

## 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

- |   |  |  |
|---|--|--|
| <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