JACS TORONTO
COURAGE 2 CHANGE

DEALING WITH BURNOUT

WHAT IS COURAGE 2 CHANGE?

Courage 2 Change (C2C) is a student mental health program created by JACS Toronto, offering educational workshops, a student ambassador program, individual counselling, and a tailored support group for post-secondary students.

BURNOUT: (NOUN) BURN - OUT

Burnout is a genuine phenomenon for many. This state of mental exhaustion typically arises after prolonged exposure to intense pressure and stress. While burnout is a common experience, the key to avoiding feelings of helplessness and despair lies in prevention and adopting effective coping strategies. Discover more about how to prevent burnout and nurture your well-being in this informative resource from Courage2Change.

IS IT STRESS OR BURNOUT?

STRESS

Stress is a physiological and psychological response that occurs when an individual perceives a discrepancy between the demands placed on them and their ability to cope with or meet those demands. It is a natural reaction to challenging or threatening situations, and can manifest in various physical, emotional, and cognitive ways.

BURNOUT

Burnout is a state of physical, emotional, and mental exhaustion that results from prolonged exposure to chronic stress, often related to one's work or responsibilities. It is characterized by a sense of overwhelming fatigue, reduced motivation, a feeling of detachment from one's job or tasks, and a decline in overall performance and productivity.

SYMPTOMS OF BURNOUT

It can be difficult to tell the difference between stress and burnout. Use the list of common sign and symptoms below to help you identify if you may be struggling with burnout.

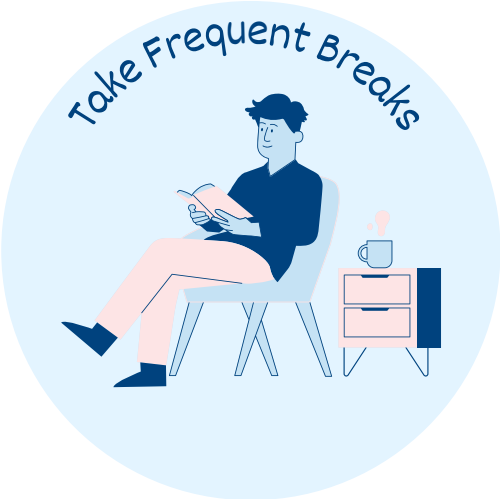
- Backaches
- Headaches
- Loss of appetite
- Disruptions to sleep
- Withdrawing from others
- Difficulty getting things done
- Feeling drained and tired most of the time
- Lowered confidence and feelings of failure

This tool is not intended for diagnosing any mental health condition. It should not be used as a substitute for professional medical advice, diagnosis, or treatment. Its purpose is to provide general information and guidance only.

Need Support? JACS is here to lend a helping hand. Don't hesitate to reach out, even if you're feeling apprehensive.

Email info@jacstoronto.org or call us

HOW CAN I PREVENT BURNOUT

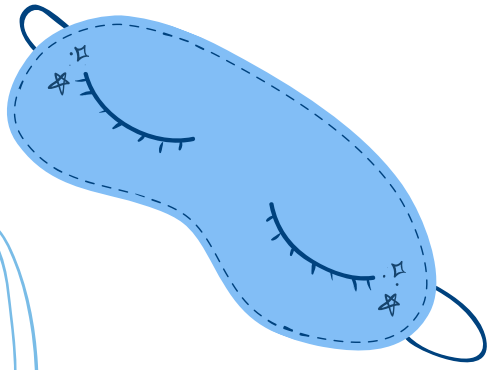


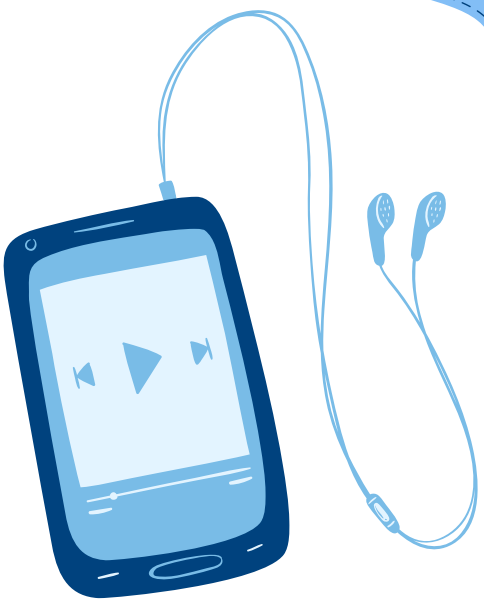
DAY OF THE WEEK:

Take a moment to check in with yourself and practice some self-care. Tick off the boxes of the activities you are going to do today.

Today I will:

- [ ] Exercise
- [ ] Call a friend
- [ ] Go on a walk outside
- [ ] Listen to music
- [ ] Take a shower
- [ ] Get a good night sleep
- [ ] Try something new
- [ ] Make a yummy meal
- [ ] Light a candle
- [ ] Read a book
- [ ] Watch my favorite show





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