

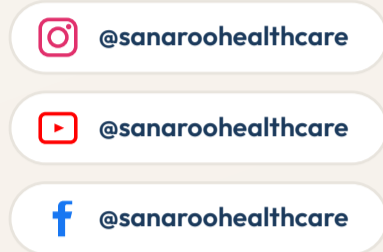
STUDENT WELLBEING RESOURCES

Burnout Self-Help Guide for *Exam-Going Students*

Quick tools to protect your energy, study smarter, and stay mentally strong during exam season.

- 01 Know the difference between normal tiredness and burnout so you don't ignore warning signs.
- 02 Use a 7-day reset plan that works even during heavy revision periods.
- 03 Learn scripts and boundaries to reduce pressure from people and your inner critic.

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Note: This guide supports self-help and study wellbeing. It does not replace professional care. If you feel unsafe or overwhelmed, please reach out to a trusted adult or professional immediately.

1 UNDERSTANDING BURNOUT

Burnout vs Normal Tiredness

Burnout is not "being weak." It's what happens when your body and brain run on high stress for too long without enough recovery.

✓ NORMAL TIREDNESS	✗ BURNOUT
Gets better after sleep / rest	Rest doesn't fully help (still drained)
You can focus once you start	Starting feels impossible; brain feels "foggy"
Mood improves with breaks	Irritable / numb; tiny things feel huge
Mistakes are occasional	Errors increase; confidence drops
You still care about results	Detached: "I don't care anymore"

Quick Burnout Self-Check 2 MINUTES

- I feel exhausted even after resting. 0 / 1 / 2 / 3
- I'm more irritable, snappy, or emotionally numb than usual. 0 / 1 / 2 / 3
- I'm struggling to start tasks (even simple ones). 0 / 1 / 2 / 3
- My concentration drops quickly; I reread the same line. 0 / 1 / 2 / 3
- I'm thinking "What's the point?" or feeling detached from goals. 0 / 1 / 2 / 3
- My sleep is poor (too little / too much / restless). 0 / 1 / 2 / 3
- I'm getting more headaches, stomach issues, or body aches. 0 / 1 / 2 / 3
- I'm procrastinating more or avoiding study completely. 0 / 1 / 2 / 3
- Small setbacks feel unbearable or trigger panic / tears. 0 / 1 / 2 / 3
- I feel guilty all the time, even when I'm working hard. 0 / 1 / 2 / 3

0-9
LOW RISK

10-18
MODERATE Do the reset plan

19-30
HIGH Reduce load + get support

3 IMMEDIATE ACTION

Same-Day Reset

When you're burnt out, motivation won't save you. Small actions will.

Tool A: The 90-Second Calm Reset When panic hits

- ① Exhale longer than inhale (4 in, 6 out) × 5 breaths.
- ② Orient: name 3 things you see + feel your feet on the floor.
- ③ One tiny action: open your book, write a heading, do the easiest question.

Tool B: 10-Minute Recovery Block When you can't start

2 min	Drink water + wash face
3 min	Stretch / walk indoors
3 min	'Brain dump' on paper (everything in your head)
2 min	Pick ONE next action (smallest step)

Tool C: 'Minimum Viable Study' For bad days

10 min	Review 10 flashcards OR rewrite 5 key definitions
20 min	One past-paper question (timed) + mark it
45 min	One focused topic: notes → 10 questions → quick review

Bad days still count. Consistency beats intensity in exam season.

- ⚠ STOP SIGNS — TAKE ACTION TODAY**
- You can't get out of bed / you feel heavy most days.
 - You're crying frequently or feeling numb.
 - You're having panic attacks or constant anxiety.
 - You're thinking about self-harm, not wanting to exist, or feeling unsafe.