



A Burnout Worksheet

Burnout is a state of pushing yourself - mentally, emotionally & physically to the brim and letting it **spillover**. It refers to exhaustion (emotional and physical fatigue) + cynicism (loss of feeling or concern for others or increased irritability) + reduced sense of accomplishment (low morale, self-esteem, lower coping ability). **Fatigue** on the other hand is a state of physical and/or mental exhaustion that temporarily causes inability or decreased ability to respond to a situation from being over extended, either mentally, emotionally or physically.

5 Stages of Burnout

Honeymoon phase

New tasks make us feel challenged, stimulated, energised and committed. But remember, coping strategies to deal with the load effectively can be implemented here. Symptoms during this stage include free flowing creativity, commitment to prove oneself, job satisfaction, high productivity levels, unbridled optimism.

Onset of stress

Awareness of some days being more difficult than others where optimism and productivity levels begin to shake. Symptoms include anxiety, neglect, headaches, palpitations, irritability, reduced sleep and appetite or vice versa.

Chronic Stress

Marked changes in stress, motivation and job satisfaction levels. It may manifest as apathy, cynical attitude, procrastination, resentment, unhealthy coping strategies, social withdrawal and fatigue.

Burnout

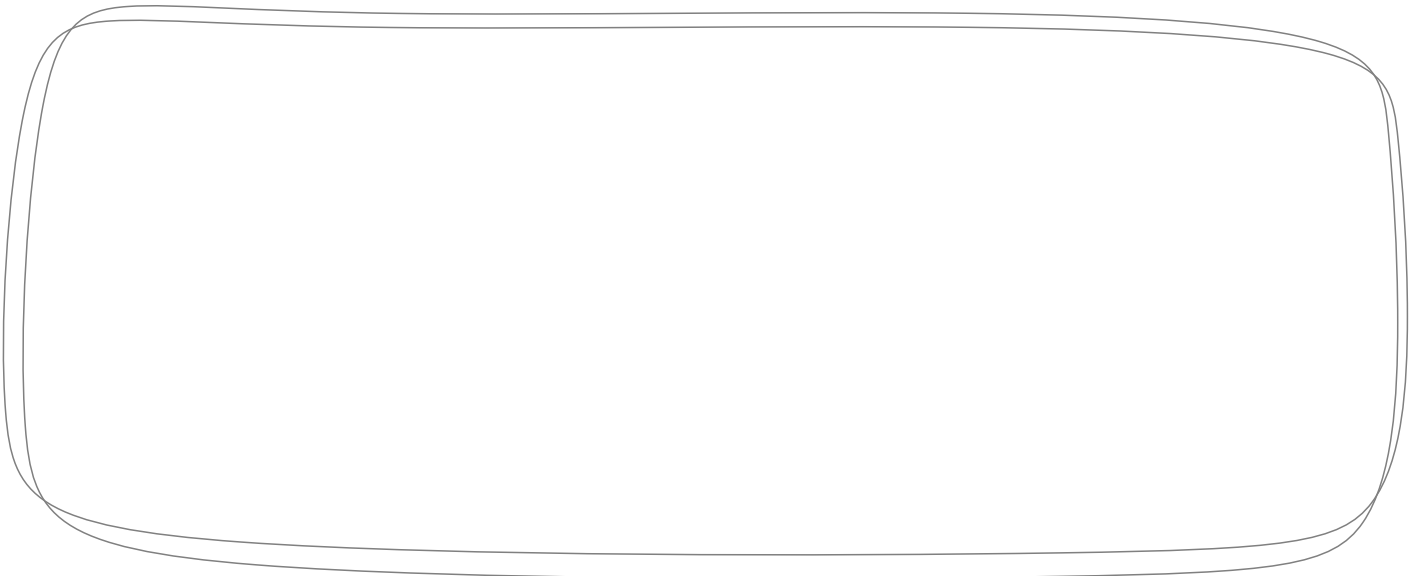
At this stage, the symptoms start to get critical. Symptoms include gastric concerns, desire to "drop out", self doubt, isolation, intrusive thoughts, sense of void, neglect with respect to self care.

Habitual burnout

The symptoms of burnout are so embedded in your life that you are likely to experience a significant physical or emotional problem, as opposed to occasionally experiencing stress or burnout. Symptoms include chronic mental, emotional and physical fatigue which is persistent throughout the day.

While you see these stages, take some time to slow down and **reflect** on which stage are you at?

What does burnout look like for you? Take to **depict it visually** (using shapes, symbols, colors, figures or words) or verbally (talk it out) while you **ponder** over this one.



Make a list of how your **thoughts, feelings, behaviors and sensations** change when you are experiencing exhaustion. **Circle the ones to see as warning signs/red flags** that tell you that some action needs to be taken.

