

ARE YOU EXPERIENCING BURNOUT?

Do you...

...dread going to work? Y/N

...have the "Sunday Night" Blues? Y/N

...have stress-related health problems like headaches, insomnia, muscle tension often? Y/N

...feel tired all the time? Y/N

...feel apathetic? Y/N

...find it more difficult to concentrate? Y/N

...make more mistakes than usual? Y/N

...give up or not meet deadlines? Y/N

...have conflicts with colleagues or family members? Y/N

...procrastinate? Y/N

...give up or not set personal/professional goals? Y/N

...use unhealthy coping skills (alcohol/drugs/food)? Y/N

When you're overly stressed and exhausted because of work, you may be experiencing burnout.

The quickest way to overcome this situation is take time off from work and/or take breaks from those things that cause you anxiety, such as Social Media or the news.

It is also recommended that you take 10 minutes a day and focus on self-care.

When these conditions remain unresolved over an extended period of time, this condition may make you more susceptible to experiencing a mental health related injury, such as Post Traumatic Disorder (PTSD). PTSD is a contributing factor to alcoholism and drug abuse, marital and relationship problems, career problems, feelings of depression, and even suicide.

For further information about Burnout and recovering from Burnout, please contact SC4I.



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