

## Symptoms of Burnout

- Are you mad all the time?
- Are you tired all the time?
- Do you no longer care what happens at work or home?
- Do you just feel worn out?
- Is most of your day spent on things that you find mind-numbingly dull?
- Do you feel like nothing you do makes a difference?
- Do you feel like other people don't care what you think or do?
- Have you quit taking on responsibilities?
- Do you try to get away from people?
- Are you taking longer to get things done?
- Have you tried to cope by using things like food, alcohol, or drugs?
- Do you take things out on others?
- Are you in the habit of coming in late to work, leaving early, or just plain skipping it all together?



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