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Types of Burnout Warning Signs

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Physical Symptoms 1

Burnout results in physical symptoms such as exhaustion, fatigue, headaches, gastro-intestinal distress, and susceptibility to illness.



2 Emotional Symptoms

Uncharacteristic negative emotions such as irritability, anger, anxiety, panic, depression, guilt, or cynicism may suggest the presence of burnout



Behavioral Symptoms 3

Aggression, callousness, pessimism, defensiveness, substance abuse, disengagement, and risk-taking behavior are examples of potential burnout indicators

4 Work-Related Symptoms

Watch for reductions in performance, loss of job satisfaction, absenteeism, tardiness, interpersonal withdrawal, reduction in empathy and compassion for clients and coworkers



Interpersonal Symptoms 5

Interpersonal warning signs include terse communication, lack of communication, withdrawal, dehumanizing others, intellectualization of others' distress.

