

Ready for the *next step*?

PREVENT BURNOUT FROM GETTING
WORSE AND SUPPORT RECOVERY.



*You're invited to schedule
a free & confidential call.*



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Burnout Checklist

PLEASE NOTE:
THIS INFORMATION IS
NOT MEDICAL ADVICE.

- ☐ physical exhaustion
- ☐ decreased work productivity
- ☐ lowered motivation at work
- ☐ decrease in physical activity
- ☐ personal relationships are being impacted
- ☐ a nagging feeling that something is "missing"
- ☐ decreased focus on healthy eating
- ☐ increased reliance on alcohol to cope, numb or escape
- ☐ constantly putting work responsibilities & the needs of others before your own
- ☐ troubling focusing
- ☐ mental exhaustion
- ☐ decreased life satisfaction
- ☐ preoccupation with work when not working
- ☐ co-worker &/or client relationships are suffering
- ☐ attitude shift (optimism to cynicism or pessimism)
- ☐ decrease in quality/ duration of sleep
- ☐ Increased reliance on social media to cope, numb or escape
- ☐ increased reliance on food to cope, numb or escape

This checklist is a guideline for identifying how you are feeling; these signs and symptoms are consistent with burnout.

If you are ready to make some improvements - let's talk.

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