**Burnout definition:**

Chronic stress that leads to physical and emotional exhaustion (Psychology today)

**Burnout symptoms:**

* Frustrated
* Feeling Drained
* Overwhelmed
* Sleep challenges
* Reduced self-care
* Less social

**How to avoid burnout:**

* Set clear boundaries
* Set a schedule
* Consult with others
* Increase empathy for yourself and for your student
* Utilize on campus and community resources for yourself, your students and the families

**Resources:**

<https://www.therapistaid.com/therapy-video/deep-breathing-exercise>

<https://www.therapistaid.com/therapy-video/progressive-muscle-relaxation>

<https://www.youtube.com/watch?v=vLhOGEnEedk>