

BURNOUT

- SIGNS & SYMPTOMS -

If constant stress has you feeling helpless, disillusioned, and completely exhausted, you may be on the road to burnout. Recognising that there is an issue is the first step. Place a mark beside each of the following statements that apply to you. If you have marked several, you may be at risk of burnout or other health issues, and it's important you take action. Start by talking to someone you feel comfortable sharing with (a trusted colleague, friend, family or community member) or access the support options offered by your workplace that you feel most comfortable with.

Physical

- Feeling tired and drained most of the time
- Loss of energy and vitality
- Frequent headaches or muscle tension and pain
- Feeling unwell more often than usual
- Loss of appetite
- Poor sleep



Emotional

- Sense of failure and self-doubt
- Feeling helpless, trapped, defeated
- Feeling alone in the world
- Loss of motivation
- Increasingly cynical and negative outlook
- You feel like nothing you do makes a difference or is appreciated



Behavioural

- Withdrawing from responsibilities
- Isolating self from others, loss of interest
- Procrastinating, feeling unmotivated
- Using food, drugs, or alcohol to cope
- Taking out frustrations on others, quick to anger
- Skipping work or events, or arriving late

