

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