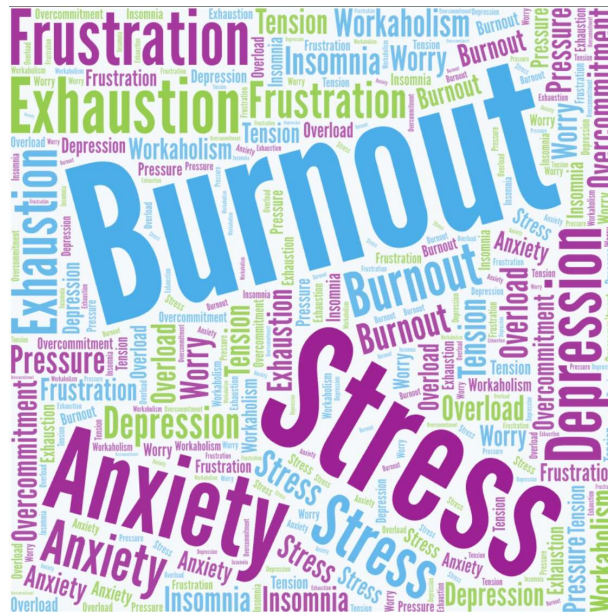




Burnout in children

The phenomenon of burnout in children is increasingly recognized as a significant issue, particularly within educational and extracurricular contexts. Emotional burnout manifests as physical and mental exhaustion, often stemming from overwhelming demands in school and social environments. Research indicates that various factors contribute to this condition, including the educational environment, social relationships, and individual characteristics. A study involving 569 children highlighted the importance of tutoring and guidance to mitigate burnout, suggesting that structured support can enhance children's adjustment to educational demands (Expósito-López et al., 2020).



Causes and Consequences

Factors such as poor relationships with peers and teachers, along with individual traits like low optimism, significantly influence burnout symptoms (Ilyukhin, 2021).

The busy lifestyles of children, filled with academic and extracurricular commitments, have been linked to chronic fatigue and burnout, raising concerns about their overall well-being (Nijboer, 2006).

While the focus on burnout in children is crucial, it is also important to consider the potential for resilience and coping strategies that can help mitigate these effects. Understanding how children can thrive despite pressures is an area ripe for further exploration.



What can the Guide to Health project do for these children and young adults?


Based on the self-assessment test of children, burnout is an alarming problem in all partner countries. 26-48 % of the children showed a high burnout index. During the workshop in Greece our team will be elaborating tools using physical, social, and artistic activities to support the children’s mental health.





Fighting Burnout in Schools: The Guide to Health Project’s Innovative Approach

The Guide to Health project is tackling this issue head-on by developing creative, practical solutions to support students’ mental well-being. And the methods we’ve chosen are no accident—we believe these are the most urgent and essential tools to help children navigate today’s challenges.

At an upcoming workshop in Greece, experts and educators will design tools based on three powerful methods: physical, social, and artistic activities.

 **Move for Mental Health:** Physical activity isn’t just about staying fit—it’s a powerful tool against anxiety. Studies show that regular exercise helps reduce stress and improves emotional balance.

 **Building Social Confidence:** Many children struggle with social anxiety, making even simple interactions stressful. Developing self-esteem and social skills in a supportive environment can help them thrive.

 **Art as Therapy:** Whether it's painting, music, dance, or digital art, creative expression has been shown to lower anxiety and boost emotional well-being.

We are not just guessing—we are prioritizing what truly matters. Research and real-life experiences show that these areas are key to tackling burnout, stress, and anxiety among children. To bring these methods to schools, the project will create a digital guidebook filled with practical exercises to help teachers and students fight stress, burnout, and emotional difficulties. With the help of children and professionals, this initiative aims to make a real impact—because every child deserves a chance to feel safe, confident, and mentally strong.



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