

# BURNOUT



Learn the signs and symptoms of burnout, as well as some tips of how to deal with it!



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- In 1974, Herbert Freudenberger wrote a book entitled, “Burnout: The High Cost of High Achievement.” He defined burnout as “the extinction of motivation or incentive, especially where one’s devotion to a cause or relationship fails to produce the desired results.”



# BURNOUT

- Is not a clinical psychiatric or psychological disorder
- Has similar features to depression, anxiety disorders, or mood disorders
- Is much more common than those disorders
- Is usually less severe, more temporary in duration, and clearly caused by situational stressors instead of chemical imbalance

# CLASSIC SYMPTOMS OF BURNOUT

- Depleted physical energy
- Emotional exhaustion (impatient, moody, sad, frustrated more than usual)
- Lowered immunity to illness
- Less investment in interpersonal relationships
- Increasingly pessimistic outlook
- Increased absenteeism and inefficiency at work



# Personality Traits and Attitudes that can increase your risk of burnout

- Perfectionist Tendencies – you should strive for excellence not perfection. No one is perfect.
- Pessimism – always focusing on the negative can create unnecessary stress
- Excitability- in other words, you get stressed faster than most people
- Type A personality –these people have time impatience and free-floating hostility
- Poor fit for the job –in other words, your personality does not mesh with your job description. Ex. You like working with people, but you are doing reports all day long, or vice versa.
- Lack of belief in what you do—having to do something you don't agree with day in and day out can create a lot of stress

# *Types of Lifestyle Stress That Can Put You At Risk For Burnout*

- Too much work with little balance

In other words, you work all of the time and allow no time for play, exercise, socializing, etc.

- No help or supportive resources

Having no one to offload huge responsibilities to or at least temporarily delegate some things to.



# *Types of Lifestyle Stress That Can Put You At Risk For Burnout*

- Too little social support

We all need someone we can talk to, play with, and get good advice from. We all need friends that will be there for us in tough times as well as good times.

- No time for hobbies

Hobbies can give you the mental and emotional break you need from your responsibilities.



# *Types of Lifestyle Stress That Can Put You At Risk For Burnout*

- Too little sleep

Lack of sleep makes you less able to handle stress, makes you less productive, puts you in a chronic state of sleep deprivation and chronic stress, and opens you up to physical problems.

- Too little time off

Vacation is a good time to get back in touch with yourself and discover new parts of yourself. Sit, relax, think of NOTHING.





# *How Do I Change These Patterns So I Have A Healthier Life?*

- Have an organized living space

Decluttering your home can be liberating!

- Organize your time by keeping a schedule, learning to say no, and using shortcuts for doing tasks will help to de-stress your life.
- Cultivate your circle of friends

Further develop your current circle of friends or find ways to meet new people. We all need someone to lean on when we are going through difficult times.

# *How Do I Change These Patterns So I Have A Healthier Life?*

- Take care of your body so it takes care of you!  
Eat a healthy diet, exercise regularly (make it fun so you will keep doing whatever you choose to do), get enough sleep, get regular massages, pamper yourself sometimes.
- Renew your spirit  
Don't neglect worship, prayer, and fellowship with others.

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We hope you have enjoyed this workshop and gained some useful tips!

Please print, fill out, and return the evaluation for this workshop to Patricia Nicholas in Rm. 114, Bldg. B; Kayla Owens in Rm. 110, Bldg. B; or Tawanie Shanks in the TRiO lab, Bldg. B.

## References:

Articles by Elizabeth Scott, M.S. , “Stress and Burnout: Burnout Symptoms and Causes”; “Personality Traits and Attitudes That Increase Your Risk For Burnout”; “Daily Life Stress and Burnout: What Presents The Highest Risk?”; “Top Five Changes for a Healthy Life”