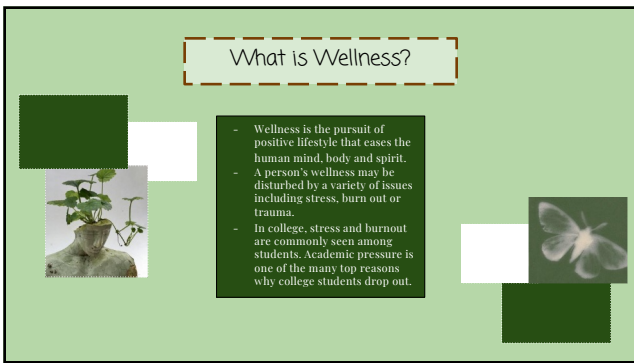
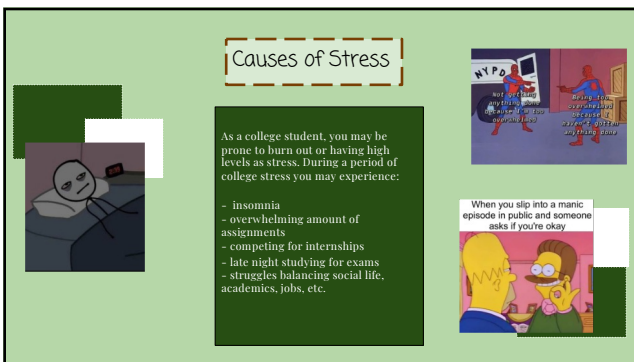


1




2




3

How the Causes of Stress and Burnout Negatively Affects Your Wellness



Stress and burnout has such a huge impact towards a person's overall wellness. Stress is defined as the response of your body and mind to being challenged or threatened. This can result in a number of mental, emotional and physical health issues including:

- insomnia
- binge eating or malnourished
- depression or anxiety
- easily irritated
- headaches
- fatigue
- cardiac issues
- muscle tension
- memory impairment
- hard of concentration
- poor vision




PHYSICAL SIGNS OF STRESS
AND WHAT YOU CAN DO ABOUT IT

SYMPTOM	WHAT YOU CAN DO ABOUT IT
HEADACHE	Take a break from work or study. Try to relax. Consider seeing a doctor if it persists.
FAST HEART RATE	Take deep breaths. Try to relax. Consider seeing a doctor if it persists.
HEAVY BROW	Take a break from work or study. Try to relax. Consider seeing a doctor if it persists.
POOR SLEEP	Establish a bedtime routine. Avoid caffeine and alcohol before bed. Consider seeing a doctor if it persists.
POOR APPETITE	Try to eat regular meals. Consider seeing a doctor if it persists.
POOR CONCENTRATION	Take breaks during work or study. Try to focus on one task at a time. Consider seeing a doctor if it persists.


4

The 3 Stages of Stress




There are 3 stages of stress:

- The alarm stage: your body releases adrenaline into your blood. Your heart beats faster, breathing gets heavier, muscles get tense.
- The Resistance Stage: your body adapts to the pressure of the stressor giving off a feeling of solitude. Your body has lost a lot of energy. Now you are stuck feeling tired, irritable, and unable to handle anything.
- The Exhaustion Stage: your body can no longer keep up with the demands that the stressor has placed on them. You realize that everything is beyond your control.



a polarized pic of my mind



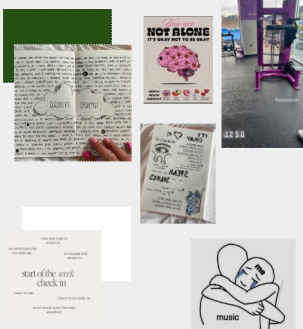
SIGNS YOU ARE DISCONNECTED FROM YOURSELF

- You struggle to remember what you did that day or week.
- You feel like you're not really there.
- You find the the world is happening around you but you're not part of it.
- You find yourself with a blank mind.
- You struggle to recall what you did that day or week.
- You find yourself with a blank mind.
- You struggle to recall what you did that day or week.
- You find yourself with a blank mind.

5

How to Avoid Burnout

- You can relieve stress by being more active
- Talking your problems out with friend, family member or therapist
- Exercising regularly and eating nutritious meals
- Getting good sleep (TAKE THAT NAP YALL)
- Stop procrastinating
- Listen to your favorite song or calming sounds
- Build schedules for studying and other plans
- Set realistic expectations
- Take that mental health day
- Find an outlet that relieves your stress (ex: journaling, video games, reading)

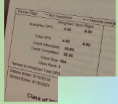


start (fix) work check in

music

6

Responsibilities as a College Student



YOU'RE GOING TO GET THAT DEGREE.

As a college student, you are a young adult. Blossoming into adulthood is not easy. Life is never linear its complex. With this new era of maturity, you are responsible to take care of your own wellbeing. If you feel like there is too much pressure take a break for yourself and talk to someone. Your well-being comes first before anything. Learn to balance staying on top of your studies without overworking yourself too much.

LITTLE MISS OCCUPATIONAL THERAPIST



I WILL PASS MY FINALS. I WILL PASS MY CLASSES. I WILL NOT BE DEFEATED. I WILL FINISH STRONG.

7



Everything is hard before it is easy. Just give yourself time to relax where you can be happy and carefree. Life is about creating yourself as a person and knowing what makes you happy. Enjoy these funny pictures :)

My doctor: "Have you been eating healthy, getting enough sleep, avoiding stress, and cutting back on caffeine?"



"How are your assignments coming along?"



Parents: what happened to all your money...? lol.



when you gotta get up for school and you sit on the bed for 20min like this



8
