

PHYSICAL SIGNS OF **BURNOUT**

Fatigue



Headaches or muscle pain



Increased heart rate and blood pressure



Digestive problems



Weakened immune system



Difficulty falling or staying asleep



Changes in appetite



EMOTIONAL SIGNS OF **BURNOUT**

Helplessness



Cynicism



Detachment or depersonalization



Decreased satisfaction



Loss of motivation or interest



Decreased empathy



Irritability



Feelings of failure



BEHAVIORAL SIGNS OF BURNOUT

Decreased performance



Increased procrastination



Neglecting personal needs



Withdrawal or disengagement



Social isolation



Impaired decision-making



Avoiding responsibilities

