

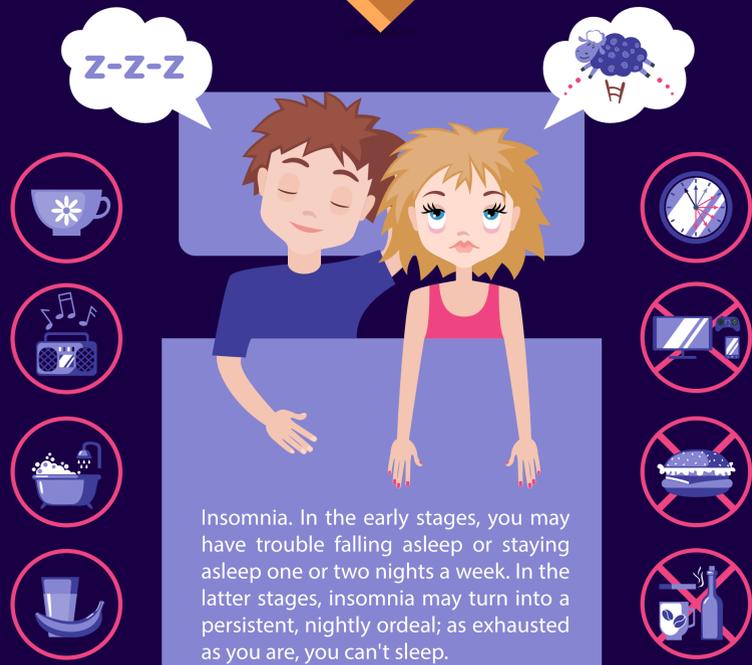
The difference between stress and burnout is a matter of degree, which means that the earlier you recognise the signs, the better to avoid burnout.

01



Chronic fatigue. In the early stages, you may feel a lack of energy and tired most days. In the latter stages, you feel physically and emotionally exhausted, drained, and depleted, and you may feel a sense of dread for what lies ahead on any given day.

02



Insomnia. In the early stages, you may have trouble falling asleep or staying asleep one or two nights a week. In the latter stages, insomnia may turn into a persistent, nightly ordeal; as exhausted as you are, you can't sleep.

03



Forgetfulness/impaired concentration and attention. Lack of focus and mild forgetfulness are early signs. Later, the problems may get to the point where you can't get your work done and everything begins to pile up.

04



Physical symptoms. Physical symptoms may include chest pain, heart palpitations, shortness of breath, gastrointestinal pain, dizziness, fainting, and/or headaches (all of which should be medically assessed).



Increased illness. Because your body is depleted, your immune system becomes weakened, making you more vulnerable to infections, colds, flu, and other immune-related medical problems.

05

06



Loss of appetite. In the early stages, you may not feel hungry and may skip a few meals. In the latter stages, you may lose your appetite altogether and begin to lose a significant amount of weight.

07

YOUR DEADLINE IS NOW !!!



Anxiety. Early on, you may experience mild symptoms of tension, worry, and edginess. As you move closer to burnout, the anxiety may become so serious that it interferes with your ability to work productively and may cause problems in your personal life.

08



Depression. In the early stages, you may feel mildly sad, occasionally hopeless, and you may experience feelings of guilt and worthlessness as a result. At its worst, you may feel trapped, severely depressed, and think the world would be better off without you. (If your depression is at this point, you should seek professional help immediately.)

09

Anger. At first, this may present as interpersonal tension and irritability. In the latter stages, this may turn into angry outbursts and serious arguments at home and in the workplace. (If anger gets to the point where it turns to thoughts or acts of violence toward family or co-workers, seek immediate professional assistance.)

It might be tempting to dismiss feelings of stress, fatigue, alienation, dissatisfaction, negative self-esteem and numbness as just another bad day, but these feelings can be signs of a serious problem. If you ignore issues that begin as manageable, they can develop into emotional and mental strain.



Sources: