

Exercise:

5 Stages of Burnout: Are you burning out?

Burnout symptoms vary depending on which phase of burnout you're in. In general, there are three symptoms to be aware of: exhaustion, depersonalization and reduced personal accomplishment.

Stage 1: Honeymoon Phase

- | | |
|---|--|
| <input type="checkbox"/> Job satisfaction | <input type="checkbox"/> Commitment to job |
| <input type="checkbox"/> Accepting responsibility | <input type="checkbox"/> Compulsion to prove oneself |
| <input type="checkbox"/> Sustained energy levels | <input type="checkbox"/> Free-flowing creativity |
| <input type="checkbox"/> Unbridled optimism | <input type="checkbox"/> High productivity levels |

What to do:

Practice Recharge and Relaxation

ie. Exercise, Breathing techniques, Reading, etc

Stage 2: Onset of Stress

- | | |
|--|---|
| <input type="checkbox"/> Inability to focus | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Avoidance of decision making |
| <input type="checkbox"/> Reduced sleep quality | <input type="checkbox"/> Change in appetite fatigue |
| <input type="checkbox"/> Lack of social interactions | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Lower productivity | <input type="checkbox"/> Neglect of personal needs |

What to do:

Practicing positive coping strategies

ie. Set boundaries, talk to someone you trust, spend time with family

Stage 3: Chronic Stress

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|---|--|--|
| <input type="checkbox"/> Persistent tiredness | <input type="checkbox"/> Denial of problems | <input type="checkbox"/> Aggressive behavior |
| <input type="checkbox"/> Procrastination | <input type="checkbox"/> Feel threatened | <input type="checkbox"/> Apathy |
| <input type="checkbox"/> Resentfulness | <input type="checkbox"/> Feel pressured | <input type="checkbox"/> Chronic exhaustion |
| <input type="checkbox"/> Social withdrawal | <input type="checkbox"/> Alcohol Consumption | <input type="checkbox"/> Cynical attitude |
| <input type="checkbox"/> Lower sexual desire | <input type="checkbox"/> Drug Consumption | |

What to do:

Build a self-care routine

ie. Exercise, meditation, change in diet/lifestyle, adjust sleep habits, take vacation

Stage 4: Burnout

- | | |
|--|--|
| <input type="checkbox"/> Obsession with problems | <input type="checkbox"/> Chronic headaches |
| <input type="checkbox"/> Pessimistic outlook | <input type="checkbox"/> Chronic gastrointestinal problems |
| <input type="checkbox"/> Physical symptoms | <input type="checkbox"/> Neglect of personal needs |
| <input type="checkbox"/> Self-doubt | <input type="checkbox"/> Escapist activities |
| <input type="checkbox"/> Social isolation | <input type="checkbox"/> Behavioral changes |

What to do:

Get Professional Help

ie. Find and mental health professionals to help you rebuild your resilience

Stage 5: Habitual Burnout

- | | |
|---|---|
| <input type="checkbox"/> Chronic sadness | <input type="checkbox"/> Chronic physical fatigue |
| <input type="checkbox"/> Chronic mental fatigue | <input type="checkbox"/> Depression |

What to do:

Get Professional Help
Build a self-care routine
Take a vacation