



THE 6 SIGNS OF BURNOUT

What to Look Out for in Your Team and Yourself

1 Exhaustion

- Struggle to concentrate
- Difficulty sleeping
- Forgetfulness

2 Pessimism

- Lack of empathy for other staff/patients
- Feeling generally negative about work or life
- Short temper

3 Feeling Ineffective

- Falling behind on projects
- Working excessively late or coming in early
- A drop in job performance

4 Withdrawal

- Reduced communication to the team
- Withdrawing from friendships and family
- Unwillingness to connect with staff or work activities

5 Frequent Illness

- Increased sick days
- Frequently requesting time off
- Frequently requesting to leave early

6 Feeling Overwhelmed

- Inability to cope with simple tasks
- Feeling like it's all too much
- Anxiousness

If you notice any of these symptoms in your team or yourself, speak up.

Create a safe space and have open conversations about how everyone can best support each other through this.

For further information or to see what next steps you can take, visit: blackdoginstitute.org.au or au.reachout.com