

Signs of Burnout

- **Physical exhaustion and chronic fatigue:** Constant tiredness, frequent headaches, or changes in sleep and appetite.
- **Emotional exhaustion:** Feeling overwhelmed, irritable, or anxious.
- **Reduced performance:** Decreased productivity, lack of motivation, and difficulty concentrating.
- **Cynicism:** Negative outlook toward work.
- **Avoidance of work:** Procrastinating, avoiding tasks, or taking longer to complete them.



- **Physical symptoms and increased susceptibility to illness:** Unexplained headaches, stomach issues, or frequent illnesses.
- **Neglect of personal needs:** Ignoring self-care, hobbies, or relationships.
- **Feelings of hopelessness and self-doubt:** Feeling trapped, with no way out, and questioning your competence.
- **Increased irritability:** Easily frustrated or irritated by minor issues.
- **Social withdrawal:** Avoiding social interactions and preferring isolation.

Managing burnout

- **Seek support:** Talk to someone you trust or a mental health professional.
- **Set boundaries:** Learn to say no and prioritize your well-being.
- **Take breaks:** Regularly step away to recharge.
- **Practice self-care:** Engage in activities that relax and rejuvenate you.
- **Reassess workload:** Discuss adjusting your responsibilities with your supervisor.



Additional notes

Hey Jamie,

I know how overwhelming things have been for you lately, and I want you to know that it's okay to feel this way. Burnout is a sign that you've been pushing yourself too hard for too long, and it's important to take a step back and prioritize your well-being. Remember, you don't have to go through this alone. Reach out to those who care about you and let them in on how you're feeling. Setting boundaries and giving yourself permission to rest isn't a luxury; it's a necessity. You've been strong for so long—now it's time to take care of yourself. Let's work together to create a plan that helps you regain your energy, motivation, and joy. You deserve to feel better.