



# Avoiding Burnout

Surviving Grad School One Breath at a Time!





# Welcome!

- ▶ Who We Are

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# Mindfulness Practice

- ▶ Using the markers and paper provided, choose one (or more) of the following to spend the next 5 minutes engaged in:
  - ▶ Draw something that makes you feel relaxed
  - ▶ Use the time to list things that give you joy
  - ▶ What are you grateful for today?
  - ▶ Make patterns or let your mind/ideas wander on the paper
  - ▶ Write down what motivates you or inspires you



# Organizing, Balancing, and Being Mindful

- Manage grad school responsibilities
- Prioritize important things (like your health!)
- Incorporate mindfulness into your school routine



# Stress Assessment

- ▶ Write down the 5 most stressful things in your life and rate them on a scale of 1 – 5 (1 being least stressful and 5 being most stressful)
- ▶ Did you think about how stressful these events have been in your life until now? Could you have easily added more?
- ▶ Being self-aware of stressors is the first step in avoiding burnout!



# Knowing Your Limits

- ▶ What can you do to avoid being overwhelmed, and how do you assess your limits?
- ▶ The key to avoiding burnout is taking preventive action.





# Coping Mechanisms



- ▶ Look at your picture/writings from the beginning of the session
- ▶ Share what practices/hobbies help you cope with stress personally and why/how they work for you
- ▶ What are some other ideas to consider?



# Supporting Yourself and Others

- ▶ Academic and non-academic support systems
- ▶ Setting personal boundaries with students, colleagues, etc.





Thank You!

Questions? Comments?

