

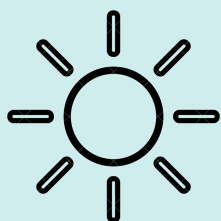
Burnout

SIGNS/SYMPTOMS, RISK FACTORS, AND PREVENTION

"BURNOUT IS A REACTION TO PROLONGED OR CHRONIC STRESS AND IS CHARACTERIZED BY THREE MAIN DIMENSIONS: EXHAUSTION, CYNICISM (LESS IDENTIFICATION WITH JOB/TASKS), AND FEELINGS OF REDUCED ABILITY."

Coined in 1974 by Herbert Freudenberger. He first defined burnout as, "the extinction of motivation or incentive, especially where one's devotion to a cause or relationship fails to produce the desired results."

Signs/Symptoms and Risk Factors



SIGNS/SYMPTOMS:

ALIENATION FROM WORK/SCHOOL-RELATED ACTIVITIES:

MAY VIEW TASKS AS STRESSFUL AND FRUSTRATING. MAY ALSO EMOTIONALLY DISTANCE THEMSELVES.

PHYSICAL SYMPTOMS:

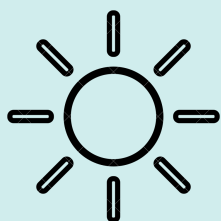
CHRONIC STRESS MAY LEAD TO PHYSICAL SYMPTOMS, LIKE HEADACHES, STOMACHACHES OR INTESTINAL ISSUES.

EMOTIONAL EXHAUSTION:

BURNOUT CAUSES PEOPLE TO FEEL DRAINED, UNABLE TO COPE, AND TIRED. THEY OFTEN LACK THE ENERGY TO GET THEIR WORK DONE.

REDUCED PERFORMANCE:

INDIVIDUALS WITH BURNOUT FEEL NEGATIVE ABOUT TASKS. THEY HAVE DIFFICULTY CONCENTRATING AND OFTEN LACK CREATIVITY.



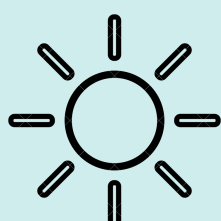
RISK FACTORS:

UNREASONABLE TIME PRESSURE.

LACK OF COMMUNICATION AND SUPPORT.

UNMANAGEABLE WORKLOAD.

Prevention



ADJUST EXPECTATIONS AS NEEDED.

SET BOUNDARIES WITH THE PEOPLE IN YOUR HOUSEHOLD.

PRIORITIZE SELF-CARE, ESPECIALLY SLEEP.

ADD SOME STRUCTURE TO YOUR DAYS.

WHILE BURNOUT ISN'T A DIAGNOSABLE PSYCHOLOGICAL DISORDER, IT SHOULD STILL BE TAKEN SERIOUSLY.

Seek Help if and When You Need It