

5 Symptoms of **BURNOUT**

Burnout is a physical, emotional and mental state, occurring when we invest too many of our resources without taking care of our own recovery, and without having internal and external ways to recharge.

Burnout doesn't hit all at once, so be attentive to the following signs:

- ## 1 Exhaustion

Feeling physically and emotionally depleted. Physical symptoms may include headaches, stomachaches, and changes in appetite or sleeping habits.
- ## 2 Cynicism & Isolation

People with burnout tend to feel overwhelmed. As a result, they may stop socializing and confiding in friends, family members, and coworkers. They can be overly cynical and edgy, and may ask you for the "bottom line" as they cannot deal with a long story.
- ## 3 Escape fantasies

Dissatisfied with the never-ending demands of their jobs, people with burnout may fantasize about running away or going on a solo vacation. In extreme cases, they may turn to drugs, alcohol, or food as a way to numb their emotional pain.
- ## 4 Irritability

Burnout can cause people to lose their cool more easily with friends, coworkers, and family members. Coping with normal stressors like preparing for a work meeting, driving kids to school, and tending to household chores may start to feel insurmountable, especially when things don't go as planned.
- ## 5 Frequent illnesses

Burnout, like other long-term stress factors, can lower your immune system, making you more susceptible to colds, the flu, and insomnia. Burnout can also lead to mental health concerns such as depression and anxiety.

