

RESET & RECHARGE

A Quick Burnout Recovery Guide

SIGNS OF BURNOUT

- Trouble focusing or getting started
- Feeling exhausted, even after rest
- Procrastination or avoidance
- Increased stress or irritability

USE THE "JUST START" RULE

Commit to working for 10 minutes only.

Once you begin, it's easier to keep going!

MAKE IT SMALLER

Overwhelm comes from feeling like everything matters at once.

Ask yourself: "What is ONE thing I can do right now?" and start there!

CHANGE YOUR APPROACH

If something isn't working, try:

- Studying in a new location
- Switching tasks for a short time
- Using active study methods (practice, quiz yourself)

RESET YOUR ENERGY

Small resets can improve focus quickly.

- Take 5 slow, deep breaths
- Stand up, stretch, or take a short walk
- Step away from screens briefly

DON'T DO IT ALONE

Reach out to:

- Advisors and Tutors
- Professors
- Friends or classmates

Asking for help is a strategy - not a weakness.



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