

What is Burnout?

Definition

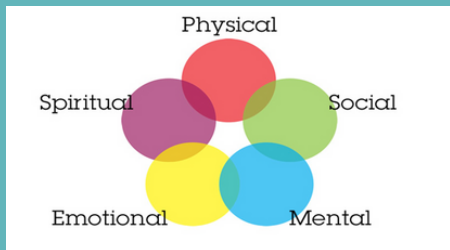
A psychological syndrome that develops over time as a result of ongoing interpersonal pressures.

People who lead these demanding lives may experience intense strain to the point where they feel helpless, fatigued, depleted, and unable to handle life's challenges.

Causes

- Feeling constantly overburdened or underchallenged
- Experiencing time constraints, disagreements, or conflicts
- Extreme commitment causing people to overlook their own needs

To better take care of those around you and improve your quality of life, it is essential that you take care of yourself first!



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Recognizing the Signs of Burnout



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What does burnout look like?

- Sleeplessness, fatigue, or physical & mental exhaustion
- General lack of interest, withdrawal, or avoidance of previously enjoyable activities
- Irritability or moodiness with coworkers, friends, family
- Feelings of low personal accomplishment, low self-esteem, failure, and depression
- Frequent illness or increased injury susceptibility
- Forgetfulness, decreased concentration, or lack of motivation
- Change in energy levels; less active/overactive
- Change in appetite; weight gain/loss

How do I address burnout?

Invest in Self-care Practices:

- Make healthy choices; exercise, eat healthy foods, get proper sleep
- Stay connected with your social network; reach out to coworkers, friends, and family for social support
- Set boundaries, and make a structured routine with time for self-care
- Try a new hobby or creative outlet; drawing, photography, journaling, music, etc.
- Try a mindfulness activity; meditation, yoga, etc.



Resources

Helplines:

- National Suicide Prevention Lifeline: 988
- Substance Abuse and Mental Health Service Administration (SAMSHA) National Helpline: 1-800-662-HELP (1-800-662-4357)
- Crisis Text Line: Text "HELLO" to 741741

Local Resources:

Kansas City Mental Health Resources



Reach out to your physician, health care providers, or crisis line if these feelings persist too often and frequently to which they interfere with your daily life.