

### Recognize the Stages of Burnout

Stage 1-Early Warning Signs	Vague anxiety Constant fatigue Feelings of depression Boredom with one's job Apathy
Stage 2-Initial Burnout	Lowered emotional control Increasing anxiety Sleep disturbances Headaches Diffuse back and muscle aches Loss of energy Hyperactivity Excessive fatigue Moderate withdrawal from social contact
Stage 3 - Burnout	Skin rashes Generalized physical weakness Strong feelings of depression Increased alcohol intake Increased smoking High blood pressure Ulcers Migraines Sever withdrawal Loss of appetite for food Loss of sexual appetite Excessive irritability Emotional outbursts Irrational fears (phobias) Rigid thinking
Stage 4 - Burnout	Coronary artery disease Asthma, Diabetes Cancer, heart attacks Muscle tremors Suicidal thoughts Severe depression Lowered self-esteem Inability to function at job or home Uncontrolled crying spells Severe withdrawal Severe fatigue Over-reaction to emotional stimuli Agitation, constant tension Feelings of hostility Accident proneness/carelessness