



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Burnout—Signs and Symptoms

Burnout is a gradual process. The signs and symptoms are subtle initially, however these can worsen as time goes on. Early symptoms are red flags, providing warnings that something needs to be addressed. If you pay attention and act to reduce your stress, you can prevent a major breakdown. If you ignore them, you'll eventually burn out.



Signs and Symptoms of Burnout

Physical

- ◆ Feeling tired and drained most of the time
- ◆ Lowered immunity, getting sick a lot
- ◆ Frequent headaches or muscle pain
- ◆ Change in appetite or sleep habits

Emotional

- ◆ Sense of failure and self-doubt
- ◆ Feeling helpless, trapped, and defeated
- ◆ Detachment, feeling alone in the world
- ◆ Loss of motivation
- ◆ Increasingly cynical and negative outlook
- ◆ Decreased satisfaction and sense of accomplishment

Behavioral

- ◆ Withdrawing from responsibilities
- ◆ Isolating yourself from others
- ◆ Procrastinating, taking longer to get things done
- ◆ Using food, drugs, or alcohol to cope
- ◆ Taking out your frustrations on others
- ◆ Skipping work or coming in late and leaving early