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?