

STRESS and BURNOUT

You are extremely busy. Your job is extremely fulfilling and also extremely demanding -- and you feel overwhelmed. Guess what? You are not alone.

For many persons dealing with burnout, the fuel that feeds the fire comes from many sources. It tends to hit the best employees, those that have enthusiasm, love their job and accept responsibility readily and the persons who define their identity through their jobs.

There is the mounting work load, pulling late hours, ignoring exercise, skipping meals and eating unhealthy foods, canceling personal dates, missing kid's extracurricular activities. In this scenario, it is likely that persons will tend to isolate and unfortunately, support from family, friends and colleagues is a vital buffer against stress.

Are you stressed? Are you working in burnout mode? There are approximately 12 steps that will alert you that you may be in a burnout process. If you are, please seek professional and support from your social network.

1. A strong need to prove oneself
2. Working harder
3. Neglecting your needs
4. Displace conflicts
5. Revise values
6. Denial of the problems
7. Withdrawal
8. Obvious behavioral changes as seen by others
9. Depersonalized
10. Inner emptiness
11. Depression
12. Burnout syndrome