

Mascot:



Logo:



GSL - project report.
Title: BurnoutEscape

Aim of the Project:

BurnoutEscape is a youth-led initiative designed to raise awareness about mental burnout and promote practical solutions for stress relief among students and young professionals. Recognising the rising tide of mental health challenges, especially post-pandemic and War in Ukraine, the project aims to foster healthy coping mechanisms, build community support, and offer tools for maintaining emotional well-being.

LEARNINGS

Highlights of the Project:

We launched BurnoutEscape online from Ukraine, conducted interviews with students and educators to understand their struggles firsthand. Their stories and insights became the foundation of our project. We also brought the conversation into our school, raising awareness, and making space for honest dialogue about mental health and burnout.

Successes and Challenges:

A key success was the unexpectedly high participation from youth who openly shared their mental health struggles—breaking stigma and creating a safe space. In-depth interviews with students and teachers that allowed us to become well-informed about the burnout challenges youth faces today, successful campaign on tiktok with more than 3600 views overall.

It was a tricky challenge to gain an even larger audience - reaching the youth outside the school, and launch the website. But, looking at our statistics it's good to say that we are on the right path to expand our audience and inform many people in need of our help.

Skills and Knowledge Gained:

Team members developed strong leadership and project management skills.

Enhanced understanding of psychological concepts and practical application of mental wellness strategies.

Improved communication, collaboration, and problem-solving skills.

Quantitative Impact:

Our project's reach and effectiveness are reflected in the following key statistics:

4,000+ views and interactions across our Instagram,, and TikTok platforms where we posted educational videos, self-care tips, and motivational content.

1 school and youth organisation participated directly in our program, with some integrating aspects of BurnoutEscape into their own wellness initiatives.

Post-event surveys showed that:

95% of participants reported feeling more aware of burnout symptoms.

92% said they learned at least one new stress-management tool they would continue using.

87% stated they were more likely to reach out for mental health support if needed after participating.

Link to the Sustainable Development Goals (SDGs):



SDG 3: Good Health and Well-being
– Promoting mental health awareness and well-being.

SDG 4: Quality Education
– Providing educational workshops and digital content on mental health literacy.



Meet our team!



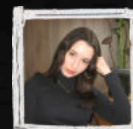
Christie

- designer
- website manager
- tiktok manager



Antonia

- designer
- writer
- team manager



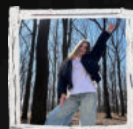
Sasha

- researcher
- writer
- designer



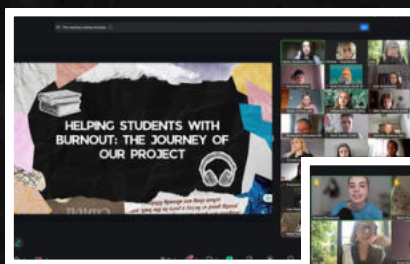
Veronika

- writer
- video creator
- manager

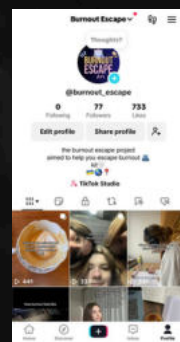
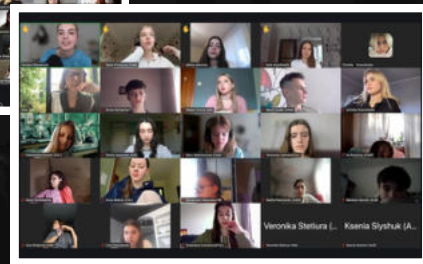


Stacy

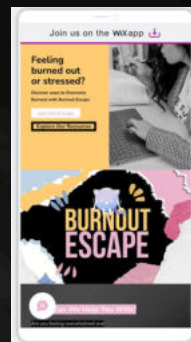
- creator
- interviewer
- content maker



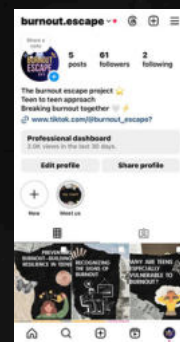
Photos of interactive sessions we led at our school, spreading awareness about burnout from scientific point of view.



[Tiktok page \(linked\)](#)



[Website \(linked\)](#)



[Instagram \(linked\)](#)

We lead social media:

Instagram, where we create informative posts.

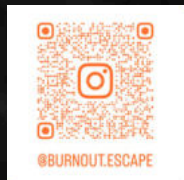
Tiktok, where we connect with teenagers and their struggles.

We launched a **website**, a space where you can take a quick **quiz** to understand how deeply you are experiencing burnout and get one step closer to addressing it through our **educational articles** about burnout, stress and the **perfect escape plan**.

