



# THRIVE

Wellbeing and study success

Presented by:  
Atticus D. Gray – School of Psychology

*Session 7: Enhance your Resilience and Avoid Burnout*

What is this program all about?



# No Recordings

Today's session will **NOT** be recorded for your privacy.

These sessions are:

- Safe
- Respectful
- Inclusive
- Non-judgemental



# ▶ Burnout

What is it?

## ▶ Burnout

A psychological syndrome presenting as chronic exhaustion, cynicism, detachment, sense of ineffectiveness and lack of accomplishment.

Usually in the context of employment.

## ► Burnout

What causes it and how long does it last?

Chronic Stress & sometimes several years!

But what actually is stress?

## ► Stress

Stress is commonly understood to be Central Nervous System (CNS) arousal.

This happens when **Demands** exceed our perceived ability to **Cope**

**When we don't think we have the resources to cope, our CNS activates to provide more.**



## ► Stress

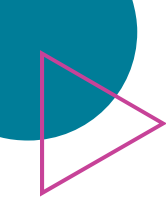
CNS activation that helps = Eustress

e.g. faster heartrate and increase perspiration during sports

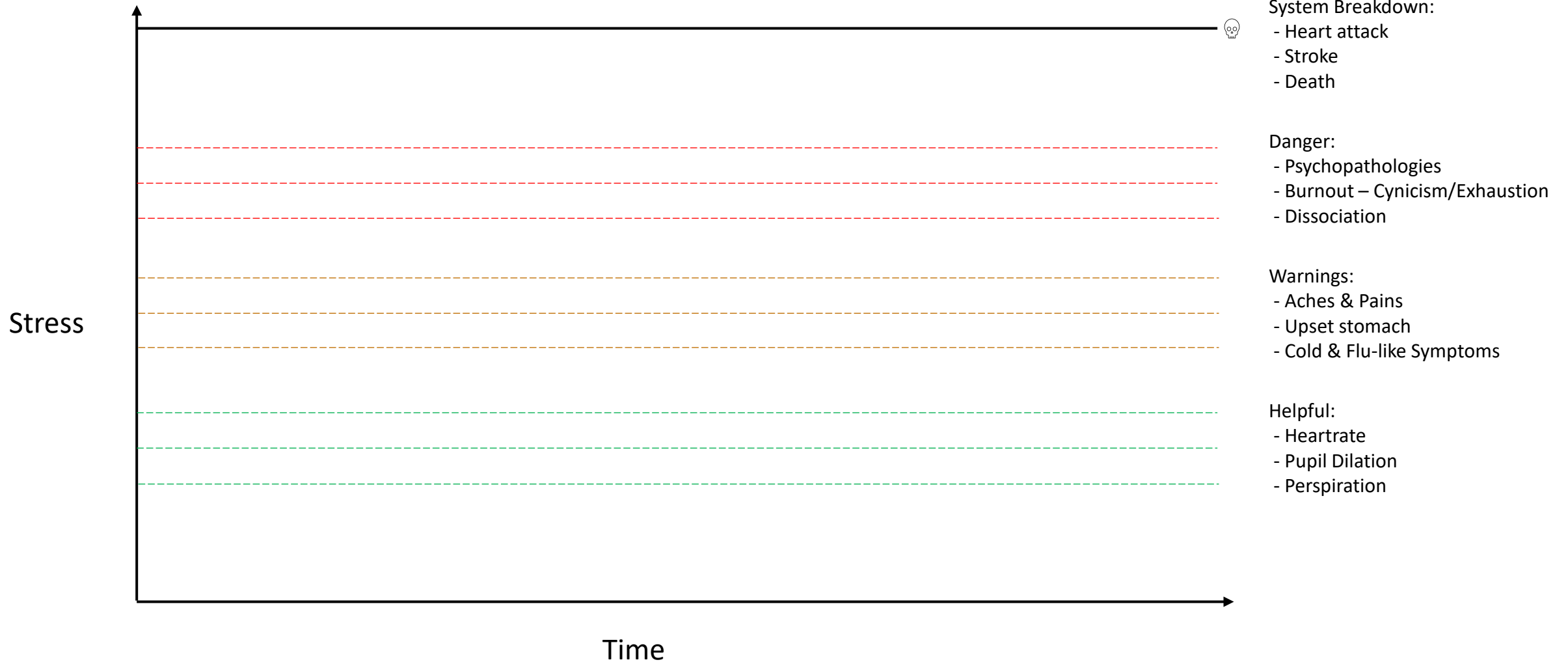
But what happens if CNS activation doesn't help? What if the demands still exceed ability to cope?

**More activation!**





# Diathesis Stress Model



## ► Stress

So, what is the solution?

Only really two options:

- Increase Resources
- Decrease Demands

## ► Increase Resources

What sort of resources could you use?

## ▶ Decrease Demands

How can you realistically reduce demands?

## ► Resilience

Where does resilience fit into this?

Resilience is our ability to bounce back from difficulties. i.e. Cope with demands productively

## ► Resilience

Resilience is higher when we:

- Have additional resources available to cope with stressors
- Consciously control our environment to keep demands at a reasonable level

What will you take  
away from today?

The goal is *Progress*  
not *Perfection*

