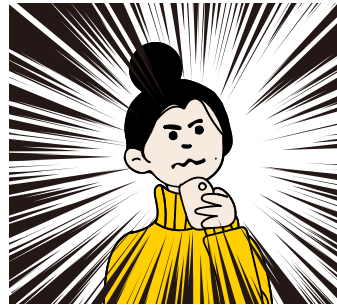


SIGNS OF WORK BURNOUT

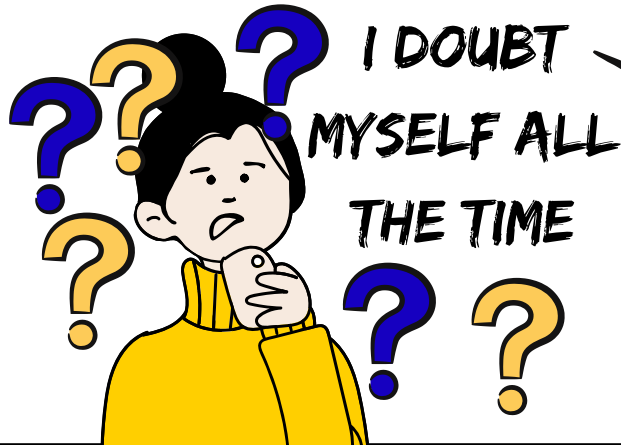
EVERYTHING IS
TOO HARD

I FEEL ALONE
AND NOBODY CAN HELP



I'M OVERWHELMED AND
WORRIED ALL THE TIME!

I'M
CONSTANTLY
FEELING
NEGATIVE
ABOUT LIFE



I DOUBT
MYSELF ALL
THE TIME

BURNOUT IS A COMPLETE
STATE OF PHYSICAL,
MENTAL AND EMOTIONAL
EXHAUSTION, IN THIS
INSTANCE RELATED TO
WORK (SCHOOL/ UNI WORK
COUNTS)

I FEEL TIRED
AND DRAINED
MOST OF THE
TIME



 mind Dorset

CREATED BY
DR. CAMILA DEVIS-ROZENTAL

FOR RESOURCES AND
SUPPORT CHECK OUT
WWW.DORSETMIND.UK

INTERESTED IN IMPROVING YOUR WELLBEING? CHECK OUT MY BOOK: THE STUDENT WELLBEING TOOLKIT: PREPARING FOR LIFE AT COLLEGE, UNIVERSITY AND BEYOND.