

CCR Trauma/Resilience Tip



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Stress vs. Burnout

Burnout may be the result of stress, however it isn't the same as too much stress. Stress, involves too much: too many pressures that demand too much of you physically and psychologically. Stressed people can still imagine, though, that if they can just get everything under control, they'll feel better.

Burnout, is about not enough; feeling empty, devoid of motivation, and beyond caring. People experiencing burnout often don't see any hope of positive change in their situations. While you're usually aware of being under a lot of stress, you don't always notice burnout when it happens.



STRESS	BURNOUT
Characterized by over engagement	Characterized by disengagement
Emotions are over reactive	Emotions are blunted
Produces urgency and hyperactivity	Produces helplessness and hopelessness
Loss of energy	Loss of motivation, ideals, and hope
Leads to anxiety disorders	Leads to detachment and depression
Primary damage is physical	Primary damage is emotional
May result in premature death	May make life seem not worth living