



Recognizing Burnout Early



Burnout isn't a sudden crash; it's a slow leak. Whether you're a first responder on the front lines or a professional juggling a heavy load, catching the signs early saves your health and your career.

1. The Physical "Check Engine" Light

Your body often knows before your mind does. Watch for:

- **Chronic Fatigue:** Waking up exhausted even after a full night's sleep.
- **Physical Aches:** Persistent headaches, back pain, or digestive issues.
- **Sleep Disturbance:** Inability to "switch off" or falling into "doom scrolling" to decompress.


2. The Emotional Shift


- **The "Compassion Fade":** Feeling cynical or numb toward the people you serve or work with.
- **Hyper-Irritability:** Snapping at family or colleagues over minor inconveniences.
- **Loss of Purpose:** Feeling like your efforts no longer make a difference.

3. Behavioral Red Flags

- **Isolation:** Pulling away from friends or skipping shift huddles/socials.
- **Escapism:** Increasing use of alcohol, food, or venting to "numb out."
- **Executive Dysfunction:** Simple tasks (like charting or emails) feel impossible to start.

The Fix: If you recognize these, it's time to throttle back. Talk to a peer, adjust your boundaries, or call us today for a professional tune-up.

 (800) 327-2255

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