

BURNOUTS:

SOURCES, SYMPTOMS AND STRATEGIES

Sources:

1. Not setting limits (taking on everything).
2. Not paying attention to our needs and wants.
3. Not communicating feelings (frustration/anger).
4. Isolating ourselves physically, psychologically and emotionally.
5. Not recognizing that life has predicable ambiguities and gray areas.
6. High expectations of self and guilt if not perfect.

Symptoms:

1. Fatigue
2. Undefined anxiety
3. Indecisiveness
4. Guilt
5. Headaches, physical symptoms, back aches
6. Cynicism and griping
7. Free floating anger and resentment
8. Accident prone
9. Forgetfulness
10. Depression
11. Over sensitivity
12. No control of emotions

Strategies:

1. Identifying professional survival skills.
2. Asking for support from peers and co-workers.
3. Recognizing it.
4. Dealing with unfinished business (unresolved things).
5. Work with someone you like to work with, enjoy being with.
6. Learn to relax without working at it (automatic).
7. Regular exercise and good nutrition.
8. Make a “want” list and commit yourself to several of them.
9. Be creative with your anger (racquetball).

Getting Started:

1. Someone to do it with.
2. Choose something specific.
3. Set time limits.
4. Prepare for what could get in your way.