

Stages of burnout

<p>1. Honeymoon phase</p>	<ul style="list-style-type: none"> • Job satisfaction • Accepting responsibility • Sustained energy levels • Unbridled optimism 	<ul style="list-style-type: none"> • Commitment to the job • Compulsion to prove oneself • Free-flowing creativity • High productivity levels
<p>2. Onset of stress</p>	<ul style="list-style-type: none"> • CV symptoms • Inability to focus • Irritability • Reduced sleep quality • Lack of social interaction • Lower productivity 	<ul style="list-style-type: none"> • Anxiety • Avoidance of decision making • Change in appetite fatigue • Headache • Neglect of personal needs
<p>3. Chronic stress</p>	<ul style="list-style-type: none"> • Persistent tiredness • Procrastination • Resentfulness • Social withdrawal • Aggressive behavior • Apathy • Chronic exhaustion 	<ul style="list-style-type: none"> • Cynical attitude • Decreased sexual desire • Denial of problems • Feeling threatened • Feeling pressured • Alcohol/drug consumption
<p>4. Burnout</p>	<ul style="list-style-type: none"> • Obsession with problems • Pessimistic outlook • Physical symptoms • Self-doubt • Social isolation 	<ul style="list-style-type: none"> • Chronic headaches • Chronic GI problems • Neglect of personal needs • Escapist activities • Behavioral changes
<p>5. Habitual burnout</p>	<ul style="list-style-type: none"> • Chronic sadness • Chronic mental fatigue 	<ul style="list-style-type: none"> • Chronic physical fatigue • Depression