

Wellness Workshop: Burnout and Self-care

Special Guest: Luke Strawn, M.Ed., LCMHC

March 18th, 2025



Let's test your love of travel!


1. Go to play.blooket.com.
2. Enter the Game ID shown on the screen.
3. Choose a nickname and icon.
4. Guess where each picture was taken!



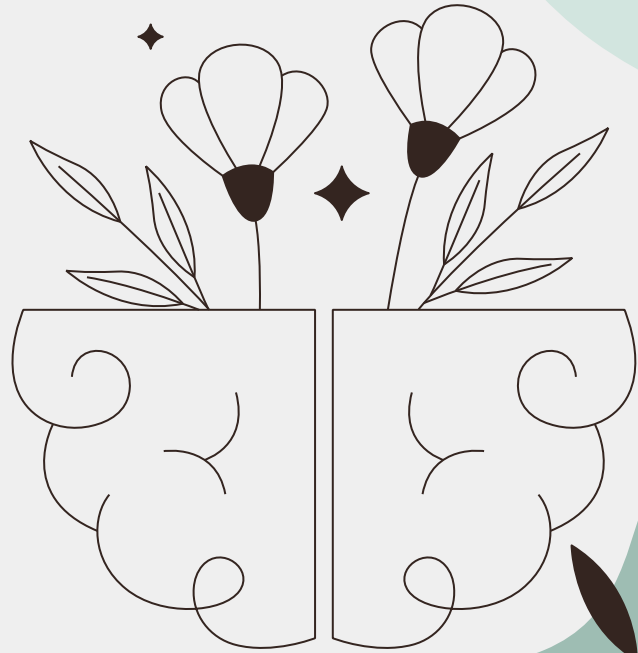
Thank you to Ash, Chris, Dragan, Elise, K.P., Penny for sharing their photos with us!



Burnout and Self-Care



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Learning Objectives

01

Define self-care, focusing on pro-active behaviors that promote balance

02

Examine overall impact of sleep hygiene

03

Discuss warning signs for needing support for yourself and others

04

Identify strategies for enhancing resilience

05

Identify campus resources and discuss how to access them



But First!

Body Scan Exercise



Data Points

Review Key Findings – Healthy Minds Study

NC State Fall 2023 (N=1206) vs National 2022-2023 (N=76406)

Estimated values of selected measures	Percentage of students NC State	Percentage of students National
Depression overall, including major and moderate (positive PHQ-9 screen)	33%	41%
Anxiety disorder (positive GAD-7 screen)	29%	36%
Eating disorder (positive SCOFF screen)	9%	14%
Non-suicidal self-injury (past year)	25%	29%
Suicidal ideation (past year)	10%	14%
Psychiatric medication (past year)	26%	29%
Mental health therapy/counseling (lifetime)	48%	53%

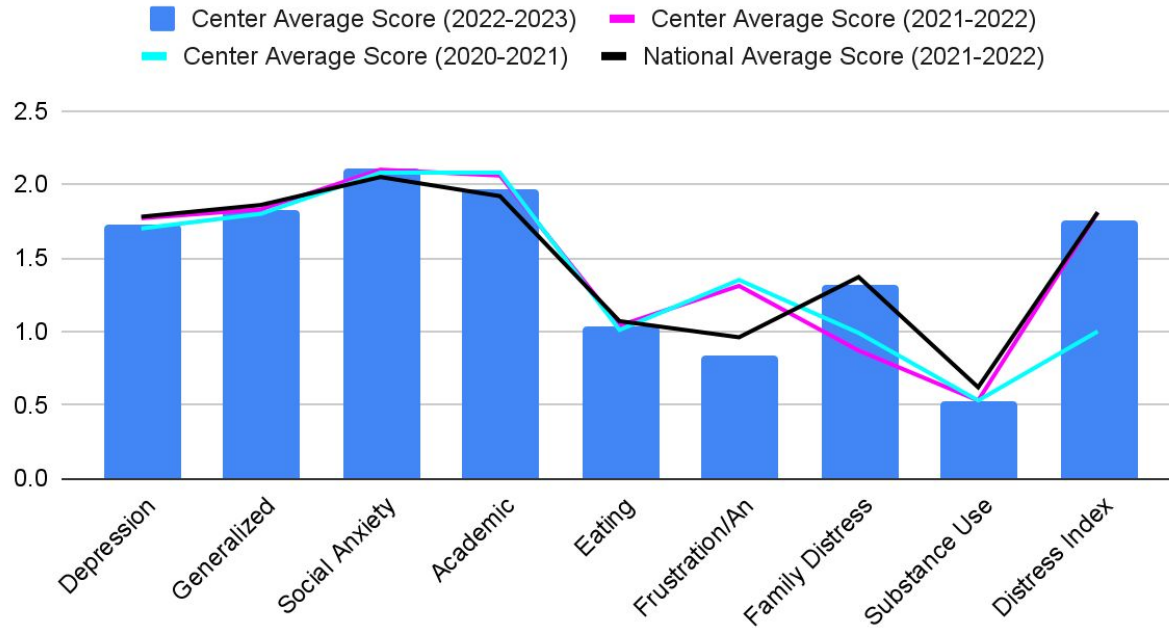
The Center for Collegiate Mental Health (CCMH) is a consortium of universities who provide data to look at national mental health trends for college students. NC State is aligned with several national trends, including higher rates of prior treatment, higher rates of prior trauma, and increased indicators of threat to self.

