



Burnout, Overwhelmed & All-Nighters

**Your No-Stress Guide to Managing
Stress Like a Boss
(Even If You're Kinda Spiraling)**



College stress is real—exams, drama,
deadlines.

This guide helps you pause, reset, and
avoid burnout. Like that chill friend with
snacks, a planner, and deep breaths.



Recognize Burnout Before It Wrecks You

Burnout doesn't always feel dramatic. It sneaks in like:

- "I'm tired but can't sleep."
- "I used to care about this... now I just don't."
- "Every little thing feels *too much*."
- "Why am I crying in a class I'm not even failing?"

*Burnout isn't laziness. It's your body saying,
"Please stop pretending I'm a robot."*





Reboot Your Brain with a Quick Reset

You don't need a full vacation. You just need to get your nervous system to chill.

Try:

- Step outside for 5 minutes (yes, even if it's cold).
- Splash cold water on your face.
- Lay on the floor and do nothing for 3 minutes.
- Try box breathing: Inhale 4, hold 4, exhale 4, hold 4.

If you can't slow your brain, slow your breath. Your body will follow.





Tame the To-Do List Beast

Your to-do list is not your enemy—but it can become a monster.

- Brain dump everything on your mind.
- Pick **three** things for today. Just three.
- Break big tasks into baby steps (“Start paper” = “Open Google Docs + write title”).
- Schedule breaks *on purpose*.

Done is better than perfect. C’s get degrees. And sleep.





Surviving the All-Nighter

(If You Have To Do One)

First: Don't. But if you must...

- Set up your workspace. Water, snack, blanket.
- Use the 50/10 rule: 50 mins work, 10 mins break.
- No energy drinks after 2 a.m.—you'll crash hard.
- Power nap if needed. 20 mins max.
- Final check: save your work in three places.

Email your assignment to yourself at every major milestone. Google Docs can betray you.





Avoid Doom Spirals

(a.k.a. The Scroll of No Return)

**Stress + scrolling = suddenly it's 3 a.m.
and you've done nothing but watch
raccoons make tiny pancakes.**

- Turn on Do Not Disturb.
- Use site blockers (like Cold Turkey or Freedom).
- Give your phone to a friend or tuck it in a sock across the room.
- Set a *fun timer*. "Do this for 20 minutes, then TikTok guilt-free."

*You don't need to feel motivated to start—
you just need to start.*





Recharge Like It's Your Job

Rest is *productive*.

You can't pour from an empty coffee mug.

- Power nap (15–20 mins). Set an alarm.
- Watch one episode of something light (no plot twists allowed).
- Journal, stretch, color, walk—whatever feels low-key but not scroll-y.
- Talk to someone who doesn't stress you out.

*You're allowed to rest before you earn it.
Rest is how you earn it.*



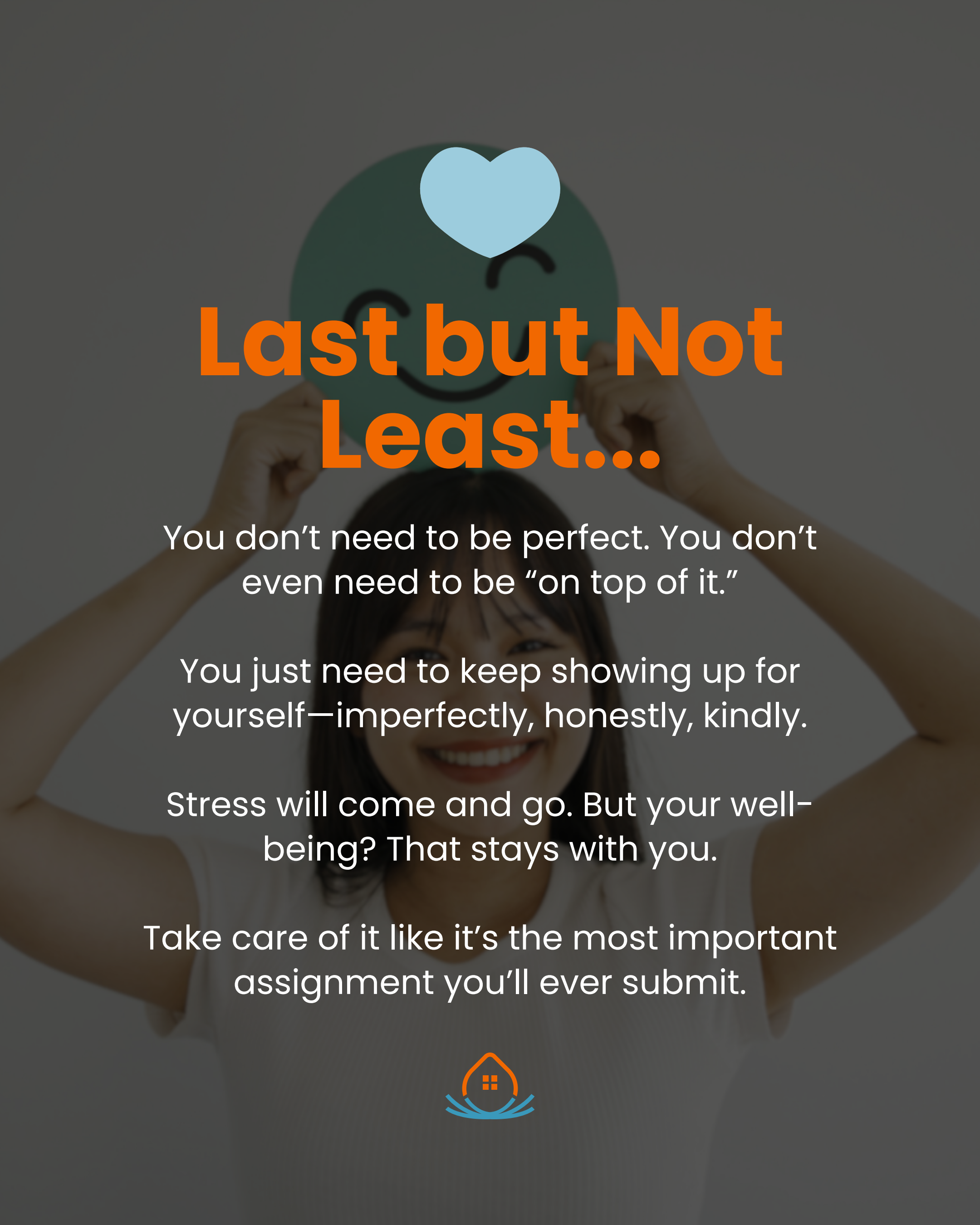


Ask for Help – Smart People Do That

- Email your professor: “Hey, I’m overwhelmed. Can I ask for an extension?”
- Talk to your academic advisor or student services.
- Reach out to a campus therapist—no shame, just care.
- Join a study group. Even silent co-working helps.

*Advocating for yourself isn’t a weakness.
It’s a superpower.*





Last but Not Least...

You don't need to be perfect. You don't even need to be "on top of it."

You just need to keep showing up for yourself—imperfectly, honestly, kindly.

Stress will come and go. But your well-being? That stays with you.

Take care of it like it's the most important assignment you'll ever submit.



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