
Burnout & Resilience: A Latinx Feminist Perspective

Latinx Feminist Sociology Collective
Gathering - March 2022

Burnout & Resilience

A conversation about the specificities of experiencing burnout as Latinx Feminist Sociologists, sharing and brainstorming strategies to thrive in acknowledgement of our (usually unrecognized) resilience.

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**Based on our gathering,
we share some quotes
and a mural with main
ideas**

On Burnout

Existential
exhaustion & the
pandemic's
neoliberal fatigue

The trap of being
in a workaholic
culture in the U.S.

The trap of being
perfectionist and
overachieving
academics

On Resilience

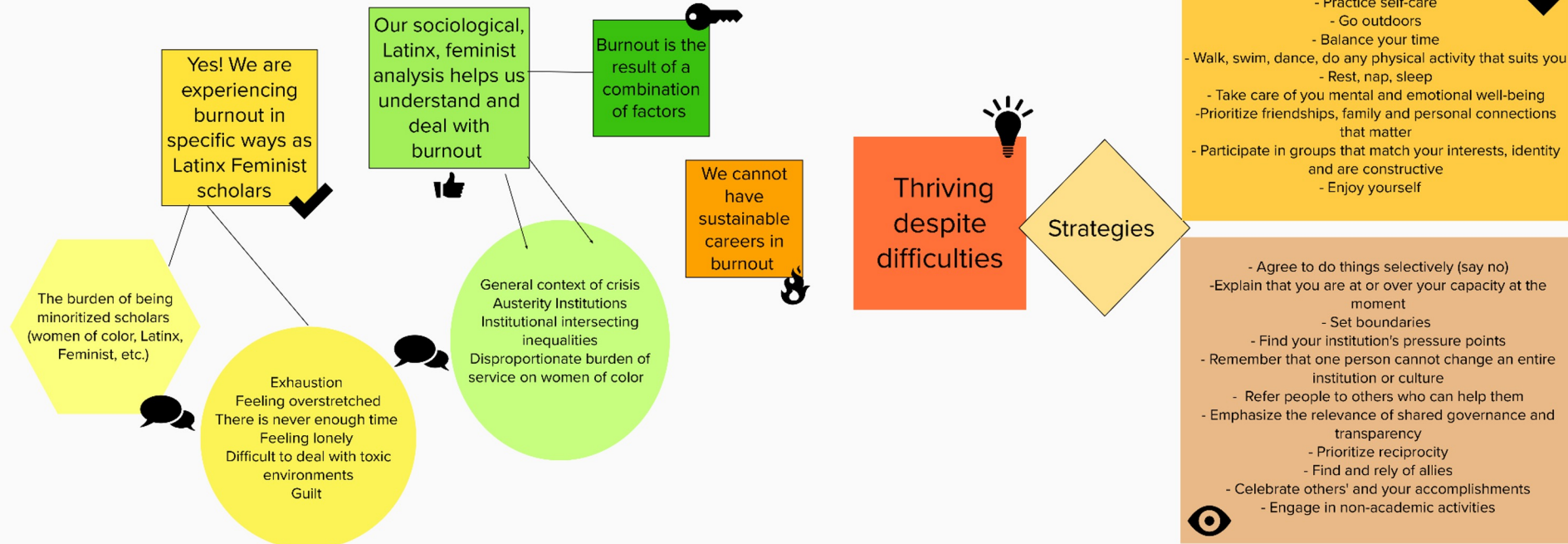
Changing from the 'curse' of being a smart and competent woman of color to being one who also has boundaries

Paying attention to our bodies as wake up calls to slow down

Emphasize that careers are unsustainable with burnout

Mural of Ideas

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Link to mural:

<https://app.mural.co/t/latinxfeministsociologycolle3920/m/latinxfeministsociologycolle3920/1646852876549/8bdd3d65a488e71118cfd1d89d1e6edaf59b54?sender=u6d723aa73c8bd8aec2a7204>

Thank you!

Send us your ideas to

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