STRATEGIES FOR AVOIDING BURNOUT

Berkeley Law Academic Skills Program Workshop



THE MENTAL AND EMOTIONAL WHIRLPOOL

- Impostor phenomenon
- Catastrophic thinking
- Financial concerns
- National and world events
- Burnout

WHAT IS "BURNOUT"?

- Exhaustion
- Lack of motivation
- Alienation or detachment
- Frustration, cynicism, and other negative emotions
- Difficulty focusing
- Not taking care of yourself
- Being preoccupied with school even when you are not studying or in class
- Generally decreased satisfaction
- Health problems

WHAT CAUSES BURNOUT?

- Burnout is different from stress
- A person can be burned out in one role, but not in other areas
- Too much demand but not enough support
- Sometimes changing the situation is helpful, but not always

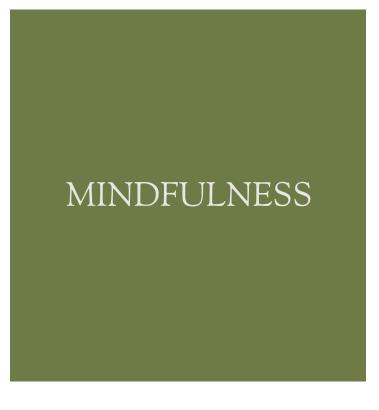
STRATEGIES TO AVOID BURNOUT:

CHANGING YOUR MINDSET

- Remember: burnout is not a personal failing
- Give yourself permission to rest
- Growth mindset
- Mindfulness
- Building and being in community
- Boundaries
- Self-compassion and changing the way that you talk to yourself



- Success is not the result of innate or "fixed" abilities
- Fixed mindset leads to the avoidance of perceived challenges
- Growth mindset is the belief that skills are not fixed, that you an acquire/hone skills with practice
- Mindset itself is a belief that we can change



- Permission to begin again, as often as necessary
- "Life is not personal, permanent, or perfect."
 - Your performance in law school is not who you are
 - Things are constantly changing
 - There are things we can control; other times we breathe and let it pass

TRY THIS



Take a few deep breaths



Acknowledge how you are feeling



Connect with that emotion without judgment – name your feelings and welcome them



Extend compassion to yourself and others

BUILDING AND BEING IN COMMUNITY

- Community outside of law school
- Community within law school
- Building community in law school

"REAL" SELF-CARE VS. "FAUX" SELF-CARE

- Commodification of "self-care"
- Self-care sometimes can feel like an obligation and one more thing to make time for and feel guilty about
- Self-care in service to productivity and efficiency
- \rightarrow Reclaim "self-care." Not a product or activity. Self-care as a mindset.

See <u>NT Times Ezra Klein Show: Guest Host Tressie McMillan Cotton</u> <u>interviews Dr. Pooja Lakshmin</u>.

"REAL" SELF-CARE

Four practices:

- 1. Setting boundaries
- 2. Practicing self-compassion
- 3. Aligning your values; and
- 4. Exercising power

See <u>NT Times Ezra Klein Show: Guest Host</u> <u>Tressie McMillan Cotton interviews Dr.</u> <u>Pooja Lakshmin</u>.

RESOURCES

- Student Services
- Academic Skills Program faculty and peer tutors
- Academic Skills Program website
- Wellness at Berkeley Law website
- Berkeley Law staff psychologist
- Tang Center Psychological & Counseling Services