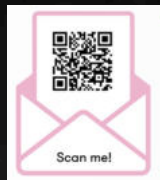
BurnoutEscape, with all the useful resources is the helping hand that supports you in standing up after you fall. With the help of our escape plan, burnout techniques, and supportive community, you will feel better and you won't fall into the same rabbit hole



[Tiktok page \(linked\)](#)



[Instagram \(linked\)](#)



[Website \(linked\)](#)

Peer Support Circles

We facilitated small, confidential peer support circles where participants could talk freely about academic pressure, loneliness, and burnout. These circles not only provided relief but also built a lasting sense of community.

A quote from a student sharing about their burnout experience during our sessions:

"Sometimes I admit that I just mess everything up, like school and extracurriculars. But my parents are there for me, who support me and tell me that everything will be ok and you're just being too harsh to yourself."

– Kate, 15, high school student.



Skills and Knowledge Gained

The BurnoutEscape project offered an invaluable learning experience for all team members, helping them grow both personally and professionally. Below is a breakdown of the key skills and knowledge acquired throughout the journey:

1. Leadership and Project Management Skills

Each team member took on a leadership role at various stages of the project, learning to:

Set clear goals and develop timelines for different phases of the project, from research to execution.

Delegate tasks effectively based on individual strengths and interests.

Manage resources.

Adapt to challenges, such as Air raid alerts across Ukraine, along with issues with mobile networks and internet connectivity.

Lead meetings with confidence, organise collaborative planning sessions, and ensure accountability among team members.

These experiences instilled a sense of responsibility and helped the team to operate efficiently, even under tight deadlines.

2. Psychological Awareness and Practical Application

A significant aspect of the project was mental health education. As a result:

We developed a deep understanding of burnout – its symptoms, causes, and effects on physical and emotional well-being. We learned about evidence-based coping strategies, including mindfulness, time management, emotional regulation, and positive psychology

3. Communication and Collaboration

BurnoutEscape required constant interaction within the team and with external stakeholders. Through this process, we:

Improved verbal communication

Honed written communication by creating outreach emails, social media content, mental health guides, and formal funding proposals.

Learned the importance of clarity and empathy, especially when discussing sensitive topics related to mental health.

Developed teamwork and collaboration skills, working in cross-functional roles such as content creation

Managed conflict constructively, ensuring that all voices were heard and decisions were made collectively.



4. Creativity and Innovation

In designing engaging and meaningful content, we explored our creative potential:

Created interactive presentations, blogs, videos, and social media reels that made complex psychological topics accessible and relatable.



Impact and Outcomes

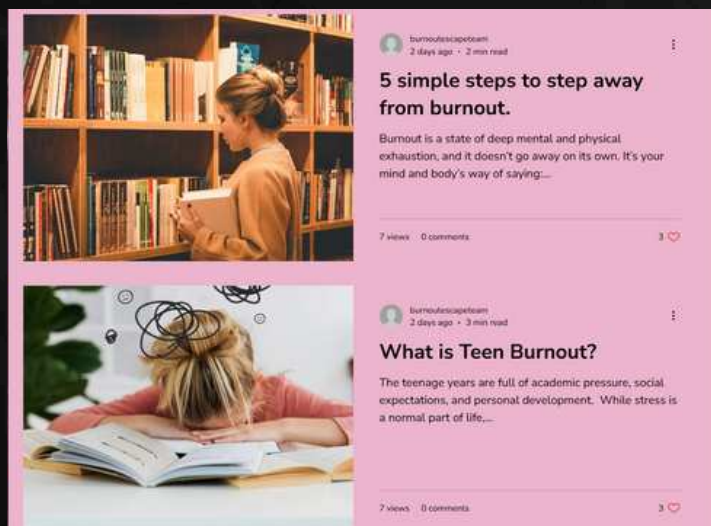
The BurnoutEscape project has already begun to create meaningful change within our community. Young people are gaining access to valuable information about burnout and strategies for managing it, helping them navigate this challenging landscape.

Additionally, the project has had a positive impact on us personally, providing important knowledge about mental health and becoming a safe space for our team.

Our initiative combines **education** (through advice and resources shared in our blog and social media posts), **entertainment** (our TikTok campaign is designed to engage youth experiencing burnout through non-intrusive and entertaining content), and elements of **community-based emotional support**. Together, these aspects aim to build a sustainable model for promoting mental wellness awareness.

Plans for the future

1. Finding partnership to increase our audience.
2. Collaborating with **psychologists** to enhance our understanding in the topic and how to help teenagers better.
3. Building a strong community in our **social media** platforms where anyone who had experienced burnout can share their knowledge.
4. Developing a **podcast**, which will be both engaging and informative.
5. Creating a **mobile app** which will motivate a teenager.
6. Designing a **merch** with our mascot - Kit.



Our blogs as a way to raise an awareness of burnout and keep in touch with audience

