Burnout Checklist

Created: 12/22/2011

# Tasks:

☐ **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.**