

ONLINE BURNOUT RESOURCES

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest and motivation that led you to take on a certain role in the first place.

BURNOUT SELF TEST

Take this quick 15 min test to help identify if you are experiencing burn-out.

[Click HERE](#)

HSC RELAXATION ROOM

Spend a few minutes in our very own virtual relaxation room.

[Click HERE](#)

TED TALKS

Check out these Ted Talks for when you feel totally burned out.

[Click HERE](#)

EXERCISE WITH OCC

Get some exercise and stop by the fitness center or check out our OCC Youtube page filled with FREE yoga, HIIT, and Barre videos!

[Click HERE](#)

SPEND TIME OUTSIDE

Spend some time outside and take a walk at one of Ft. Worth's many walking trails.

[Click HERE](#)

MY SSP

My SSP offers 24/7 immediate and ongoing counseling, FREE for all HSC students.

[Click HERE](#)

CARE TEAM

OFFICE OF CARE AND CIVILITY