

## **RECOGNIZING BURNOUT**

*Burnout is nature's way of telling you, you've been going through the motions, your soul has departed; you're a zombie, a member of the walking dead, a sleepwalker.... Sam Keen*

### **WHAT TO KNOW!**

- ❖ Burnout is emotional and physical exhaustion caused by excessive and prolonged stress
- ❖ It evolves slowly over a long period of self or externally imposed demands
- ❖ It is caused by not having a reasonable balance between work and life, trying to be all things to all people, taking on too many tasks with too little resources
- ❖ It involves expending a lot of effort with little sense of reward or satisfaction
- ❖ Burned out people feel overwhelmed and unable to meet constant demands
- ❖ There is a loss of interest in and motivation for pleasurable activities
- ❖ Developing a pessimistic attitude about work and life is common
- ❖ Burned out people tend to deny their own feelings and neglect their own needs
- ❖ They take on more tasks and sacrifice their own personal time
- ❖ They often have a lot of stress, anger, hostility, impatience, guilt and low self-esteem
- ❖ Nurturers, perfectionists, workaholics, and loners are more prone to burnout
- ❖ Health care workers and other caregivers are also prone to burnout

### **SIGNS OF BURNOUT**

- ❖ Constant fatigue and feeling exhausted mentally and physically
- ❖ Impatience and anger at whoever makes demands
- ❖ Sarcasm, irritability, and being negative
- ❖ Feeling overwhelmed and out of control
- ❖ Being self-critical and feeling unrewarded
- ❖ Feelings of helplessness and powerlessness
- ❖ Not being able to get started
- ❖ Not looking forward to going to work
- ❖ Headaches, weight loss or gain, sleeplessness, depression
- ❖ Dependency upon prescription drugs, such as Ambien and Xanax, to function
- ❖ Being frequently asked if one is OK by family or co-workers
- ❖ Loss of passion for any activity
- ❖ Feeling detached or disconnected from others

### **WHAT TO DO**

- ❖ Take some time off to recharge and relax
- ❖ Know your limits and maintain personal boundaries
- ❖ Change your attitude about perfectionism and doing everything for everybody
- ❖ Learn to say no and do not accept every task
- ❖ Exercise, eat well, sleep well, and do relaxation exercises
- ❖ Nurture personal relationships and develop social relationships
- ❖ Connect with personally meaningful community groups
- ❖ Seek professional help to change attitudes and behaviors to recover from burnout

## **WE CAN HELP!**

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

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