

Forum:[Hack Forums](#)

Thread: [Programmer Burnout - 01/27 Daily Check In! - Steps to heal! - Share your stories!](#)

????0?? ??? - January 26, 2024, 1:15 am

Does this remind you of yourself? Well you are not alone.

Are you feeling burnt out from programming? Don't worry; there are ways to overcome it! Prioritizing your well-being while working long hours is crucial. Take regular breaks to rest and recharge, and engage in activities that help you relax. Remember, taking care of yourself is just as important as your work.

Make self-care a priority in your life. Strive for a healthy work-life balance, get enough rest, exercise regularly, and eat nutritious meals. Don't forget to engage in activities that bring you happiness and relaxation. When you prioritize your well-being, you become better able to care for others.

Believe in yourself and set achievable goals. Break down larger tasks into smaller ones and set realistic deadlines. Remember to establish boundaries and prioritize your personal life. With determination and balance, success is within reach.

Connecting with other programmers or joining online communities can be a great way to share your experiences, learn from others, and seek support when needed. Don't hesitate to reach out and connect with your peers – it can make a big difference in your programming journey! Discussing with like-minded individuals can help you gain perspective and find potential solutions to your burnout.

Discovering new skills and expanding your interests can spark renewed enthusiasm for programming. Don't be afraid to venture into uncharted territory and immerse yourself in new projects or technologies. Who knows, you might find your next big passion in the process! Remember, the possibilities are endless when you open up to new experiences.

In conclusion regarding programming, burnout can often feel like an insurmountable obstacle. But don't be discouraged - there are proven ways to overcome it. By taking regular breaks, prioritizing self-care, setting realistic goals and boundaries, seeking peer support, and exploring diverse interests, you can regain your passion for coding and achieve a healthier work-life balance. Remember, with determination and perseverance, you can conquer burnout and thrive in your programming journey.

Let's come together and share our personal experiences with programming burnout. By opening up about our struggles and sharing the strategies that have worked for us, we can inspire and support each other in overcoming burnout. Together, we can conquer programming burnout and continue to thrive in our work as programmers.

Jamika - January 26, 2024, 1:27 am

I dont program too much tbh so i dont feel that much

????0?? ??? - January 26, 2024, 1:37 am

(Jan 26, 2024 02:27 AM)Jamika Wrote: [\[CITE\]](#) I dont program too much tbh so i dont feel that much
That's ok! There is always time ?! Take care of yourself

diiiaz - January 26, 2024, 2:01 am

Thanks for the tips. I don't program but surely it could help some people on here.

????0?? ??? - January 26, 2024, 2:03 am

(Jan 26, 2024 03:01 AM)diiiaz Wrote: [\[CITE\]](#) Thanks for the tips. I don't program but surely it could help some people on here.

I really do hope so. My aunt is a social worker and she deals with white car professionals who deal with burnout a lot during life coaching sessions and these are some tips she gave me. Thank you for the praise she would appreciate it.

diiiaz - January 26, 2024, 2:04 am

(Jan 26, 2024 03:03 AM)Sexi Wrote: [\[CITE\]](#) I really do hope so. My aunt is a social worker and she deals with white car professionals who deal with burnout a lot during life coaching sessions and these are some tips she gave me. Thank you for the praise she would appreciate it.

Burnouts are getting very common now for people aged 18-30. It's actually quite scary.

????0?? ??? - January 26, 2024, 2:14 am

(Jan 26, 2024 03:04 AM)diiiaz Wrote: [\[CITE\]](#) Burnouts are getting very common now for people aged 18-30. It's pretty scary.

Agreed. I work in banking, and the type of banking I do is usually considered very low-stress. I see people in their late 20s burning out and having to quit due to the extra workload that they've had to take on because they cannot find enough qualified workers, as college has become what someone would consider a bit of a scam. It's regrettable to see because these are brilliant and motivated people.

????0?? ??? - January 27, 2024, 4:19 am

Just doing my daily check in today as I bashed my head against the ball trying to learn ASM on paper. If anyone has any tips on how to visualize it better than a whiteboard let me know.