

# Recognizing Burnout

According to the APA Dictionary of Psychology, burnout is defined as “**physical, emotional or mental exhaustion, accompanied by decreased motivation, lowered performance and negative attitudes towards oneself and others.**”

## 5 Stages of Burnout

<b>Honeymoon Phase</b>	High job satisfaction, commitment, energy, and creativity
<b>Onset of Stress</b>	Optimism wanes, common stress symptoms appear (headaches, lower productivity, etc.)
<b>Chronic Stress</b>	Marked changes in stress levels with more intense symptoms (chronic exhaustion, lack of hobbies, physical illness)
<b>Burnout</b>	Symptoms become critical and it's increasingly difficult to cope (Social isolation, neglecting personal needs, chronic physical symptoms, pessimistic outlook)
<b>Habitual Burnout</b>	Significant ongoing mental, physical, or emotional problems (Chronic mental/physical/emotional fatigue)

### Warning signs of burnout:

- Excessive fatigue
- Feeling apathetic or dissatisfied with your work
- Tension headaches or muscle tension
- Changes in your sleep and eating patterns
- Disengagement from activities (work/school/social/hobbies)
- Loss of motivation/hope for things you used to enjoy

**What to do if you are experiencing burnout:****Resources:**

<b>Recognize that you are experiencing or approaching burnout</b>	Be honest with yourself about how much you can handle, and make a list of your priorities
<b>Care for your mental health and create work and school-life boundaries</b>	Connect with the NDSU Counseling Center through individual therapy, or student support groups
<b>Build breaks into your schedule</b>	Step away from whatever is causing you stress and ask yourself "How am I doing physically? Mentally?"
<b>Explore a new hobby, or revisit an existing one</b>	Join a club/group on campus, participate in campus events, or get together with friends to socialize
<b>Move your body with exercise</b>	Go for a walk, or check out GroupFit, intramural sports, and recreational activities available at the Wellness Center
<b>Practice mindfulness</b>	Start journaling, keep a gratitude log, or try meditation and deep breathing