

Title

Bouncing Back from Burning out

Theme

Reflect and Re-Energize

Type of Presentation

Collaborative Conversations

Length of Education Session

30 minutes

Abstract

Everyone experiences burnout, especially students who are balancing school, work, extracurriculars and their personal lives. In this education session, students will reflect on how they know they are experiencing burnout and what it takes to pull themselves out of it. Let's talk about burn out together, and help each other through the experience of when we may have taken on too much.

Workshop Outcomes

Skills that students have and techniques that other students use in order to deal with burnout.

Why is this topic important?

A lot of students are very involved and excelling in their leadership positions but go through periods of burnout and are unsure of how to deal with it and re-energize themselves. Talking about burnout openly and directly as something that we can normalize to help each other is very important with how much leaders in our community take on.

Breakdown

8 minutes – Presenters will explain what burnout is, how it affects you, and how to recognize it. This will be paired with a PowerPoint presentation, video and graphics.

2 minutes – Presenters will give examples of their reflection (how they personally know they are reaching burnout and how they either slow down to recover or how they cope with it when they reach it)

8 minutes – Delegates will be split into groups (depending on how many people there are) and will reflect on how they all experience burnout and how they deal with it. Delegates will also exchange tips and tricks of how to pull yourself out of a state of being burnt out.

3 minutes – Presenters will discuss the idea of compassion fatigue and how it can be factor in burn out as well.

4 minutes – Debrief – “What is one thing you can do to avoid getting to the point of burning out?” – share with your group

5 minutes – Evaluation and Questions

Takeaways (if applicable)

N/A