

# Not getting joy from your work or personal life?



## Here's the run down on burnout.

Learning burnout symptoms can help you improve your situation.

- Becoming increasingly cynical, critical or sarcastic.
- Lack of energy and difficulty starting or completing projects.
- Difficulty laughing at yourself.
- Self-medicating by using food, drugs or alcohol to feel better.
- Changing sleep habits or appetite.
- Headaches, neck pain or lower back pain.

If you're experiencing any of these symptoms, don't let the demands off life put you at risk for poor health. Get help now and take steps to cool off from burnout.



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Source: Mayo Foundation for Medical Education and Research

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