

Professions Most Likely to Experience **Burnout**

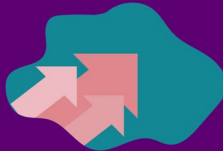
- + PHYSICIANS
- + NURSES
- + TEACHERS
- + HUMAN SERVICES PROFESSIONALS
- + ATTORNEYS
- + LAW ENFORCEMENT
- + RETAIL WORKERS
- + HOSPITALITY WORKERS

The 5 Stages of Burnout



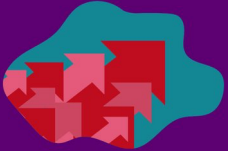
1. Honeymoon Phase

High job satisfaction, commitment, energy, and creativity...



2. Onset of Stress

Optimism waning, common stress symptoms affecting you...



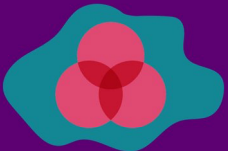
3. Chronic Stress

A marked change in your stress levels, more intense symptoms...



4. Burnout

Symptoms become critical, increasingly difficult to cope...



5. Habitual Burnout

Significant ongoing mental, physical or emotional problems...

CALMER

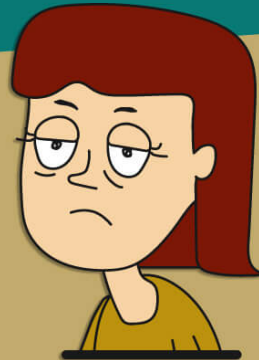
Burnout Syndrome



How to detect burnout syndrome?



You are physically and mentally exhausted: you find yourself constantly fatigued and you have a lack of interest that leads you to distance yourself from work.



You feel bad and useless: you have low self-esteem, feelings of incompetence, frustration, sadness, anger or desire to abandon everything.

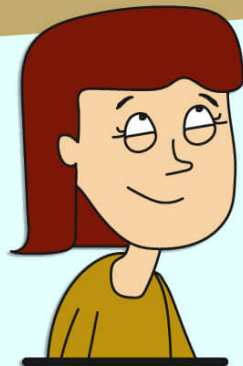


Pain and changes in habits: you have frequent headaches and muscle aches, as well as changes in sleeping habits.



You procrastinate excessively: you find it difficult to complete your tasks and you begin to avoid them as much as possible, even if they later generate more stress.

You are unmotivated: you feel that nothing you do is valued and that it is not worth it.



How to prevent burnout syndrome?



Prioritize self-care: if you are not well, it will be difficult for you to be productive. For this reason, you should prioritize taking care of your body and mind.



Have leisure activities: get together with friends and have free spaces, outside of your obligations that allow you to recreate and have fun.

Replenish your physical and mental energy: maintain good eating and sleeping habits, and do activities such as meditation that allow you to relax.

Do not assume so many commitments: do not acquire an excess of responsibilities that you will not be able to fulfill. Learning to set limits and organize yourself is essential.



Learn to disconnect: do not take work home and set disconnection times. It is a worker's right to have a schedule and not exceed it.

7 SIGNS OF BURNOUT

get help early

It creeps up on even the most capable and driven people. If you identify it early, you can create an effective long-term management plan to keep you productive, satisfied and connected.

DREAD

You dread going to work, and you want to leave again when you get there.

IRRITATION

You are easily irritated by colleagues, clients or customers.

FATIGUE

You have low energy, and little interest in work.

DISTRACTION

You have trouble concentrating and forget things more easily.

ISOLATION

You avoid socialising, and actively resist being around others.

APATHY

You feel that nothing is going right, and you have no hope that things will improve.

DETACHMENT

You feel a general sense of disconnection from others and your environment.

See your doctor to exclude other possible causes of these symptoms.

