

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.