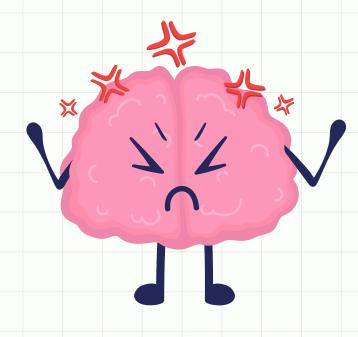
### Types of Burnout Warning Signs

Developed by Melanie M. Wilcox, Ph.D., ABPP



# 2 Emotional Symptoms

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



#### 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



# Physical Symptoms 1

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



#### Behavioral Symptoms

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



### Interpersonal Symptoms 5

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