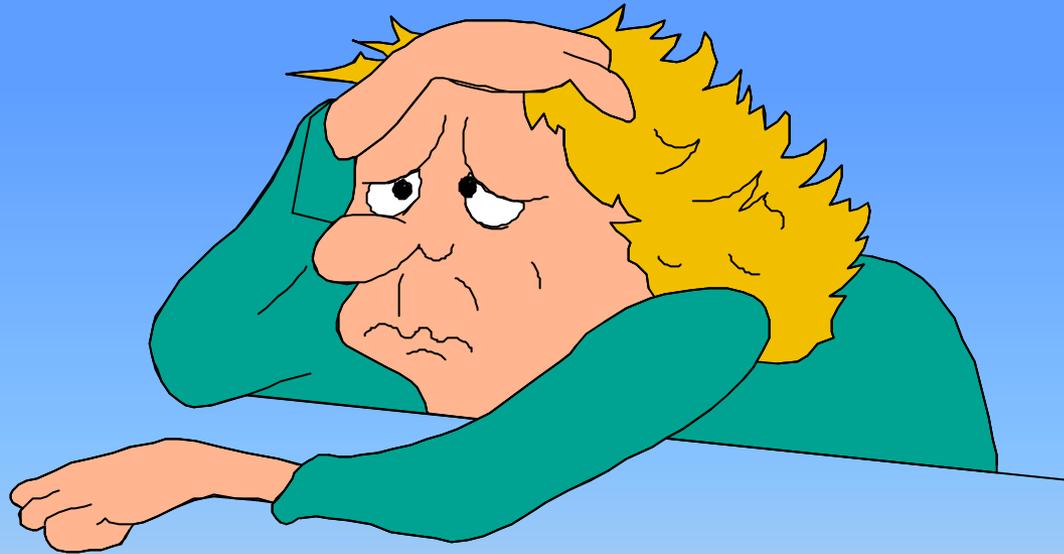


# BURN OUT



Health Promotion Program

# Definition of Burn Out

Usually is a gradual depletion of emotional, mental and physical energy due to work related stress.



# Definition of Burn Out

“Characterized by emotional exhaustion, a sense of depersonalization, and feelings of reduced personal accomplishment.”

-Dr. Kenneth Cooper



# Burn out also known as-

- Listless

- Fatigued

- Unmotivated



- Drained

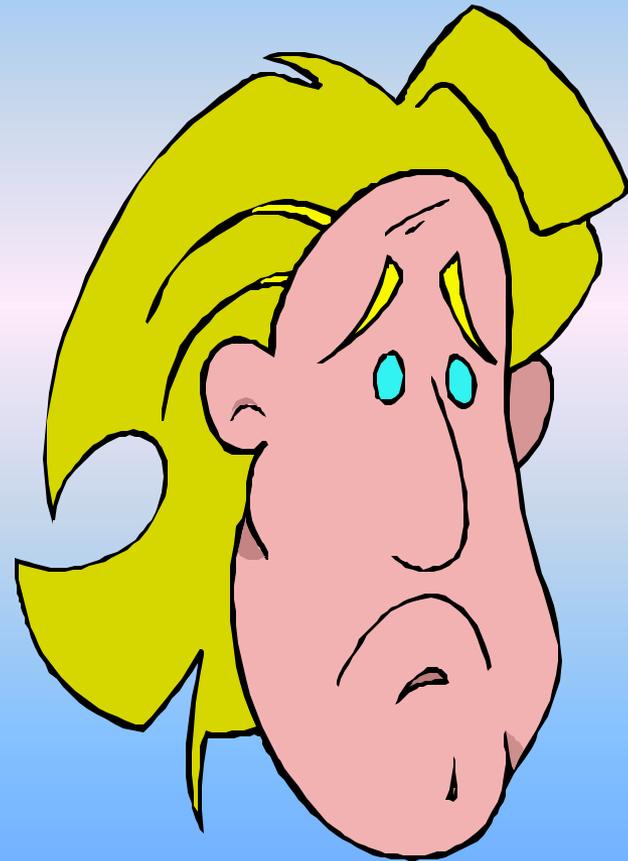
- Exhausted

- Bored



# Common Causes

- Work Overload
- Lack of rewards
- Belief and or lack of control
- Issues of unfairness



# Burn Out

- Everyone is at risk and all are susceptible!
- Often it is your negative reaction rather than the specific job....

