

2022
COLLEGE CHANGES EVERYTHING[®]
CONFERENCE

STRESS, BURNOUT, & SELF-CARE

STRESS

- Everyone experiences stress.
- Stress is your body's NORMAL reaction to challenges, changes, and demands.
- Stress is a state of mental, physical, or emotional tension.
- Stress impacts your body, thoughts, feelings, and behaviors

BURNOUT

Burnout is a form of exhaustion caused by excessive and prolonged mental, physical, and emotional stress.



BURNOUT

TOO MUCH STRESS

A LOT OF STRESS

MORE STRESS

STRESS



Denial of Emerging Problems:

intolerance; perceiving collaborators as stupid, lazy, demanding, or undisciplined; cynicism, aggression

Withdrawal:

(social life small or nonexistent, need to feel relief from stress, alcohol/ drugs.)

Depersonalization:

seeing neither self nor others as valuable, and no longer perceive own needs

Displacement of Conflicts

problems are dismissed; may feel threatened, panicky, jittery

Inner Emptiness:

feeling empty inside and to overcome this, look for activity such as overeating, sex, alcohol, or drugs; activities are often exaggerated.

The Compulsion to Prove Oneself
obsessively

Revision of Values
values are skewed; friends and family dismissed, hobbies become irrelevant; work is only focus

Working Harder
Inability to switch off

Odd Behavioral Changes:
obvious; friends and family concerned.

Neglecting Needs

Erratic sleeping, eating disrupted, lack of social interaction

Depression:

feeling lost and unsure, exhausted, future feels bleak and dark.

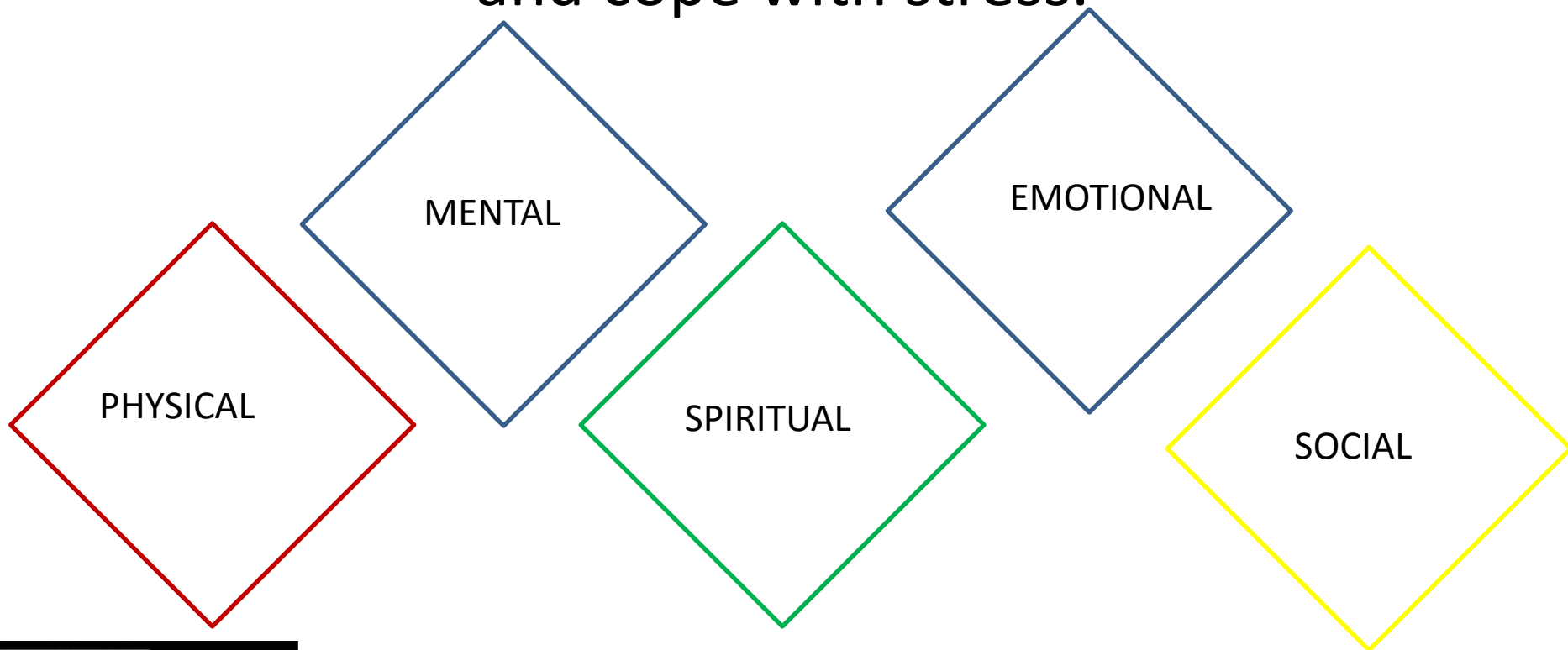
Burnout Syndrome:





Self-Care

Purposeful Engagement with the mind, body, and soul to improve, protect one's well-being, and cope with stress.



Hierarchy of Self-Care Needs

Am I living my best life?

Do I feel confident?

Do I feel like I belong?

Do I feel safe?

Are my basic needs met?





Whenever you answer “NO” to a question,

**IT’S TIME TO ENGAGE IN SELF-CARE
AND FILL YOUR CUP!**



Examples of Self-Care

- Drink more water
- Breathe
- Journal
- Get active
- Rest
- Create
- Connect with others
- Say your Affirmations
- Practice Gratitude
- BOUNDARIES
- Say “no” and be ok!
- Unplug from the network
- Eat healthy
- Take your Mental Health days and use your time wisely