

# Common Signs of Burnout

## Emotional Health

- Depression
- Irritability
- Anxiety
- Helplessness
- “Stressed Out”

## Substance Use

- Greater drug, alcohol and tobacco use

## Physical Health

- Insomnia
- Headaches
- Poor appetite
- Gastrointestinal disturbances

## Interpersonal

- Impatience, conflicts, withdrawal with friends & family
- Lower marital satisfaction

## Work related

- Lower job satisfaction
- Lower organizational commitment/less engaged
- Higher levels of absenteeism
- Negative communication with coworkers about management
- Poor job performance
- Thinking about/planning to leave job