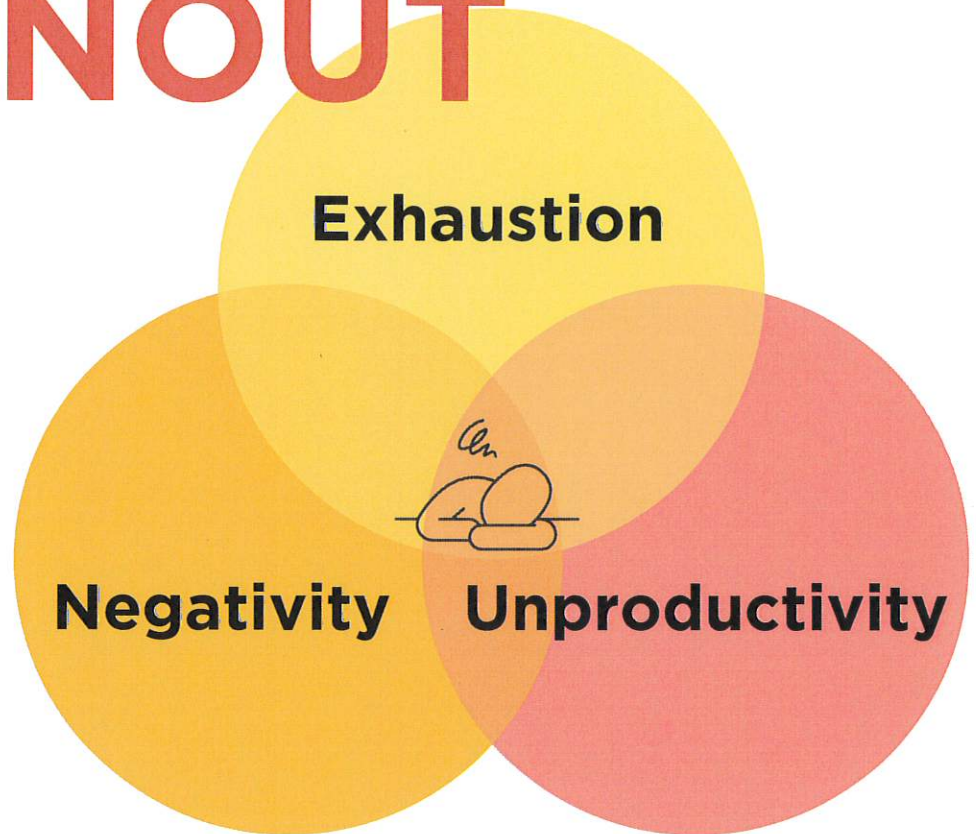


# BURNOUT

## Top Causes of Burnout:

- Unfair treatment at work
- Unmanageable workload
- Lack of role clarity
- Lack of communication and support from managers
- Unreasonable time pressure



To determine if you are experiencing burnout, ask yourself:

- Am I regularly physically and emotionally exhausted? Do I feel a lack of energy, have trouble sleeping, and worry excessively? Do I regularly feel edgy, sad, or hopeless?
- Am I more negative and detached than usual? Do I no longer enjoy things that used to bring me joy? Am I less interested in socializing? Feeling less connected to people than I once did? Am I more likely to complain than usual?
- Am I feeling like I no longer contribute anything meaningful? Do I feel unproductive and that my hard work isn't accomplishing anything?

Adapted from Harvard Business Review <https://hbr.org/2016/11/beating-burnout>



## SCHOOL CARE TEAM

proactive strategies for well-being