

Managing burnout



Prioritize Self-Care

Get enough sleep, maintain a balanced diet, and engage in regular physical activity. Dedicate time to a hobby or interest that rejuvenates you.



Plan Regular Breaks

Schedule breaks from study and take a weekend off to ensure you regularly recharge.



Create a “Down Tools” Routine

Develop a daily routine to leave behind your study and mentally switch off.



Utilize Weekends for Restoration

Consider weekends as part of your restoration, avoiding excessive work whenever possible.



Set Boundaries

Learn to say no to excessive commitments and manage your time effectively to prevent overexertion.



Practice Stress-Reduction Techniques

Explore mindfulness, deep breathing, relaxation exercises, and engaging hobbies to manage stress.



Build a Support Network

Connect with peers, mentors, or counseling services for emotional support and guidance.



Seek Professional Help

If you suspect burnout is affecting your well-being, consider consulting a medical professional for guidance and support.



Seek Support

Talk to friends, family, or colleagues about your feelings. Sharing your experiences can be therapeutic.



Seek support:
Medical School
Student Support



CREATE CHANGE