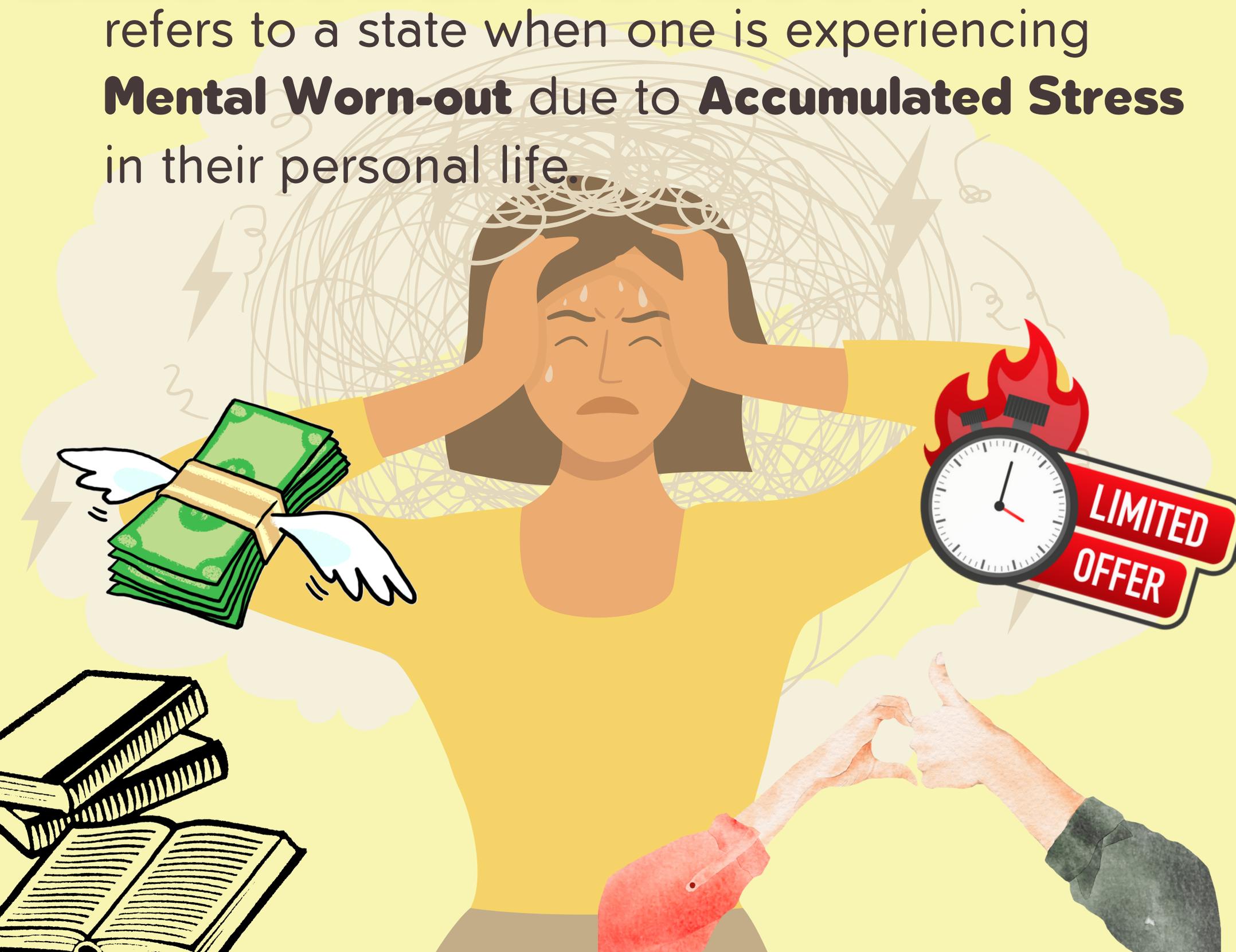




Ways to Deal with Emotional Burnout!

Emotional Burnout

refers to a state when one is experiencing **Mental Worn-out** due to **Accumulated Stress** in their personal life.



feeling drained or tired all the time

loss of motivation

struggle with self-doubt

easily overwhelmed

procrastinating a lot



SIGNS OF EMOTIONAL BURNOUT

feeling irritable

insomnia

frequent headaches/
stomachaches

Set boundaries
between working
hours and
personal time

Set achievable
goals for each
day that aren't
overwhelming



Way to deal with Emotional Burnout!



Make time to
cultivate
other
hobbies

Take a
mental
health break
every so
often



Ways to Deal with Emotional Burnout!

**Talk to Someone
you Trust
or
Find our Student
Counsellor**

Enquiries:

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