

BURNOUT

Symptoms & Coping Strategies

“Job burnout is a special type of work-related stress—a state of **physical or emotional exhaustion** that also involves a sense of **reduced accomplishment** and **loss of personal identity.**” (Mayo Clinic Staff, 2018)

Symptoms

Tired—even exhausted—and overwhelmed

Disconnected from others, lacking feelings, indifferent

Feeling like you are not doing your job well

Feeling like a failure

Cynical

Coping Strategies

Talk to your supervisor about your work

Evaluate the extremes of your work

What can you slow down or give up?

Seek social support

Who are you closest to at work?

Evaluate your work/life balance

Evaluate your job options

Take a break from your work



CHILD CARE

State Capacity Building Center

Source: Mayo Clinic Staff. (2018). *Job burnout: How to spot it and take action.*

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>