



SIGNS OF WORKPLACE BURNOUT

Workplace burnout is a very real problem that plagues many workers around the world. On May 28th, 2019 The World Mental Health organization recognized and added workplace burnout as an occupational phenomenon.

SIGNS OF WORKPLACE BURNOUT INCLUDE:



Feelings of energy depletion & exhaustion.



Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job.



Reduced professional efficacy.

If you find yourself experiencing these symptoms, check in with yourself and seek support.