

BURNOUT

WHAT IS BURNOUT?

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress

STRESS VS. BURNOUT

- Stress occurs when the demands are greater than the ability to meet them
- Anxiety is a response to stress, where people may feel uneasy or nervous
- Burnout is constant stress that leads to total exhaustion.



COMMON SIGNS AND SYMPTOMS

- Constant exhaustion
- Negative outlook
- Muscle aches/headaches
- Disengaged at work
- Anger/irritable
- Constant worrying
- Digestive issues
- Change in sleep habits
- Skin issues like hives or eczema

HOW SYMPTOMS AFFECT SOMEONE AT WORK

Physical

- Lack of energy to complete work tasks
- May weaken immune system increasing days off work

Cognitive

- Difficulty concentrating at work
- Focusing only on mistakes made at work

Emotional

- May cause change in motivation to go to work or complete work tasks
- Isolating yourself from coworkers

BURNOUT MANAGEMENT

- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the [Employee Well-being Consultant for your department](#) for support
- For more information, please refer to:
 - [OHCOW Workplace Mental Health](#)
 - [CCOHS Mental Health- Job Burnout](#)