



R | RUTGERS UNIVERSITY

Women+ in Technology

FIGHT BURNOUT AT WORK

April 1 @ 2:00 pm - 3:00 pm

<https://leanin.org/women-at-work/5-ways-to-fight-burnout-at-work>

Tamara Swedberg

Instructional Technology Specialist
Edward J Bloustein School of Planning and
Public Policy

Bonnie Wasielewski

Web Developer

School of Environmental and Biological
Sciences

Agenda

Introductions

Watch Video "5 Ways to Fight Burnout"

Icebreaker

Activity 1: Strategize How to Cope with Burnout

Activity 2: Honestly Assess Your Workload

One Action

WIT Upcoming Events

2:05



Quick Introductions

Online – In Chat

Name

Title

School/Division/Department

Want to be added to the Networking Directory? Yes/No

In Person

Name

Title

School/Division/Department

Network Directory Front of Room



Watch Video

5 Ways to Fight Burnout From Lean In





Icebreaker

Raise your hand if you've experienced any of the following:

1. Feeling like you're constantly stressed at work
2. Feeling cynical about your job
3. Feeling irritated with your coworkers
4. Unexplained physical symptoms, like headaches, stomach problems, or trouble sleeping



Activity 1 a Self reflection

Strategize How to Cope with Burnout

Burnout is a common experience for many women in the workplace, so having effective strategies to prevent and address burnout is essential.

Take 2 minutes to reflect on your own experiences with burnout. Think about the most effective techniques that helped you cope and recover.

2:24





Activity 1 b

Group discussion

Strategize How to Cope with Burnout

Online breakout groups 7 minutes

In person groups of 3-4 people

- Discuss your best coping strategies with your group.
- Pick a spokesperson to share the top ideas when we regroup

2:33





Activity 1 c

Share ideas

Strategize How to Cope with Burnout

Online group – share 2-3 of your best ideas in the chat.

In-person group – one person from each group write 2-3 of the best ideas on the chalkboard.

2:37



Activity 2a

2:42

Honestly Assess Your Workload

One major cause of burnout is having an unmanageable workload. For the next 5 minutes, on your own, **identify some places to scale back.**

- Are there tasks on your list that you can reassign to someone else?
- Are there arbitrary deadlines looming that you can push forward?
- Can you speak to your manager to help find other solutions?



Activity 2b

2:47

Honestly Assess Your Workload

Share ideas

I'd like three volunteers to talk about one way they thought about reducing their workload. One in person, and two online.

If you are interested in sharing online – please use the raise hand feature and we'll call on you.





One Action

Take a look at your list from both activities and commit to at least one idea.

- One practice from Activity 1 that will help you cope with feelings of burnout and/or
- One action from Activity 2 that will help you manage your workload.

Work on this for 2 minutes then we will jump back into groups to share.

2:49





One Action

Share your best ideas for coping with stress and reducing workload

Breakout rooms 5 minutes

In person groups of 3-4

2:54



WIT Updates

<https://wit.rutgers.edu/events/>



April 16, 2025 | 10:30 - 11:30 a.m. CT / 11:30 a.m.- 12:30 p.m. EST

Networking / Get To Know Each Other

Facilitated by: Deanna Shafer-Rater, *Purdue University*

Join us to network, connect with peers, and build relationships in a friendly and relaxed environment.

May 21, 2025 | 10:30 - 11:00 a.m. CT / 11:30 a.m.- 12:00 p.m. EST

Gen Z Perspectives on the Higher Ed IT Workplace

Facilitated by: Sam Colquitt, *University of Michigan*

Share and discuss perspectives and observations on how Gen Z is experiencing the Higher Ed IT Workplace.

June 17, 2025 | 2:00 –3:00 PM EST

Rutgers Women+ in Technology – Working Group Meeting

June 18, 2025 | 10:30 - 11:00 a.m. CT / 11:30 a.m.- 12:00 p.m. EST

Tech Tools, what are some lesser-known tools that you have used?

Facilitated by: Laura Gordon, *Rutgers University*

Tools have changed often over time. Have you found some great tools that you would like to share with everyone?