Additionally, according to our Healthy Minds Survey, which compares NC State with national averages, there is an increase in self-reporting indicators meeting criteria for Depression (PHQ-9), Generalized Anxiety Disorder (GAD-7), and eating disorders.

Looking at approximately 380 NC State CALS students who engaged in an Intake Session (typically, the first session in short-term individual therapy), 35% acknowledged anxiety as a primary concern. Most common primary concerns (which include overlapping symptoms) also include depression, family issues, academic performance, and relationship problems. Mental Health has been a national discussion and it's important to know how to support yourself and others in our community.

CCAPS (Counseling Center Assessment of Psychological Symptoms)

CCAPS National Comparison - Initial Distress





Self-Care

Learn It, Know It, Live It

Consistently Practicing Self-Care

Self-Care is:

- Doing something you find enjoyable OR
- Doing something “future you” will thank you for:
 - Folding clothes, cleaning your bathroom, setting boundaries

Self-Care General Vibes:

- Self-care is commonly neglected
- When self-care is regularly practiced, you will need less “in the moment” coping skills
- There are common misconceptions about self-care (spa days, “treat yourself,” etc)

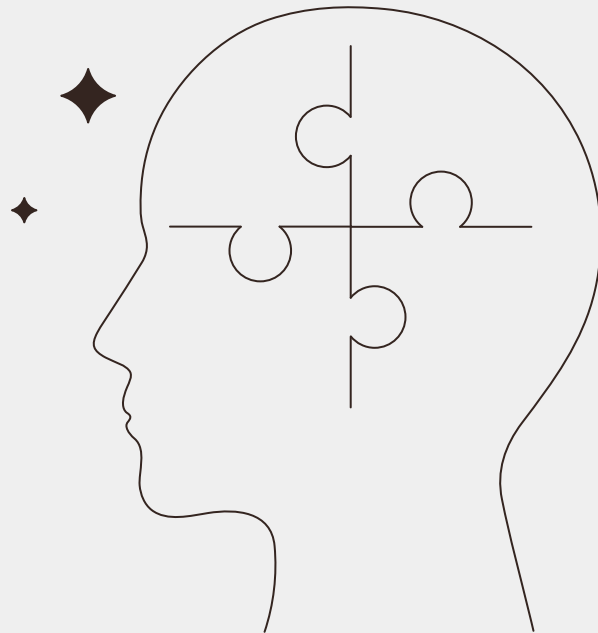
A Holistic Approach to Self-Care

Mental and Physical health are inexplicably linked:

- Taking care of your body will likely improve your mental health
- Maintaining care of physical health will also help maintain mental health


Addressing Basic Physical/Emotional Needs

- Hunger - Eating “well” for body and soul
- Anger - Emotional Regulation and Mindfulness
- Loneliness - Balancing social and alone time
- Sleep - “At least” 7 hours each night



Saying No and Setting Boundaries

- Do not agree to things that are not essential
 - Club meetings, advisory boards, extra curriculars
- Delegate tasks
 - If you are in a group or hold a leadership position, ***do not do all of the work!!!***
- Focus on enjoyable and necessary tasks
- How comfortable do you feel setting boundaries?
 - What would you need to set boundaries within your life?



