SIGNS OF BURNOUT IN A WORKPLACE

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Burnout of an employee in a workplace is a cycle experienced by new and experienced employees alike. No one is in fact excused from this type of quicksand that will trap you towards an impossible recovery. The worst thing about this is that it actually happens in a discreet manner. This slowly consumes you without you knowing that the burnout process is already happening. You will just simply be overwhelmed with how much you changed in your emotional and interpersonal aspects.

To help you identify whether you are indeed experiencing this, here are the common signs you might want to assess. Be truly honest with yourself so you can be able to prevent its early stages and slowly seek other people’s help.

Sign # 1. Is your mind clouded with office stuff, even on the weekend? Do you even dream about it in your sleep? If so, this is already a sign of burnout. This is often characterized by continuous thoughts of office works even when you are outside. This actually puts pressure on you and your profession. Planning your tasks for the day is a good way to enhance yourself. It might be a good idea to do some immediate prioritizing now.

Sign # 2. Lack of Enthusiasm. Do you wake up every morning and drag yourself to office? This is an obvious sign that you are experiencing burnout. If you no longer see the purpose of your work and can’t even appreciate small wonderful things throughout the course of your profession, it’s a clear tendency that you are no longer enjoying it. Without that spark of happiness, then you are suffering from burnout.
Sign #3. Extreme emotional outburst. Do you find yourself crying every now and then because of work? If yes, then something is definitely wrong. If you can’t control your emotions and even stop yourself from being so overly emotional, then it might be time to learn how to cope with this swarm emotions properly.

These signs maybe considered minor, but without immediate action and correct addressing, they may lead to a state from which you cannot recover. Try to check if you are experiencing these signs and be aware and mindful. You might not notice that you are already experiencing burnout unexpectedly.

References:

www. helpguide.org
www. merriamwebster.com