

HOW TO SPOT

BURNOUT

FROM 10,000 FEET.



Where there's smoke, there's fire. Here's how to spot burnout from the lookout tower before it consumes morale.



PHYSICAL SYMPTOMS

- ☞ Sudden increase in sick days
- ☞ Headaches
- ☞ Injuries



MENTAL/EMOTIONAL SYMPTOMS

- ☞ Numb/apathetic/interests changing
- ☞ Endless anxiety
(need for control/avoidance)
- ☞ Irritability
(sudden spike in referrals/conflicts)
- ☞ Change in attitude
(overly critical or negative)
- ☞ Feeling hopeless
- ☞ Feeling insecure



WORK/LIFE BLEND SYMPTOMS

- ☞ Poor sleep
- ☞ No down time
- ☞ Lack of plans

For coaching strategies and more ways to stave off burnout, visit www.skyward.com/discover/blog/leadership.