Leader Burnout

As a student organization leader, you may encounter personal burnout or burnout of your fellow leaders. Leader burnout is defined as “a state of mental exhaustion caused by one’s professional life that is the result of severe stress and high ideals by those working in various “helping” roles”.

1. Emotional Exhaustion
   feeling overworked and overextended

2. Depersonalization
   becoming unfeeling towards fellow leaders or members; treating them as objects rather than humans

3. Lack of Drive
   decreased sense of personal accomplishment and success

Strategies to Support Leaders Experiencing Burnout

Balance Personal and Professional Goals
   Clarify what is most important in your life | Identify conflicts | Time management

Identify Stressors & Optimize Meaning
   Find meaning in what you do! | Identify what increases and what drains energy

Wellness Strategies
   Relationships | Self-care (eat/sleep/exercise) | Invest time in personal interests

Organization Development Resources
   Center for Leadership | Elon University