

# Burnout

## Checklist

- ✓ Physical exhaustion
- ✓ Mental exhaustion
- ✓ Feeling negative about work
- ✓ Feeling irritable toward others
- ✓ Lack of focus
- ✓ Lack of motivation
- ✓ Trouble sleeping
- ✓ Thinking about work when you aren't at work
- ✓ Physical symptoms such as stomach issues and headaches
- ✓ Increased anxiety
- ✓ Increased depression
- ✓ Increased substance use