

# BURNOUT

## Symptoms & Coping Strategies

**“Job burnout** is a special type of work-related stress—a state of **physical or emotional exhaustion** that also involves a sense of **reduced accomplishment** and **loss of personal identity.**” (Mayo Clinic Staff, 2018)

### Symptoms

Tired—even exhausted—and overwhelmed

Disconnected from others, lacking feelings, indifferent

Feeling like you are not doing your job well

Feeling like a failure

Cynical

### Coping Strategies

**Talk to your supervisor about your work**

**Evaluate the extremes of your work**

What can you slow down or give up?

**Seek social support**

Who are you closest to at work?

**Evaluate your work/life balance**

**Evaluate your job options**

**Take a break from your work**



CHILD CARE

State Capacity Building Center

Source: Mayo Clinic Staff. (2018). *Job burnout: How to spot it and take action.*  
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>