

She Taught Yale's Most Popular Class Ever on Happiness. Then She Burned Out

February 23, 2023

Burnout isn't just for cubicle warriors and workaholic entrepreneurs. [Nobel prize-winning geniuses](#) and beloved [celebrities burn out too](#). And so do experts on happiness, apparently.

Yale psychologist Laurie Santos is famous for teaching [the university's most popular class](#) ever — on happiness. Her insights on how to achieve the good life were so incredibly popular that they have even been turned into [an online class taken by millions of people](#). If anyone should know how to maintain their psychological balance, it's Santos.

But [as she revealed to *Time* recently](#), the relentless stress of the pandemic even managed to [burn her out](#). After feeling irked by a student who needed help coping with a medical emergency, she knew something had to change. “I take such pride and compassion in working with students,” she tells *Time*, but she felt that was “getting chipped away.”

How did Santos pull herself back from the brink and recharge? Her experience holds lessons for [everyone struggling with burnout](#).

...