“And if I asked you to
name all the things
you love, how long
would it take for you
to name yourself?”



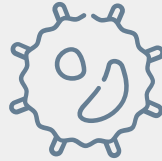
—Unknown



The Benefits of Sleep



**Improved
Energy and
Mood**



**Physical
Repair**



**Restoration of
Brain
Functioning**

What is Sleep Hygiene?

Daily Routines

Brushing teeth,
showering, etc.

Setting Yourself Up

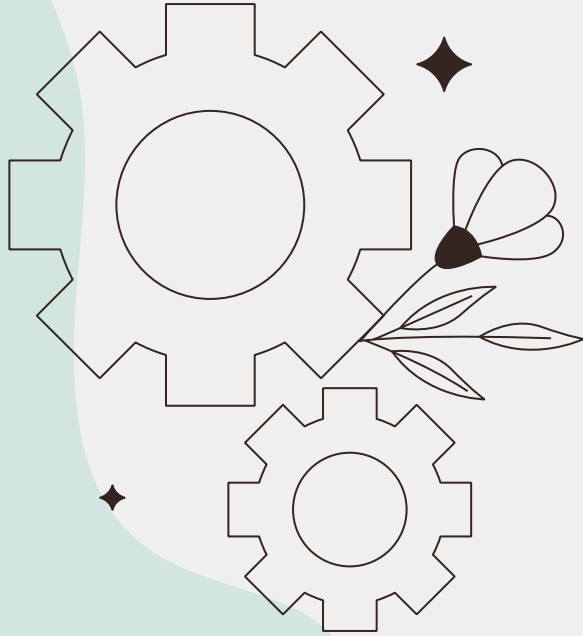
Exercise/movement,
eating well, fresh air

Consistency

Clean bedsheets,
stable sleep schedule

Free of Distractions

No doom-scrolling,
reduce screens





Better Sleep Strategies

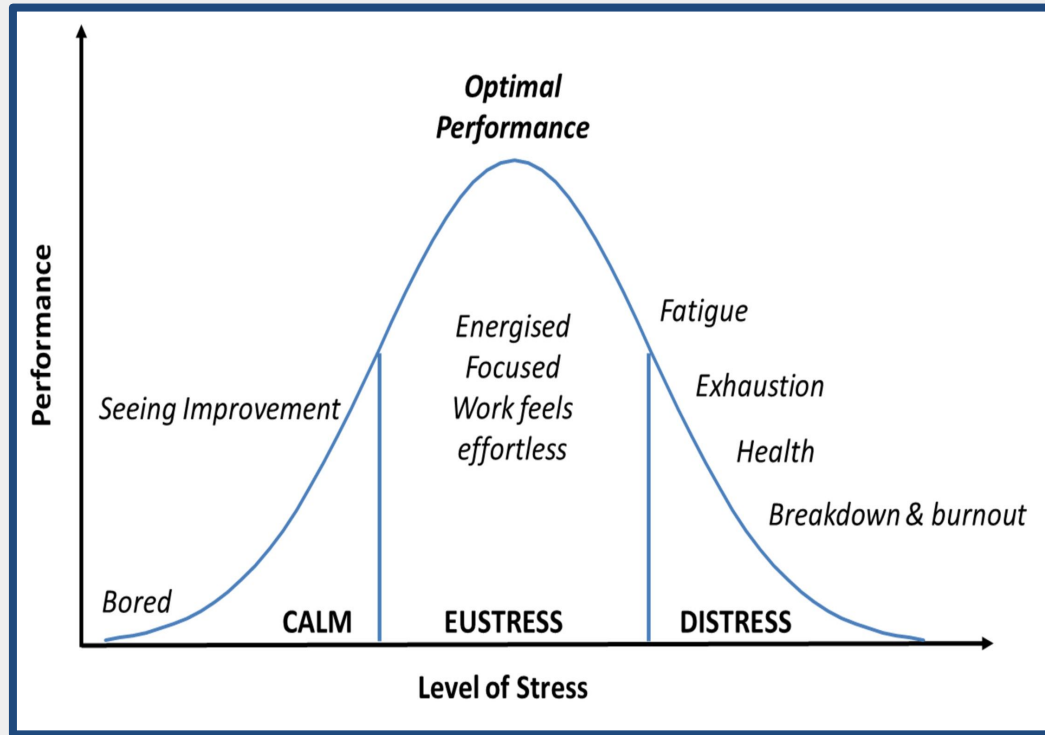
- **Sound sleep environment:** dark room, noise machine, soothing elements (soft blanket, scented air freshener), comfortable room temperature
- **10 3 2 1 0:** 10 hours before bed: No more caffeine. 3 hours before bed: No more food or alcohol. 2 hours before bed: No more work. 1 hour before bed: No more screen time (shut off all phones, TVs and computers). 0: The number of times you'll need to hit snooze in the AM
- **Consistency:**
 - Go to sleep at the same time **every night** (yes, weekends too)
 - Have a fixed wake-up time **every morning**
- **Sleep cycles:**
 - Get daylight exposure to maintain your circadian rhythm
 - Make gradual changes to sleep routines (especially around Daylight Savings)

