## 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  