



WELLNESS ACTIVITY

Are you at risk for burnout?

When stress in the workplace doesn't let up, your mental and physical health suffer. Being aware of the symptoms of burnout can help you recognize when you're at risk.

Answer the questions below from the Mayo Clinic to assess your risk:

1. Have you become cynical or critical in the workplace?
2. Do you have to drag yourself to work and have trouble getting started?
3. Have you become irritable or impatient with coworkers, customers or clients?
4. Do you lack the energy to be consistently productive?
5. Do you find it hard to concentrate?
6. Do you lack satisfaction from your achievements?
7. Do you feel disillusioned about your job?
8. Are you using food, drugs, or alcohol to feel better or to simply not feel?
9. Have your sleep habits changed?
10. Are you troubled by unexplained headaches, stomach or bowel problems, or other physical complaints?

Answering yes to one of these questions could indicate that you're experiencing job burnout. Talk to your doctor, a mental health provider, or a professional from your employee assistance program (EAP) for support. ♦

