



MENTAL HEALTH AWARENESS
STUDENT WELLBEING • BALANCE • RESILIENCE

ACADEMIC BURNOUT

WHEN STUDYING BECOMES TOO MUCH

Recognising the signs, understanding the causes, and finding healthier ways to cope with academic pressure.



FEATURED AUTHOR

Fortue
Community of Care Initiative

Mental Health Awareness Campaign

College life can be exciting and rewarding, but lectures, assignments, examinations, financial pressures, family expectations, relationships, and uncertainty about the future can sometimes leave students overwhelmed. When pressure continues for a long time without enough recovery and support, academic burnout can develop.

EXHAUSTION	DISCONNECTION	REDUCED FUNCTIONING
Feeling physically or emotionally drained by academic demands.	Losing motivation or becoming increasingly negative about studies.	Finding concentration, organisation, or ordinary academic tasks much harder.

BURNOUT IS MORE THAN BEING TIRED

Burnout is more than simply feeling tired after a difficult week. Persistent academic pressure may be accompanied by emotional and physical exhaustion, feeling detached from studies, and a sense that your performance is declining despite your effort.

Important: Experiencing some of these signs does not automatically mean you have burnout. Persistent changes that interfere with daily life deserve attention and support.

“You don't have to exhaust yourself to prove that you are committed to your education.”

ARE YOU RUNNING ON EMPTY?

Burnout can show up in your body, emotions, thoughts, behaviour, and academic life.

01	CONSTANT TIREDNESS Feeling exhausted even when you have had time away from your studies.
02	LOW MOTIVATION Finding it increasingly difficult to start or complete academic work.
03	DIFFICULTY CONCENTRATING Struggling to focus, remember information, organise tasks, or make decisions.
04	IRRITABILITY & FRUSTRATION Becoming unusually impatient, tense, or easily overwhelmed.
05	WITHDRAWAL Spending less time with friends, classmates, family, or activities you normally enjoy.
06	CHANGES IN DAILY ROUTINES Persistent changes in sleep, eating, energy, or interest in everyday life.

WHY CAN ACADEMIC BURNOUT HAPPEN?

HEAVY WORKLOAD Too many assignments, examinations, projects, or deadlines with little recovery time.	PRESSURE TO SUCCEED Expectations from yourself, family, sponsors, or future employers can feel overwhelming.
FINANCIAL CHALLENGES Concerns about tuition, accommodation, food, transport, and other costs can add stress.	POOR WORK-LIFE BALANCE Studying continuously without enough sleep, recreation, social connection, or rest.
FEAR OF FAILURE Worrying about disappointing others or not meeting expectations.	UNCERTAINTY ABOUT THE FUTURE Concerns about graduation, employment, career direction, and life after university.

BURNOUT IS NOT LAZINESS.

A student experiencing burnout may genuinely want to study but find it increasingly difficult to concentrate or get started when they are exhausted and overwhelmed. Understanding and support are more helpful than criticism.

BUILD A HEALTHIER STUDY LIFE

Small, realistic changes can help students create a more sustainable approach to academic work.

01	BREAK BIG TASKS DOWN Turn an entire assignment or examination into smaller, manageable steps. Focus on the next useful action.
02	TAKE REGULAR BREAKS Step away from your work for short periods. Rest can help you return with renewed attention.
03	PROTECT YOUR SLEEP Adequate sleep supports learning, concentration, physical health, and emotional wellbeing.
04	SET REALISTIC EXPECTATIONS Aim for progress and learning rather than demanding perfection from yourself.
05	STAY CONNECTED Talk with trusted friends, classmates, family members, mentors, lecturers, or student support staff.
06	MAKE TIME FOR LIFE OUTSIDE SCHOOL Exercise, hobbies, creativity, relaxation, and social activities can help restore balance.
07	ASK FOR HELP EARLY If pressure is becoming difficult to manage, reach out to a counsellor, healthcare professional, student support service, or trusted person.

WHEN TO REACH OUT

If academic pressure is persistent or begins seriously affecting your daily functioning or emotional wellbeing, talk to a qualified professional or trusted support person. You do not need to wait until things become overwhelming before asking for help.

A MESSAGE TO EVERY COLLEGE STUDENT

You are a student, but you are also a person with emotional, physical, social, and personal needs.

**Rest is not failure.
Asking for help is not weakness.
Taking care of yourself is part of succeeding.**

NEED SUPPORT OR SOMEONE TO TALK TO?

■ +265 881 962 703 | ✉ clemencean93@gmail.com
Facebook: Community of Care Initiative (CCI)

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Promoting mental health awareness, resilience, healthy communities, and supportive environments for young people.