ALTIUS MIND INSTITUTE

Recognizing and managing burnout

How to recognize burnout

Burnout often sneaks up as a constant feeling of exhaustion, lack of motivation, and emotional detachment from your work or daily tasks. Spotting these early warning signs helps you step back, recharge, and prevent deeper mental and physical strain. Some of the warning signs include:

- Constant fatigue and low energy
- Feeling detached or cynical about work
- Decreased productivity or performance
- Difficulty concentrating or making decisions
- Irritability or mood swings
- Trouble sleeping or disrupted sleep patterns
- Frequent headaches or unexplained physical discomfort
- Feeling overwhelmed or emotionally drained
- Loss of interest in activities you used to enjoy
- Increased use of substances like caffeine, alcohol, or junk food to cope

Ways to manage burnout

Some of the easier ways to manage burnout are:

Set Boundaries

Learn to say no and limit work hours to protect your personal time and energy. Creating space for rest helps prevent emotional and physical exhaustion.

Prioritize Self-Care

Incorporate regular exercise, healthy meals, and enough sleep into your daily routine. Self-care recharges your body and mind, boosting resilience.

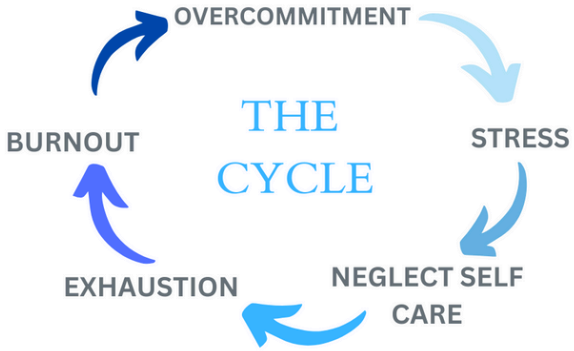
Seek Support

Talk to friends, family, or a mental health professional about how you're feeling. Sharing your struggles reduces isolation and can provide valuable coping strategies.

Take Breaks and Disconnect

Schedule regular short breaks during your day and unplug from technology after work. This helps your mind reset and reduces stress levels.

The Burnout Cycle



BURNOUT SELF-ASSESSMENT QUIZ

For each statement, rate how often you feel this way on a scale of 1 to 5:

(1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always)

1. I feel emotionally drained and exhausted by my work or daily responsibilities.
2. I have trouble motivating myself to complete tasks I usually handle well.
3. I feel detached or disconnected from the people or work that once mattered to me.
4. I experience physical symptoms such as headaches, stomachaches, or trouble sleeping.
5. I feel increasingly irritable, impatient, or frustrated.
6. I struggle to concentrate and often feel mentally foggy or forgetful.
7. I feel like no matter how much I do, it's never enough.
8. I avoid or procrastinate tasks because they feel overwhelming.
9. I neglect self-care (e.g., skipping meals, not exercising, lack of rest).
10. I fantasize about escaping or quitting everything.

Results:

- **10-20 points:** Low risk of burnout, but stay mindful.
- **21-35 points:** Moderate signs of burnout—start implementing self-care and stress management.
- **36-50 points:** High risk of burnout—consider making lifestyle changes and seeking support.

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