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