

ATTN: Doctors, Nurses and Healthcare Professionals

7 Sure Signs of Burnout

How to know if you're close to burn out
(and what to do about it)

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In our complex world of medicine, you'd feel like a rock and you'd always think you're in a hard place. You are not alone.

Here are the telltale signs to look out for that might tell you that you are close to burning out.

1

EXHAUSTION

Fatigue all the time. A clear sign of burnout is when you feel tired all the time. Exhaustion can be emotional, mental or physical. It's the sense of not having any energy, of being completely spent. It may be harder to get going in the morning and more difficult to drag yourself into work every day.

INCOMPETENCE

2

Slipping job performance. A burnout pillar is a sense of a feeling that you just can't be effective. It leads to a lack of confidence and slipping job performance.

Not sure whether you're burnt out? Compare your job performance now to your performance in previous years. Because burnout tends to happen over an extended period of time, taking this long-term view might reveal whether you're in a temporary slump or experiencing more chronic burnout.

3

INSOMNIA

Sleep is tough to get. Some studies link trouble getting to sleep and staying asleep to burnout (though other studies don't find a clear connection). Don't fool around with sleep problems. If you don't get enough sleep, it can bring higher chances of heart disease, high blood pressure, stroke, diabetes, and kidney.

LACK OF MOTIVATION

4

When you don't feel enthusiastic about anything anymore or you no longer have that internal motivation for your work, there's a good chance you're experiencing burnout. Other ways this manifests? Trouble concentrating is one of the mental signs (along with things like forgetfulness) that could tell you burnout is approaching. Some studies suggest more than 100 symptoms for it. They include motivational symptoms like disillusionment and a loss of idealism.

5

DIFFICULTY FOCUSING

Cognitive problems (your mind wanders). Burnout and chronic stress may interfere with your ability to pay attention or concentrate. When we're stressed, our attention narrows to focus on the negative element that we perceive as a threat.

INTERPERSONAL PROBLEMS

6

Everything and everyone gets under your skin. This tends to play out as you are having more conflicts with other people, such as getting into arguments, or you withdraw, talking to your coworkers and family members less. You might find that even when you're physically there, you're tuned out.

7

PREOCCUPATION WITH WORK

When you're not at work and you hate your job (generally decreased job satisfaction). Even though you might not be working at a given moment, if you're expending mental energy mulling over your job, and thinking how the job is interfering with what you really want to do in life. This is the tendency to feel less happy and satisfied with your career and with your home life. You might feel dissatisfied or even stuck when it comes to whatever is going on at home, in the community or with your social activities

HEALTH PROBLEMS

When suffering from burnout, some people engage in unhealthy coping strategies like drinking too much, smoking, being too sedentary, eating too much junk food, not eating enough or not getting enough sleep. Self-medication is another issue and could include relying on sleeping pills to sleep, drinking more alcohol at the end of the day to de-stress or even drinking more coffee to summon up the energy to drag yourself into work in the morning. Research shows burnout is mainly a job thing, while depression is a whole-life thing that can include your job. But they're connected.

7 Things You Can Do in the Next 24 hrs to Start Feeling Better NOW

01 Write a "thank you" note; feeling gratitude

is a sure way to get the focus off of yourself; Jot down a few words of appreciation to someone who has helped you. You can express thanks for recent favors, birthday gifts, or long-lasting support. One study showed people who did this actually trained themselves to be more grateful.



02 Get/Give a hug

Research shows that hugging releases endorphins to get you feeling better and enhances your immune system

03 Stretch yourself - do yoga

Reach for your toes! Take a short break to gently stretch your neck, shoulders, lower back, thighs, and hips. Try yoga moves, like downward dog, mountain pose, or cat-cow. When you stretch, it lowers stress and sends extra blood to your muscles.



04 Clear your mind - breathe deeply



05 Go outside for a walk

The effects of Vitamin D on the immune system and health are tremendous.



06 Laugh

Laughing meditation releases endorphins



07 Listen to happy music and dance

Love & aloha,

Dr. Kim

P.S. I've got more fantastic tips coming your way in the next few days... so be sure and keep an eye on your inbox!

CONNECT WITH KIM NOW!