

On the Squirrel Scale, how are you feeling today?



Burnout

A psychological syndrome occurring from prolonged chronic stress

3 Key Symptoms

1. Exhaustion (emotional and physical)
2. Cynicism and detachment (negative attitude, loss of enjoyment, isolation, feeling disconnected, conflict)
3. Lack of accomplishment (loss of productivity, feeling useless or ineffective, poor performance)

Other symptoms might include difficulty controlling emotions, not taking care of yourself, not eating properly, headaches, and blurry vision.

How to Avoid or End Burnout

1. **Change working pattern.** Work less hours, take more breaks, avoid taking on too much, ask for help, and delegate.
2. **Communicate** with your colleagues, family, and friends. Discuss your stressors, prioritize time with your social circle, and invest more time in your personal life.
3. **Try relaxation techniques**, such as breathing exercises, meditation, music and art therapy, and journaling.
4. **Prioritize your health.** Maintain a healthy diet, exercise, try a new hobby, and get enough sleep.