

Brought to you by the Student Development and Counselling Department

*Help! I think
I'm
burned out!*



WHAT IS *BURNOUT*?

- According to the APA Dictionary of Psychology, burnout is defined as a “physical, emotional or mental exhaustion, accompanied by decreased in motivation, lower performance and negative attitudes towards oneself and others.”
- In easier terms, “burnout” involves exhaustion, feeling really tired after doing too much or working for too long without a proper rest or break.



What Causes Burnout?



1. Lack of a balanced life



2. Working too long without a proper break



3. The need to regain control when things are out of control



4. Tendency to hyper-focus



5. Lack of sleep



6. Lack of support



7. Being in a high pressure environment

SIGNS TO LOOK FOR....

- Feeling overwhelmed
- Isolating self from others
- Lashing out at others
- Physical and/or emotional exhaustion
- Changes on diet or sleep patterns
- Headaches
- Lack of motivation
- Feeling ineffective
- Difficulty thinking or concentrating
- Bigger emotional reactions than before
- Difficulty switching off
- Having a negative mindset towards work/ studies



What Can We Do

WHEN WE FEEL BURNED OUT?



Confide in our loved ones / with others



Taking intentional breaks



Take care of your physical health



Maintain work-life balance



Establish a daily routine



Evaluate your priorities



Practice being mindful



Seeking professional support

Feel free to reach out to our counsellors:



Operation hours:

Monday to Friday (9 am – 6 pm)

Saturday (9 am – 1 pm)

Phone: 03-91018880

Email: sacounselling@ucsiuniversity.edu.my

Facebook: UCSI SDCD

Location: Student Affairs and Alumni (SAA),
Level 9, Block G,
UCSI University (KL Campus)