Choose what works for you.



Warning Signs

What is Stress?



Physical Warning Signs

Shallow Breathing | Cold/Flu Symptoms | Headaches

Digestive Issues | Chest Pain | Backaches

Mental/Emotional Warning Signs

Irritability | Flat Affect | Reduced Joy in Activities

Mental Fatigue | Sense of Dread in Work | Isolation

Addressing Burnout

What is Burnout?

“A state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress”

Associated feelings

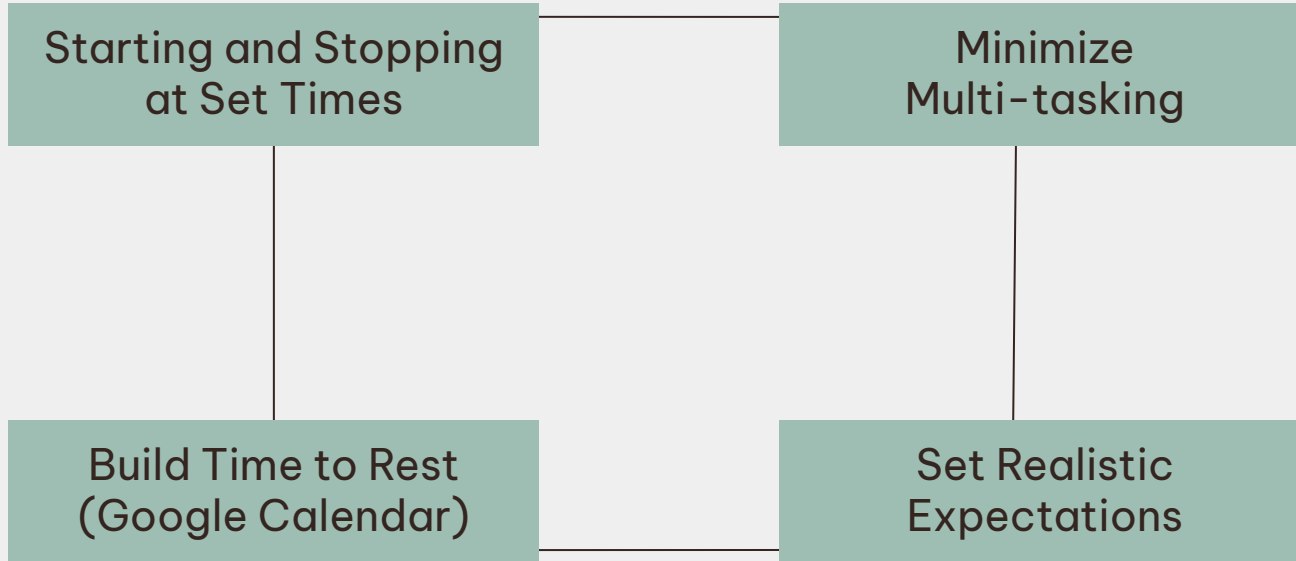
Emptiness | Apathy | Hopelessness

What can cause it?

