



# BURNOUT

## Text Button C

### SIGNS AND SYMPTOMS OF BURNOUT

- Fatigue
- Inefficiency
- Edginess, irritability, and low tolerance for frustration
- Cynicism (in an individual previously not cynical)
- Increased anxiety and self-criticism
- Lack of perspective, insight, and sense of humor
- Depression
- Isolation
- Lack of enjoyment; few pleasurable activities
- Guilt
- Alterations in eating and sleeping patterns
- Disturbances in family and work relationships
- Physical complaints (gastrointestinal, cardiovascular, neuromuscular)
- Substance and alcohol abuse