



SPEAK UP BEFORE YOU BURN OUT

Burnout is a syndrome resulting from chronic workplace stress that has been improperly managed.

—World Health Organization

WHAT DOES BURNOUT LOOK LIKE?



Lacking energy, either mentally or physically



Feeling “checked out” or mentally distancing yourself from your job



Wanting to avoid coming into work altogether



Having negative or cynical feelings towards your work



Reducing performance, either intentionally or not



Feeling overworked or like you have too much on your plate

HOW CAN YOU REDUCE FEELING BURNED OUT?



Consider why you feel burned out. Specifics will help address the issue most effectively.



Talk to your manager about your feelings and which areas you identified as impacting you most severely.



Work with your manager to develop strategies for combating your burnout, like reassigning some work, giving you more exciting assignments, discussing potential growth opportunities or finding another role more suited to your interests.