BURNOUT SYMPTOMS

Identify what common symptoms you personally experience under the listed categories.
You may also find that you have other symptoms not included in this list.
Take note of those as well

PHYSICAL

- [ ] Low energy
- [ ] Feeling tired & easily fatigued
- [ ] Frequent illness
- [ ] Frequent headaches
- [ ] Back pain
- [ ] Muscle aches & pains
- [ ] Change in appetite
- [ ] Change in sleep habits

EMOTIONAL

- [ ] Chronic feelings of self doubt
- [ ] Sense of failure
- [ ] Decreased satisfaction
- [ ] Loss of motivation
- [ ] Feeling defeated & alone
- [ ] Feeling cynical and bitter about life

BEHAVIORAL

- [ ] Substance abuse or dependency
- [ ] Being irritable around others
- [ ] Isolating oneself from others
- [ ] Withdrawing from responsibilities
- [ ] Putting off getting things done