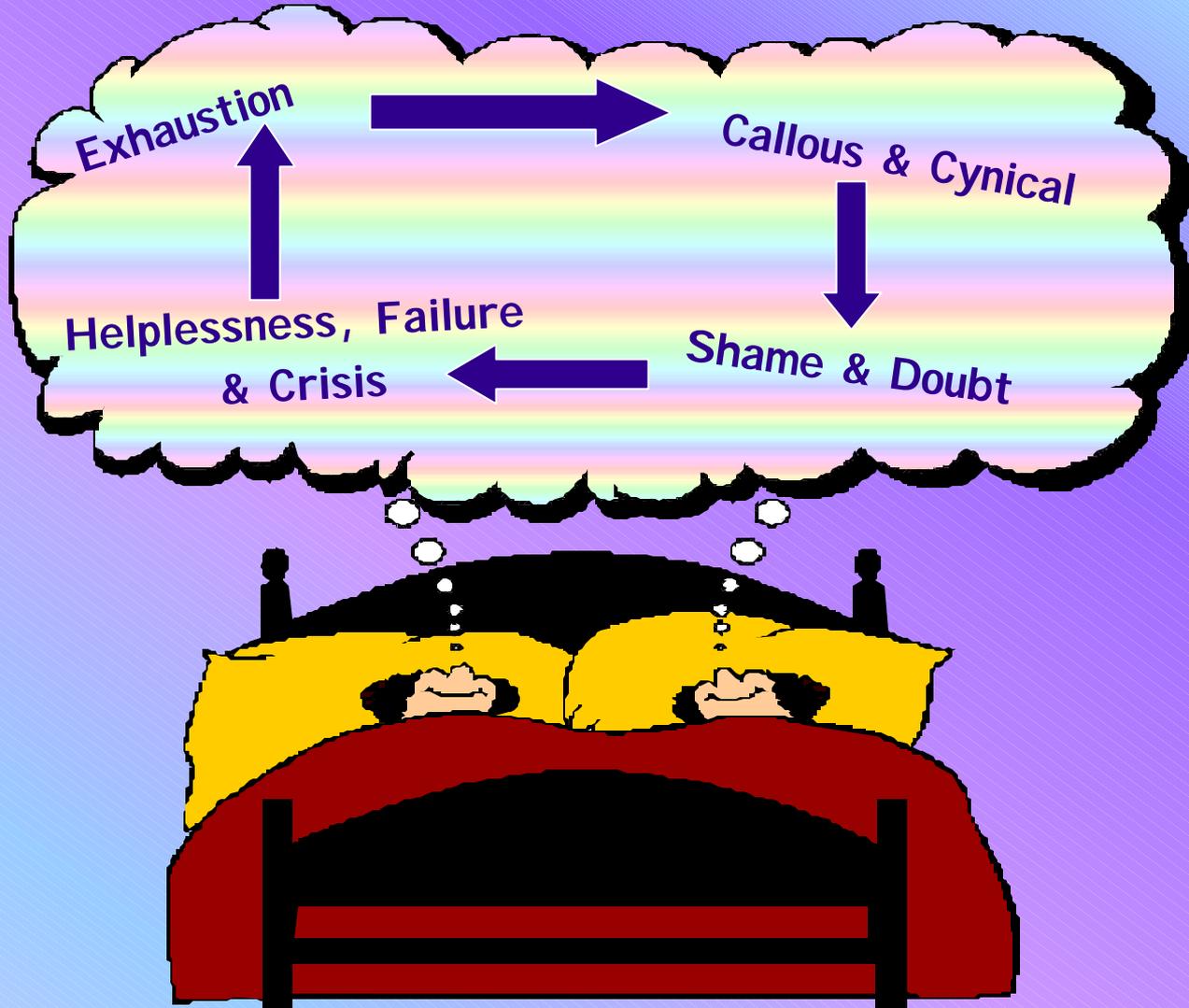


# Symptoms of Burn Out

- Poor work performance
- Relationship problems
- Health problems
- Negative feelings
- Substance misuse/abuse
- Feelings of meaninglessness



# Phases of Burn Out





What can I do?

# What I can do!



- Take good care of myself on a regular (daily, weekly) basis!

Review these sites-

[www.aomc.org/hodz/general/stress.html](http://www.aomc.org/hodz/general/stress.html)

[www.clinique.com/busters.html](http://www.clinique.com/busters.html)

[www.ucc.vt.edu/stdyksk/stressmgt.html](http://www.ucc.vt.edu/stdyksk/stressmgt.html)

[www.docpotter.com](http://www.docpotter.com)

# What I can do



- Ask for help!
- Talk to others about your difficulties and seek their support...
- Develop a plan to address burn out

# What I can do?

## Increase my Personal Power!

Find and establish ways to control and manage my time, space, workload, pace, resources, future and perceptions...

# What I can do!

- Rest & Retreat
- Release
- Regroup
- Make personal changes
- Regenerate



# What I can do

- Find purpose and meaning in activities- at work, home & community!
- Handle workplace stressors- before they manage me!



# What I can do?



- Reevaluate my goals and priorities
- Do not take the whole load myself!
- Learn my own limits, and set limits with others
- Ask for what I want and do not assume that I will get it

# What I can do?



- Forgive myself when I make a mistake...
- Get rid of any of my perfectionist behaviors and expectations
- Do not take on others burdens!

# Preventing Burn Out

- Know your stress danger zones at work and at home
- Avoid or address the dangers as soon as possible!
- Daily self care!

