

Symptoms of Job Burnout

- Feeling more and more time pressured at work.
- A sense of dread associated with going to work.
- A sense of relief that the weekend has finally arrived.
- A lack of recognition or not feeling rewarded for good work.
- Feeling that job demands are unclear or unreasonable.
- Either work is no longer challenging or it has become overwhelmingly challenging.
- Work seems chaotic or too high pressured.
- A sense there is no time you can take off from work without consequences.
- Feeling that you have to be too many things for too many people.
- Feeling as though you have no help.
- Feeling as though you no longer make a difference.
- Difficulty or inability to concentrate.
- Lacking close and supportive relationships in both your work and personal life.
- Less patience. Less empathy. Less enthusiasm.
- More irritable. More intolerant. More exhausted. More cynical.
- Feeling disengaged, unmotivated, uninterested or uninteresting.
- Feeling as though life is no longer worth living.
- A feeling you should be doing something else.
- A feeling you do not fit in your profession or current relationship, or they do not fit you.
- Feeling as though you have nothing left to give.
- Continuously questioning yourself, “Is this all there is to life? Is there nothing more?”