lead to taking on more responsibility and if you don't accomplish the goal, the thought of giving up rather than overcoming and persevering.

Stay healthy and respect your personal needs

Eat healthy, exercise, and sleep are crucial to not letting normal stress lead to burnout. Create time in your schedule for leisure activities that reduce your stress like going for a walk, regular deep breathing, or other activities you find pleasurable. Think about activities that are calming such as yoga, meditation, or physical exercise. These activities release positive endorphins and aid in sleep. Doing these activities will help you feel good and maintain your health.

**To effectively
deal with
burnout...**

Follow these 3
approaches:
Recognize
Reverse
Resilience

Recognize

Watch for and recognize the warning signs for burnout. Learn to say NO to people and be okay with it. You don't need to take on more work than you already have.



Reverse

If you feel burnt out, manage your stress and seek support. Sometimes you need to reflect and disconnect, taking breaks to decompress.



Resilience

Build up your resiliency by taking care of yourself physically and emotionally. Ensure you have time for yourself. Don't overextend yourself. Make sure you are doing things you enjoy and are fulfilling.



Questions?

Contact Information

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