

PERSONAL DEVELOPMENT

How to tell if you're BURNING OUT

When you care about what you're doing in life, it almost feels like a duty to give it everything you have. But the flipside is that human bodies and minds operate under strict limits. Pushing that limit results in negative effects. This state of complete physical and/or mental exhaustion is called "burnout". For students, burnout is common if they are in a highly demanding academic discipline, or if they are part time workers that require a fair amount of dedication. Here are some telltale signs that you might be suffering from burnout:

CONTRACTION IN THE SCALP AND NECK MUSCLES LEAD TO HEADACHE, WHICH IS COMMONLY CALLED TENSION HEADACHE.

Fatigue

A persistent feeling of weakness when exerting yourself physically or mentally might be a sign that you are feeling fatigued. This is usually combined with difficulty in initiating tasks, and a lack of motivation. Fatigue makes it hard to start and complete tasks as it becomes difficult to focus.

Feelings of apathy and withdrawal

With burnout, one might start to feel less impassioned about the very thing that drove them to push themselves so hard. Work may start to lose its appeal, studies may start to look boring. There may be a tendency to remove oneself from the rewards offered by hard work as well.

Tension headache

Contraction in the scalp and neck muscles lead to headache, which is commonly called tension headache. It's a painful condition that is a symptom of many mental difficulties. Those suffering from burnout are also likely to have this symptom.

Changes in eating and sleeping patterns

Burnout may cause one to eat and sleep in different ways than what might be considered normal for them. Binge eating, or a sudden development of an eating disorder could be a sign. Getting little or no sleep, or sleeping too much can also be an indicator.

Indecisiveness

With all of these physical symptoms, what follows is difficulty in being decisive. Hesitation becomes commonplace, and it becomes impossible to face pressure situations. The mental work required to make crucial decisions becomes too much for a person who is burned out.

Tips for focusing in class if you have ADHD

Maintaining attention can be challenging for someone with attention deficit hyperactivity disorder (ADHD). However, it's not impossible. Here are a few tips and tricks to improve concentration and retain focus in a classroom.

Choose optimal seats

Sitting away from windows, doors, and even friends can help mitigate distractions. Front benches can be intimidating, but sitting directly in front of the teachers/lecturers usually leaves less room for distractions.

Use fidget tools

Fidget toys allow repetitive activity without distractions. However, the toy must not be visually distracting, should not create any noise, and be compact. Check with your teacher regarding the use of fidgeting tools in the classroom.

Create zentangles

Zentangles promote focus and concentration, as the drawings require repetitive movements to create the intricate patterns,

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which can help students pay more attention to lecture materials and can even provide a sense of accomplishment.

Use practical note-taking methods

If you get distracted easily, an intricate bullet journal may not be the best idea. Instead, stick to using bullet-points, highlighters and colourful bookmarks, and making a simple checklist of content to be covered.



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