

## Symptoms of Burnout

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1. Emotional
  - Powerlessness
  - Anxiety/ Fear/ Guilt
  - Anger and cynicism
  - Sadness or depression
  - Feeling helpless and hopeless
  - Hyper vigilance
2. Cognitive
  - Diminished creativity
  - Decreased concentration
  - Apathy
  - Rigidity
  - Minimization
  - Preoccupation with events
  - Sense of persecution
3. Interpersonal
  - Inability to empathize/numbness
  - Withdrawal/Isolation
  - Mistrust -> Conflicts
  - Inability to embrace complexity
  - Decreased interest in intimacy
  - Inability to listen/deliberate avoidance
4. Physical
  - Chronic exhaustion/physical ailments
  - Elevated heart rate
  - Sweating
  - Aches/stomach pain/Headaches
  - Impaired immune system
5. Behavioral
  - Irritable
  - Withdrawn
  - Moody
  - Hyper vigilant
  - Fatigue
  - Negative
  - A sense that one can never do enough
  - Dissociative moments
  - Addictions
  - Grandiosity
6. Work performance
  - Minimizing
  - Lower morale
  - Lower motivation
  - Detachment/withdrawn
  - Obsessed with details
  - Absenteeism