3 Tips to Avoiding Burnout

- Ways to avoid burnout in medical school
  - Sleep
    - Sleep is physiologically necessary, as indicated by observance of the lymphatic system.
    - It helps with retaining information and can help optimize your success.
    - Avoid caffeine late into the night.
    - Sleep in a cool room and without loud sounds and noises.
  - Time Management
    - Make daily or weekly to-do lists!
    - Schedule in coursework, fun, and study time.
    - Everything should be scheduled.
    - At the end of the day, there are enough hours in the day to get everything done!
  - Study smarter - not harder!
    - Medical school is filled with loads of information.
    - People will fall into their old ways of studying, which is passive a lot of the time.
      - Find other strategies for more active learning.
        - Anki
        - One-sheets
        - Pathoma, Sketchy, etc.