Job Burnout Signs and Symptoms

ASK YOURSELF THE FOLLOWING:

Have you become cynical and critical?
Are you lacking satisfaction, concentration, or motivation to complete your duties?
Have your sleep patterns changed or are you feeling troubled by physical symptoms?
Have you distanced yourself from social support unintentionally or intentionally?

POTENTIAL EFFECTS OF BURNOUT:

• Headaches
• Fatigue or Insomnia
• Stomach discomfort
• Physical pain
• Excessive stress, sadness, anger, or irritability
• Increased alcohol or substance misuse
• Heart disease or high blood pressure
• Vulnerability to illnesses

What To Do When Feeling Burnout

SEEK SUPPORT
Whether you reach out to co-workers, friends or loved ones, support and collaboration might help you cope. If you have access to an employee assistance program, take advantage of relevant services.

MINDFULNESS
Mindfulness can take many forms. A place to start is by focusing awareness on your breath and bringing attention to what you are sensing and feeling, without interpretation or judgment.

HEALTHY ACTIVITY
Try a relaxing activity and work towards healthy sleep. Explore programs such as yoga, meditation, and mindfulness activities. Physical movement is beneficial to processing stress hormones. Practice habits that support good sleep as much as possible.

If you answered yes to any of the above questions or if you are experiencing severe effects of burnout, consider talking to a medical or mental health provider, as symptoms can also be related to health conditions, such as depression or anxiety.

If you are experiencing thoughts of suicide or are in distress, dial 988 for free, confidential support available 24/7.

To learn more about the 988 Suicide and Crisis Lifeline and suicide prevention efforts visit: https://988lifeline.org/

Suicide Prevention Week – 2022, NWCG Mental Health Subcommittee
https://www.nwsg.gov/committees/mental-health-subcommittee
988 Suicide and Crisis Lifeline: https://988lifeline.org