



**FEMINIST RESEARCH INSTITUTE**

# ***Graduate Student Burnout: A Workshop***

***Friday, February 26 | 12:00 - 1:30 PM***

***Note: This workshop is exclusively for graduate students!***

***Do you find yourself binge watching Netflix instead of working on your thesis? Do you avoid emailing your advisor? Do you forget to eat or have trouble sleeping? You may be experiencing burnout.***

Graduate school can be both stressful and isolating. Statistics show that grad students are 6.8 times more likely to have anxiety and 6.5 times more likely to have depression over the general population. However, you are not alone. Burnout affects all kinds of people in different ways. In this workshop, grad students will come together to talk about burnout in a safe space. Let's find ways to support each other, build community, and come up with strategies to cope with burnout!



***Please take the burnout poll before the workshop! Poll results will be used to tailor the workshop to best meet your needs.***

***Zoom Registration: <https://unm.zoom.us/j/95560713520>  
Burnout Poll: [tinyurl.com/jie7t3qq](https://tinyurl.com/jie7t3qq)***

***Email [femresin@unm.edu](mailto:femresin@unm.edu) for further questions.***