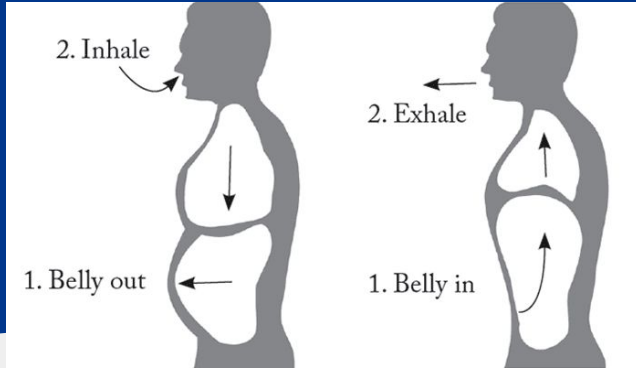
Contrary to popular belief, people are more than students, faculty, and staff. Burnout can be caused by:

- Work/School
- Parenting
- Caretaking
- Platonic/Romantic Relationships

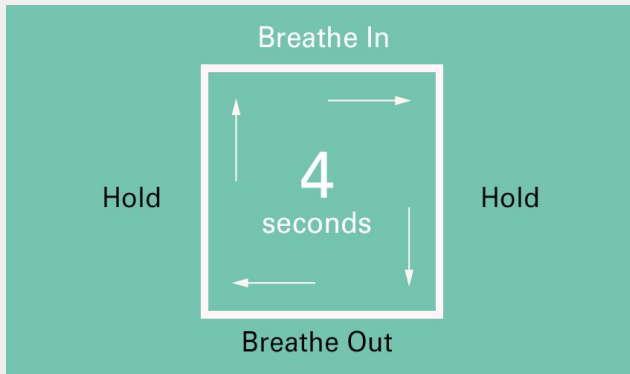
Strategies for Resiliency*



Types of Mindfulness



1. Sit and meditate
2. Take mindful walks
 - a. Slow paced walks with no headphones and pay attention to the surrounding sight, sound, shoe hitting the ground
3. Deep breathing
 - a. Belly breath- Practice!
 - b. 4-7-8: Breathe in for 4 seconds, hold for 7, release for 8
 - c. Box breath- breathe in for 4 seconds, hold for 4 seconds, breath out for 4 seconds, hold for 4 seconds



Grounding Techniques

Why do it?

- Grounding helps you re-focus and can improve brain functioning and concentration

How to:

- **5-4-3-2-1:** Use your senses to identify 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, and 1 you can taste
- **Hold something:** keep something with a comforting appearance and texture with you
- **Cold water:** Take a cold shower or run your hands under cold water to trigger dopamine and slow your heart rate



Resources

FASAP

(Faculty and Staff Assistance Program)



Call: 866-467-0467

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant, who will answer your questions and, if needed, refer you to a counselor or other resources.

TTY: 800.697.0353



Go Online

Log on to the website or download the App to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.
App: GuidanceNow

Your NC State Web ID: **FASAP**

guidanceresources.com →



Crisis Info

Click here to get crisis support information.

[Crisis Support](#) →

FASAP is available to NC State Faculty, staff, post-docs, house officers, and their households

