

# SIGNS OF BURNOUT

**1** Do a self-assessment. How do you think burnout has affected your work performance, behaviors, relationships, and/or morale?\*

**Note:** We often can't see these symptoms as well as others can see them. Ask for insights from colleagues who know you well. **Circle ALL that apply:**

## PERFORMANCE

- Lower quality & quantity
- Low initiative
- Avoidance
- Procrastination
- Mistakes



## MORALE

- Apathy, lost confidence
- Exhaustion (mental, physical)
- High sensitivity
- Cynicism



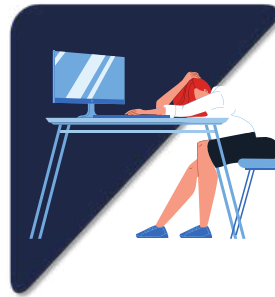
## BEHAVIOR

- Absenteeism
- Presenteeism (feeling "checked out" at work)
- Tardiness
- Irresponsibility
- Frequent job changes



## RELATIONSHIPS

- Withdrawal
- Isolation
- Impatience
- Irritability
- Anger
- Poor communication
- Conflict



**2** On a scale from one to ten, how much is burnout impacting your work?

**3** How would your work performance change for the better if burnout were no longer an issue for you? How could this potentially accelerate your professional success?

