

SIGNS OF BURN OUT

You notice you are becoming exhausted both physically and emotionally

You notice you are becoming more irritable

You begin to experience a loss of purpose in what you are doing

You begin to withdrawal more from relationships (family, friends, coworkers, etc)

You begin to have a tendency to think more negatively (glass is half empty instead of half full)

You begin to feel like you have little control over commitments

You begin to feel like you are accomplishing less when that may not be true

You begin to experience sleeping difficulties (falling asleep, staying asleep, etc.)

You notice a change in appetite and/or weight

You begin to have less interest in activities once enjoyed

Sources:

Caregiver burnout. Retrieved August 3, 2005, from the Family Care Research Program Website:<http://www.healthteam.msu.edu/fcrp/patientscaregivers/issues/caregiverburnout>

Avoiding burn-out. Retrieved August 3, 2005, from Mind Tools Book Store Website:
<http://www.psychwww.com/mtsite/smburnt.html>