

## **Three Stages of Burnout:**

### **Stage 1: Stress Arousal** (Any two of the following):

- Persistent irritability
- Persistent anxiety
- Periods of high blood pressure
- Bruxism (grinding teeth at night)
- Insomnia
- Forgetfulness
- Heart palpitations
- Unusual heart rhythms (skipped beats)
- Inability to concentrate
- Headaches

### **Stage 2: Energy Conservation** (Any two of the following):

- Lateness for work
- Procrastination
- Needed three-day weekends
- Decreased sexual desire
- Persistent tiredness in the mornings
- Turning work in late
- Social withdrawal (from friends and/or family)
- Cynical attitudes
- Resentfulness
- Increased coffee/tea/cola consumption
- Increased alcohol consumption
- Apathy

### **Stage 3: Exhaustion** (Any two of the following):

- Chronic sadness or depression
- Chronic stomach or bowel problems
- Chronic mental fatigue
- Chronic physical fatigue
- Chronic headaches
- The desire to "drop out" of society
- The desire to move away from friends, work, and perhaps even family
- Perhaps the desire to commit suicide