

Are You Feeling Burned Out?

According to the [Mayo Clinic](#), job burnout is a state of physical or emotional exhaustion coupled with reduced accomplishment that impacts personal identity and can also affect your physical and mental health.

Have you become cynical or critical at work?

Do you drag yourself to work and have trouble getting started?

Have you become irritable or impatient with coworkers or clients?

Do you lack the energy to be consistently productive?

Do you find it hard to concentrate?

Do you lack satisfaction from your achievements?

Do you feel disillusioned about your job?

Are you using food, alcohol, or drugs to feel better or to simply not feel?

Have your sleep habits changed?

Are you troubled by unexplained headaches, stomach problems, or other physical ailments?