classical depressive symptoms, so medical help is necessary.

Burnout is like threatened. It increases the likelihood of suicidal intent, even without

- Inability to get out of bed or eat
- Exhaustion; feeling "at wit's end"
- Significant anxiety, depression, apathy
- Withdrawal from friends, obligations
- Taking dramatic risks
- Feeling empty
- Loss sense of joy and purpose
- Changes to personal hygiene

Early burnout warning signs

Advanced burnout warning signs
Examples of self-sabotaging behaviors

- Prioritizing the wrong things
- Listening to music that distracts us
- Trying to study in a study group that is not actually studying
- Trying to concentrate when the room is too hot/too cold/too noisy
- Trying to concentrate when sleep deprived or low on fuel
- Doing very hard, cognitive tasks when sleep deprived or low on fuel
- Doing tasks that do not align with your current situation:
  - Not enforcing your boundaries (e.g., "Ok, just this once...")
  - Staying up too late, regardless of how the time is being spent
  - Not taking breaks, brief or otherwise
  - Bull and fast food
  - Skipping meals or eating very non-nutritiously (e.g., living off Red Procrastination

"Does not always mean you intend to do them; we're often not aware of some of these behaviors until we deliberately reflect on our situation."
The Five Steps of Time Management

1. **Know Your Goals (Plan Ahead)** - What needs doing?

2. **Prioritize:** Work smarter, not harder. How should you get it done?

3. **Know When to Say No - How Big Is Your “Yes”?

4. **Eliminate Distractions - Are You Able to Focus?

5. **Track Your Time - Are You Actually Doing What Needs Doing?

Apps: Due, Todo, Tick, Klok

We dramatically underestimate how much time we spend on unproductive activities

- Apps: Forest, RescueMe, Freedom, StayFocused

We often start with this step, but the others are important too!

- It is vital to know and communicate your limits and boundaries

- Not all tasks are created equal; determine value vs. demand

- Use a calendar rather than a to-do list

- Differentiate between short-, mid-, and long-range goals and tasks

- Apps: Due, Todo, Tick, Klok
talk with/peers

Group, see the TA/professor, study group, attend a support

classmate/collleague, start a sitting, go for coffee with a

rather than just passively

Ask for help, participate

Within your control to affect

collaborate a group

for mentoring on a project,

Professional development, ask

take an online workshop, get

office hours to review a test,

Ask for help, get tutoring, go to

tasks, take only what is

maintain boundaries, delegate
decisions, learn how to set and

pros and cons before making

extensions, take a break, weigh

Ask for (and accept) help, get

More Competency

More Stability

More Control

Self-Determination Theory

Avoiding Burnout & Increasing Motivation Through
Four Elements of Getting Motivated

1. Increase the value of the task
2. Increase the expectancy
3. Decrease the delay of rewards
4. Decrease impulsivity by removing distractions

For more information, see: https://www.allexplore.com/8elements/