

Workplace Burnouts

Identifying Facts & Spotting Symptoms

“

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.

”



of workers have experienced burnout within the past year.



of employees have experienced feelings of burnout at their current job.

Source: [zippia](#)

Burnout can result in negative feelings or cynicism towards work, reduced professional effectiveness, decreased work performance, and feelings of exhaustion or energy depletion.

Top 5 Signs of Burnout

Pessimism and low energy.



Feeling incredibly exhausted.



An inability to control moods.



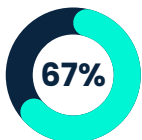
Loss of perspective and brain fog.



Lack of internal motivation.



of workers have left their jobs due to burnout



of workers report that stress and burnout at work have increased since the pandemic



of Americans regularly deal with work-related stress.

Source: [zippia](#)

Burnout can include:

Emotional exhaustion

Reduced efficiency

Loss of motivation

Detachment

