

Signs & Symptoms of Burnout

Burnout is an occupational phenomenon that may occur when someone experiences ongoing chronic workplace stress. The nature of work performed by Canadian Healthcare Workers and Public Safety Personnel, coupled with the presence of certain organizational and individual risk factors, increases their risk of experiencing burnout.

The COVID-19 Pandemic has made stressful jobs even more challenging.

This visual is designed to assist Healthcare Workers and Public Safety Personnel recognize the signs and symptoms of burnout that may be occurring within their bodies.

Psychological Symptoms

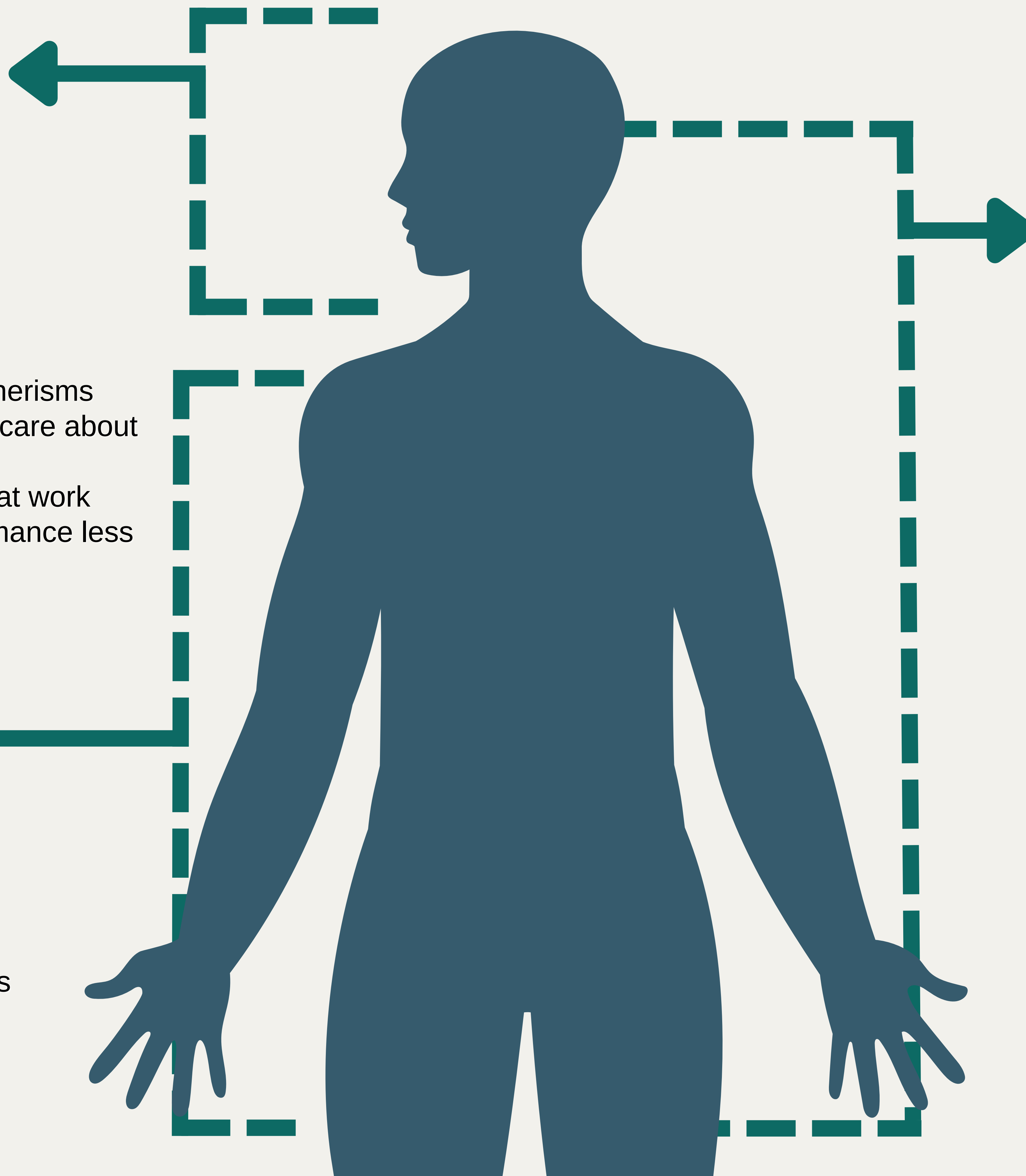
- Detachment
- Cynicism
- Reduced empathy
- Feelings of failure
- Irritability
- Resentment
- Cold & impersonal mannerisms
- Complacency or lack of care about work
- Feeling less competent at work
- Evaluating one's performance less positively

Physical Symptoms

- Ulcers
- Headaches
- Weight gain or loss
- Nausea
- Cardiovascular disorders
- Sexual difficulties

Other Symptoms

- Restlessness
- Sense of tiredness
- Emotional exhaustion
- Physical exhaustion
- Apathy
- Nervousness
- Insomnia



Sources

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