



"BURNOUT"

Signs & Solutions

Burnout is an intense state of work-related stress. Be aware of signs of Burnout. Seek help and treatment immediately to minimize the impact on your physical and mental health and overall wellbeing.



Burnout Signs

1. Loss of enthusiasm for work & fatigue
2. Dreading going to work & irritability
3. Decreased work performance & repeated illness
4. Withdrawal from social circles & activities

How to Overcome Burnout

1. Create a priority scale for work tasks
2. Talk to your boss
3. Reduce expectations & start a self-care routine
4. Root yourself in gratitude, a positive mindset & healthy lifestyle

For more support and to learn more visit www.novaquestcoaching.com