

# Moving Through Burnout with Compassion and Balance

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As students, we know how quickly life moves and how easy it can be to feel as though we need to move along quickly with it. Not to mention all the other roles we play in our lives that contribute.

Together, we will take the time to acknowledge the areas in our lives where burnout has begun to surface, or where burnout has existed for a long time. We will take the time to discuss how we can be intentional about slowing down and making space for ourselves to engage in the aspects of life we enjoy that tend to get buried under the weight of our agendas and commitments.

You will be equipped with actionable steps that align with your values to promote self-compassion and balance in times when life feels heavy and overwhelming. This is a journey of self-exploration, but you will be surrounded and supported by the community in the process.

Together, we will learn how to:

- Pinpoint how burnout shows up in our lives, as this presents differently for everyone.
- Discover, define, reframe, and/or reconnect with our values Pour into our cups based on our capacities each day, while removing the pressure to constantly feel "full".
- Prioritize rest in different ways and incorporate boundaries to optimize this experience.
- Create a priority matrix that is unique to your preferences and needs.

Join the discussion called "Moving Through Burnout with Compassion and Balance" taking place on Thursday, July 27th from 1-4 pm in Room B1093, Newnham Campus to learn more about it.

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tags : student-life