



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Causes of Burnout

Anyone who feels overworked and undervalued is at risk for burnout. Your lifestyle and personality traits can also contribute to burnout. The activities you do in your downtime and how you look at the world can play just as big of a role in causing burnout, as work or home demands.



WORK-RELATED

- ◇ Feeling like you have little or no control over your work
- ◇ Lack of recognition or reward for good work
- ◇ Unclear or overly demanding job expectations
- ◇ Doing work that's monotonous or unchallenging
- ◇ Working in a chaotic or high-pressure environment

LIFESTYLE

- ◇ Working too much, without enough time for socializing or relaxing
- ◇ Lack of close, supportive relationships
- ◇ Taking on too many responsibilities, without enough help from others
- ◇ Not getting enough sleep

PERSONALITY TRAITS

- ◇ Perfectionistic tendencies; nothing is ever good enough
- ◇ Pessimistic view of yourself and the world
- ◇ The need to be in control; reluctance to delegate to others
- ◇ High-achieving, Type A personality