



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: What is Burnout?

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As stress continues, you begin to lose the interest and motivation that led you to take on a certain role.

The unhappiness and detachment that burnout causes can threaten your job, relationships, and health. By recognizing the earliest warning signs, you can take steps to prevent burnout. If you have started feeling burnout, there are plenty of things you can do to regain your balance and start to feel positive and hopeful again.



Are you on the road to burnout?

Potential signs include:

- Every day is a bad day.
- Caring about your work or home life seems like a total waste of energy.
- You're exhausted all the time.
- The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
- You feel like nothing you do makes a difference or is appreciated.