

SYMPTOMS AND MANIFESTATIONS OF BURNOUT

THINKING:

- Inability to concentrate
- Slowness of thought
- Inability to make judgments and decisions
- Loss of ability to recognize alternatives or prioritize tasks
- Loss of objectivity in evaluating and functioning
- Loss of motivation for job
- Attempts to block change
- Failure to make contributions

PSYCHOLOGICAL:

- Depression
- Irritability
- Anxiety
- Hyperexcitability
- Negative "self-talk" (using negative labels to describe self)
- Excessive anger and reactions
- Negativism
- Feelings of not being appreciated

BODILY COMPLAINTS:

- Persistent physical exhaustion
- Headaches
- Loss of emotional and physical energy
- Gastrointestinal distress
- Loss of sexual drive and/or interest
- Appetite disturbances
- Hypochondria
- Sleep disorders (frequent insomnia and nightmares are common)
- Tremors

SOCIAL:

- Decrease in ability to relate to other individuals, especially in a caring, constructive, and friendly manner
- Decrease in social activities
- Increased interpersonal conflicts with co-workers
- Chronic feelings of decreased worth

BEHAVIORAL:

- Hyperactivity
- Overeating
- Excessive fatigue