

# Burnout – what is it?

Burnout is a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained and unable to meet constant demands. It reduces productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical and resentful. This can affect all areas of your home, work and social life. It can also lower your immune system making you more vulnerable to illness.

## 1 Recognise

Watch for the warning signs

## 2 Reverse

Undo the damage by seeking support and managing stress

## 3 Resilience

Build your resilience to stress by taking care of your physical and emotional health

### Potential physical signs and symptoms:

- Feeling tired and drained most of the time
- Lowered immunity, frequent illnesses
- Frequent headaches or muscle pain
- Change in appetite or sleep habits

### Potential emotional signs and symptoms:

- Sense of failure and self-doubt
- Feeling helpless, trapped and defeated
- Detachment, feeling alone in the world
- Loss of motivation
- Increasingly cynical and negative outlook
- Decreased satisfaction and sense of accomplishment

### Potential behavioural signs and symptoms:

- Withdrawing from responsibilities
- Isolating yourself from others
- Procrastinating, taking longer to get things done
- Using food, drugs or alcohol to cope
- Taking out your frustrations on others
- Skipping work, coming in late or leaving early

## Work with purpose

### Remember why you do what you do

Focus on your value in your work, and the aspects of your job that you enjoy. This can help regain a sense of purpose and control.