

Burnout Checklist

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☐ Burnout Signs

- ☐ Feel emotionally and physically exhausted all the time.
- ☐ Want to be left alone.
- ☐ Haven't got the energy or interest in the things you used to do.
- ☐ Feel sad for no apparent reason.
- ☐ You are irritable and snap at people.
- ☐ Get into conflicts.
- ☐ Use alcohol and/or drugs to feel better.
- ☐ Work hard but accomplish little.
- ☐ Dissatisfied with work.
- ☐ Feel frustrated with work.
- ☐ Don't have much to look forward to in work.
- ☐ Have trouble sleeping because of worrying about work.
- ☐ Worry about work during off hours.
- ☐ Feelings about work interfere with personal life.

☐ Coping with Burnout

- ☐ If you are in a toxic work environment, you'd better get out of it asap.
- ☐ Take time off - go on vacation, use up your sick days.
- ☐ Decide what you are going to do and act on it.
- ☐ If possible, take early retirement.
- ☐ Make sure you are eating healthy.
- ☐ Get enough sleep.
- ☐ Spend some time with people who are positive.
- ☐ Get involved in a cause that is meaningful to you.
- ☐ Make sure you have an outlet for your emotions e.g. a pet.
- ☐ Spend some time each day in quiet meditation.
- ☐ Treat yourself to a spa experience.
- ☐ Plan your time so you are not always in a rush.
- ☐ Learn to laugh.