

Factors Associated With **BURNOUT**

Exhaustion

Earlier stages of burnout can produce reduced energy and feelings of becoming tired more quickly than usual.

Later stages of burnout can produce feelings of chronic exhaustion, emotional drain, and feelings of dread when thinking about work to come.

There are a variety of physical symptoms associated with exhaustion as well, including insomnia, loss of appetite, inability to concentrate, and depression.

Detachment

Increased feelings of cynicism and decreases in empathy (Shin, et.al), loss of enjoyment in one's work, and feelings of pessimism can easily result in detachment from clients. Detachment can quickly lead to withdrawal; not only from work-related activities but also social activities that one used to enjoy outside of work.

This can lead to isolation from social circles and procrastination and/or attempts to escape work tasks.

Inefficiency

In addition to feeling unable to do one's job in an effective and successful manner, feelings of apathy may start to occur in the later stages of burnout where an individual may start to feel that there is no point to the job at all.

Information gathered from:

Carter, S. B. (2013, November). The telltale signs of burnout... Do you have them? Psychology Today. Retrieved from <https://www.psychologytoday.com/blog/high-octane-women/201311/the-tell-tale-signs-burnout-do-you-have-them>

Shin, H., Park, Y. M., Ying, J. Y., Kim, B., Noh, H., & Lee, S. M. (2014). Relationships between coping strategies and burnout symptoms: A meta-analytic approach. *Professional Psychology: Research and Practice*, 45(1), 44-56. doi: <http://dx.doi.org/10.1037/a0035220>



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