



BURNOUT

Burnout sucks the life out of competent hard-working people. Often people get caught in a cycle of burnout. This cycle can be halted with coaching that helps strengthen your mind-body connection enabling you to identify rather than suppress the signs and symptoms of burnout and take action to slow down and bring life back into balance.

Burnout is an experience of physical, emotional, and mental exhaustion, caused by long-term involvement in situations that are emotionally demanding.

Burnout isn't choosy about who it affects, it has been found to occur most amongst professional people in the caring professions of medicine, nursing, social work, civil service, counselling and teaching. Burnout can be associated with the prolonged and cumulative effects of emotional stress and pressure that arise from personal interaction with members of the public on a daily basis.

Burnout is not a simple result of long hours. I see very able, professional entrepreneurial clients who are ambitious and used to achieving personal goals. Undeniably there are several workplace stressors which can lead down the burnout path but for the majority of my clients it is their high achieving internal drivers and ambitions coupled with societal and technological stressors that contribute to their burnout.

HOW TO SPOT THE SIGNS OF BURNOUT

There are three components to burnout:

Physical and emotional exhaustion

An inability to engage fully with many aspects of a person's job but, particularly, with those aspects involving interaction. Speech may become flattened and body and facial gestures diminished as the person becomes less responsive to the demands of the situation of a professional interaction. Signs to look out for are chronic fatigue, insomnia, forgetfulness, gastrointestinal pain, increased illness, loss of appetite, anger, depression, anxiety.



Signs of Cynicism and Personal Detachment

A tendency to depersonalise those with whom one is forced to interact so that work colleagues, employees or customers are seen less as individuals and situations become simply part of a routine. Watch for loss of enjoyment, pessimism, isolation and a resistance to socialising, detachment and feelings of disconnection from others.

Lack of personal accomplishment and signs of Ineffectiveness

Individuals will tend to feel little sense of achievement in relation to job and life generally, even if the reality is very different. Here people can suffer with feelings of apathy and hopelessness, increased irritability and lack of productivity and poor performance due to the prolonged chronic stress they experience.

HOW TO ACCESS HELP?

Burnout is an insidious creature that creeps up on you as you're living your busy life. If you are experiencing some of these symptoms, this should be a wake-up call that you may be on a dangerous path. My courses and personal coaching can help you take stock and honestly assess the amount of stress in your life and find ways to reduce it before it's too late. Burnout isn't like the flu; it doesn't go away after a few weeks unless you make some changes in your life- and as hard as that may seem, it's the smartest thing to do because making a few little changes now will keep you in the race with the energy to get you across the finish line.