

Here's 20 Common Warning Signs of Burnout

What Are Your Personal Signs?

Emotional Symptoms

- Feeling depressed
- Anxious
- Irritable
- Helplessness

Somatic symptoms:

- Trouble sleeping
- Headaches
- Gastrointestinal problems

Substance Use

- Increases alcohol use
- Drug use
- Increased tobacco use

Social/Interpersonal symptoms

- Social withdrawal
- Increased conflicts with family and/or friends
- Lower marital satisfaction
- Greater impatience with others

Job-related symptoms:

- Feeling dissatisfied with work
- Higher absenteeism
- Job performance problems
- Negative talk about work
- Diminished organizational commitment
- Thinking about quitting.