

ABSTRACT

Students majoring in Visual Communication Design (DKV) who still have to use their creative thinking ideas become their triggers to burn out due to various pressures from outside and inside, especially when they have to do creativity. Therefore, they need to seek reliable information to find out the steps to fortify themselves from burnout. Data collection carried out in this study is a qualitative method. The qualitative method is using a series of research instruments in the form of tests/questionnaires. The collected data is then converted using predefined categories/criteria to produce information media in the form of zines.. The final result of this study aims to increase cloud awareness about the high risk of burnout

Keywords : *Information Media, Burnout, Mindfull*