

10 RED FLAGS OF BURNOUT

NOT TO BE IGNORED

— DON'T LET IT DESTROY YOUR LIFE



Physical exhaustion

Constantly tired and drained.



Emotional overwhelm

Crying, cynical, impatient or angry.



Sleep disruption

You struggle to fall or stay asleep.



Changes in eating habits

Unhealthy foods, alcohol or loss of appetite.

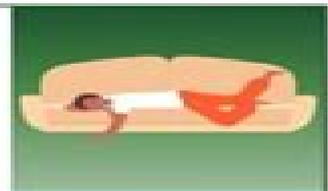


Disconnect from social life

Withdrawal from others.

Lack of motivation

You stopped enjoying activities.



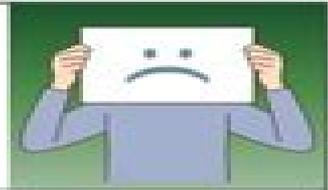
Neglecting self-care

Skipping medical appointments.



Feeling helpless

No more passion or joy.



Physical ailments

Headaches, hair or skin issues.



Reduced performance

Mistakes, unable to focus or make decisions.



Tired Etc

Didier Musso



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