

Recognizing Burnout at Work

Work stress is something many people experience. When that stress builds over time and begins to affect your energy, health, or sense of purpose, it may be a sign of burnout. Recognizing these changes early can help you take steps toward support and recovery.

Common Signs of Burnout

Burnout can affect how you feel emotionally, physically, and behaviorally.

Emotional signs

- Feeling emotionally drained or exhausted most days
- Feeling overwhelmed or unable to keep up with responsibilities
- Increased irritability, frustration, or detachment from work
- Loss of motivation or sense of purpose in your role
- Doubting your effectiveness or feeling less confident in your work

Physical signs

- Ongoing fatigue, even after rest
- Difficulty sleeping or changes in sleep patterns
- Frequent headaches, stomach problems, or other stress-related symptoms
- Getting sick more often than usual

Behavioral signs

- Withdrawing from coworkers or avoiding responsibilities
- Difficulty concentrating or staying productive
- Using unhealthy coping habits, such as increased alcohol or substance use

Why Addressing Burnout Matters

Burnout can affect both mental and physical health. Over time, it may increase the risk of anxiety, depression, chronic stress conditions, and workplace disengagement. Addressing burnout early can prevent more serious health concerns and improve overall well-being.

When to Seek Support

If work stress feels constant, your health is changing, or your job is affecting your daily functioning, it may be helpful to reach out for support. This might include speaking with a supervisor, a trusted colleague, or a mental health professional.

Wyandot BHN offers therapy, psychiatry, and crisis services for individuals and families. Support is available, and reaching out can be an important step.