



Burnout Manual - pocket edition

Burnout Education, Normatives and Digital Tools for European Universities

KA2: Cooperation for innovation and exchange of good practices

KA203: Strategic partnership for higher education

Project reference: 2020-1-RO01-KA203-080261

Start: 1.12.2020 End: 31.05.2023

Are you burned out? Do you know how to handle burnout?

If the answer is no, well we have good news, if the answer is maybe, there is even better, if the answer is yes, then you really need to read this newsletter!

We are pleased to officially announce the launch of our first output of the BENDiT-EU project, the **Burnout Manual - Pocket edition**. Yes, you have a reliable source of information!

For free download of the Burnout Manual , English version please click [HERE](#).

This very useful manual (as most of the reviewers concluded) is an open-source reference, reuniting the valuable expertise of specialists from 6 European countries.

As a whole, the Manual provides state-of-the-art information about burnout, in terms of identification, prevention and effective interventions for managing burnout, especially in the academic context.

Furthermore, although the manual targets mainly students from medical and allied health universities, it may be interesting to be used by student associations, professors, teachers and student counselling specialists. We are eager to know how it works for these categories!

Who will benefit?



Students
(medical and allied health)



Professors /
student advisors



Student counseling
specialists

Why should you read it?

The main advantages of the Burnout Manual- Pocket edition are the following:

- ✓ it is absolutely free for you to read whenever you feel the need;
- ✓ it has an attractive design;
- ✓ it is easy to follow;
- ✓ the information you are interested in is at a click distance;
- ✓ it is translated in Romanian, Bulgarian, Greek, Spanish and Portuguese;
- ✓ offers first-hand information about burnout, with a specific interest in alleviating the burnout in medical students and allied-health students;
- ✓ delivers a personalized message for anyone who suffers from academic burnout, as well as interventions for specialists;
- ✓ connects theory with practice;
- ✓ offers tips for action at the prevention level;
- ✓ offers tips for action at the intervention level;
- ✓ offers tips for action at the organizational level.

Still not convinced? *The contents of the Burnout Manual itself may represent an additional argument!*

The first chapter – „Burnout Diagnosis” offers information about how to detect and to diagnose burnout, including definitions, evolution, warning signs of burnout, the consequences of burnout on mental health and well-being, a list of the most popular self-assessment instruments in detecting burnout, and a list of risk and protective factors.

The second chapter – „Burnout Prevention” describes the main methods of preventing burnout, both at individual and organizational levels. The individual prevention methods focus on stress reduction strategies and on the individuals’ ability to recharge, while the organizational prevention methods deal with peer support systems, career counselling and orientation centres and protective laws and regulations.

The third chapter – „Burnout Interventions” presents a set of activities that are effective in alleviating the symptoms of burnout, such as health and fitness, relaxation strategies, self-understanding activities, the development of coping skills and solutions to reach out for social support. In addition, specific for the academic context, this chapter also includes services provided by universities in preventing burnout.

Not curious enough?

If this information has not raised your curiosity yet, maybe our BENDiT-EU project or the next outputs can be more attractive.

Our general objective is the development of an extensive panel of skills, tools and normatives, which would enable their users to efficiently manage issues related to academic burnout, early in their professional formation.

Our next outputs are:

- 1) A Burnout web platform - a self-screening and self-help web-based application for students;
- 2) A Curriculum for students and a Train-the-trainer workshop for support staff-teaching students and academic/administrative staff that consist of essential information about burnout symptoms, risk factors and resources, prevention, and available counseling and psychotherapeutic options;
- 3) Policy toolkit - a set of recommendations for addressing academic burnout at the university level, along with a methodology for the adaptation of these recommendations.

Still not enough information?

Check our website for more information about the project:

www.bendit-eu.eu

Disclaimer: The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors. The Commission or the National Agency cannot be held responsible for any use which may be made of the information contained therein.

