

How to AVOID burnout

Many people may experience extreme fatigue related to burnout at some point or another. Signs may include exhaustion, irritability, excessive headaches, increased anxiety, change in their sleeping and eating habits, etc.

To avoid burnout:

- Take frequent breaks
- Exercise (workout, dance, walk) - just move your body!
- Go outside and get some fresh air
- Spend an hour a day minimum away from screens (phone, laptop, TV)
- Practice self-care and make time for yourself doing things you enjoy
- Spend time with friends and family

Apps to download

- **Notion:** This is a all-in-one workspace to help keep you organized throughout the year
- **Google Drive:** Perfect for keeping all your documents saved and stored online. It is accessible from any device and it is useful for collaborating with classmates, working offline and creating folders to stay organized!
- **York U Safety:** Provides quick access to the University's resources (counselling, shuttles, campus maps, etc.), contact information and other important information.
- **Microsoft To Do:** An app that allows you to create to do lists, break your tasks down into more manageable steps, set due dates, add tasks to "My Day", prioritize tasks, and more!

GL ZONE - PEER MENTORS

Your GL Zone Peer Mentors are here to **HELP** with all your questions, comments and concerns. Be sure to reach out to them and join them for activities! You can request a mentor via their website.

Email: glzone@glendon.yorku.ca

Social Medias: @glstudentlife

Website: <https://www.glendon.yorku.ca/student-affairs/gl-zone/>



YOUR VIRTUAL SURVIVAL GUIDE.

Tips for remote learning

- Have a clear, organized, and **dedicated workspace** separate from where you relax and have fun (if possible)
- **Remove all distractions** (notifications on laptops, turn your phone on silent or do not disturb, etc.)
- Remember it is okay to **ask for help!**
- **Organize** and **plan** your semester, week, month, or day. (to-do-lists, due dates, etc.)
- Make time in your day to **focus on yourself** and **practice self-care**
- **Balance** school/work life all while **maintaining a social life**
- Do not be afraid to **reach out to your professors** for accommodations
- **Get involved** in the Glendon/York community
- Create a **routine** and stick to it
- Stay **hydrated**, **eat clean** and get enough **sleep!**
- Set aside time to **exercise** and **go outside**
- **Get dressed** in the morning as if you were going to in person class
- **Stay on top of your work** to avoid burnout and minimize stress and anxiety
- Remember to **prioritize yourself** by taking care of your mental and physical health
- Make use of **campus resources** and services - they are there to help you

