Tips for recovering from burnout

With exams fast approaching after a long semester, you might be suffering from burnout. Burnout is a combination of feeling stressed, depressed, and overwhelmed, and it can be hard to shake. However, winter break is just around the corner, which can be one of the best times of the year to chill out and recharge. If this semester has you feeling stressed out beyond a healthy amount, keep reading for tips on recognizing and recovering from burnout.

Take a study break this week with Exam Cram! Come hang out with therapy dogs, decorate some cookies, get tons of free food, sing your heart out at Karaoke Night, and so much more.

Wednesday, December 8
- West Michigan Therapy Dogs | 6–8 p.m.
- Collaborate: Cookies | 6–11 p.m.
- Tuba Quartet Holiday Concert | 7:30 p.m.
- Varsity Glee Club and University Singers Concert | 7:30 p.m.

Thursday, December 9
- The Alcohol Fair | 12–4 p.m.
- Open Gaming at the Laker Esports Center | 12–6 p.m.
- Student Senate General Assembly | 4:30–7:30 p.m.
- West Michigan Therapy Dogs | 6–8 p.m.
- Collaborate: Cookies | 6–11 p.m.

Friday, December 10
- Drop-in Days of Service | 12–2 p.m.
- GrooVe! Semester Concert | 5 p.m.
- AOD Game Night | 6:30–8:30 p.m.
- Christmas Sip n’ Paint | 7–9 p.m.
- Santa’s Naughty List: a Naughty Holiday Improv Show | 8 p.m.

Monday, December 13
- Book Sell Back is Back | Dec. 13–17
- West Michigan Therapy Dogs | 6–8 p.m.