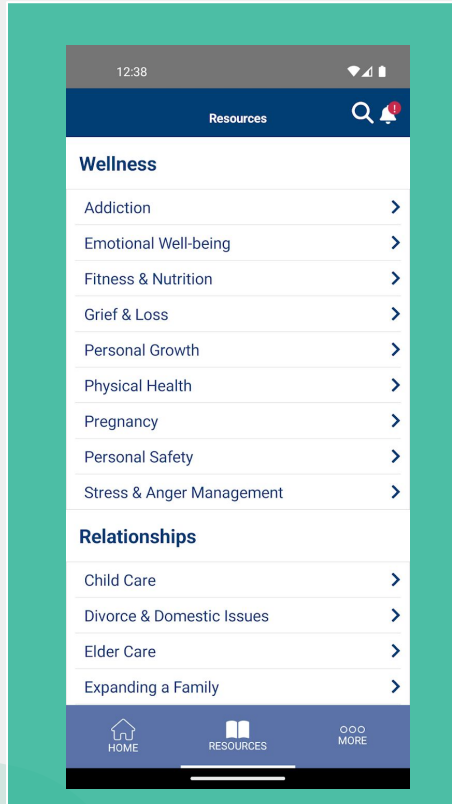
University HR Wellness

Wolfpack Wellness

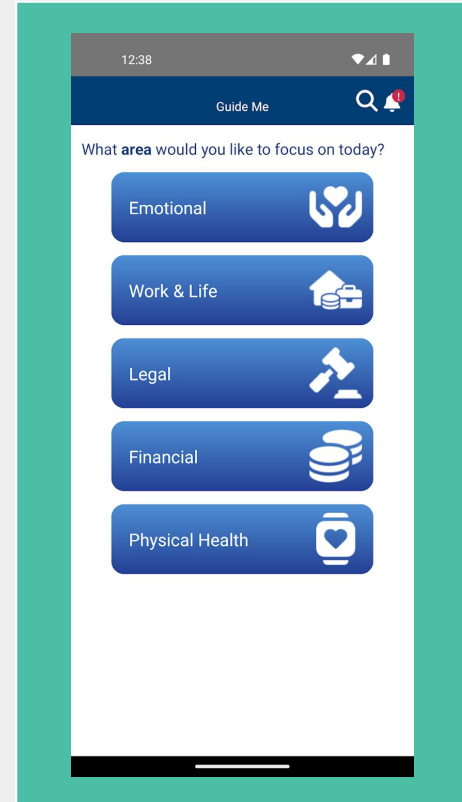
HR Wellness and Wolfpack Wellness work together and separately to serve the entire University population. Learn more about the [University's Wellness Strategy](#) and the six elements of Wellness and resources for employees .

Learn about resources for the six elements of Wolfpack Wellness: Purpose, Financial, Physical, Emotional, Social, and Community

ComPsych



Online platform that connects you to live assistance from clinicians, provides interactive toolkits, and visual and print resources from their resource library



Counseling Center

Main Contact: 919.515.2423; available 24/7/365 for emergencies

First Visit:

- Call the main contact or start paperwork online:
<https://counseling.dasa.ncsu.edu/about-us/gettingstarted/>
- Complete initial paperwork
- Meet briefly with a triage counselor
- Get connected with appropriate resources

Most students who pay the health fee are eligible for assessment and consultation.

Assistance for on- or off-campus referrals

Services Include

- Individual & Group Counseling
- Emergency triage services
- Counselor on Call
- Online Screenings
- Psychological assessment and psychiatric consultation
- Academic & Career Counseling
- Consultations
- Clinical Outreach
- Drop-in Spaces

CALS Drop-In Service

- Location: Patterson Hall AP Office (107A)
- Day/Time:
 - Tuesdays, 2:00 PM - 4:00 PM
- **Drop-in Spaces are...**
 - **Free for NC State Students**
 - **Offered at a first-come first-serve basis with no appointment required**
- **Drop-in Spaces are not ...**
 - **A substitute for counseling appointments**
 - **For urgent concerns or mental health emergencies (although we will connect you with the best supports if you are in need)**

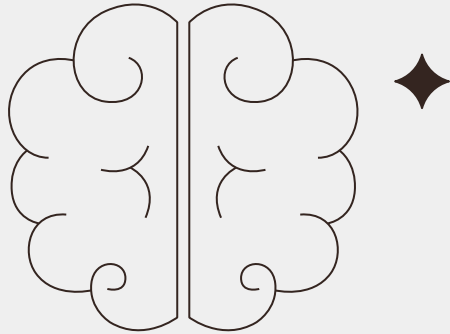
Thanks!

Do you have any questions?

Contact: Luke Strawn (He/Him)

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This Month's Challenge: Choose One!

★ Creative break

- Engage in a non-work-related creative activity for at least 20 minutes. Drawing, cooking, music, crafting, anything that sparks joy.

★ Nature break

- Spend at least 30 minutes outdoors, whether it's a walk in the park, gardening, or sitting on your porch. Fresh air and movement help reduce stress.

★ Evening unplug

- Set a rule to disconnect from screens (phone, computer, TV) at least one hour before bed. Use that time for reading, journaling, or a relaxing activity.

Next Month:

Tuesday, April 15th

Career Development Using CliftonStrengths
With Becca Zuvich and Nikki Kurdys





Want more information?



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