



21 Symptoms of Job Burnout Everyone Should Know

- ☐ Feeling more and more time pressured at work.
- ☐ A sense of dread associated with going to work.
- ☐ A sense of relief that the weekend has finally arrived.
- ☐ A lack of recognition or not feeling rewarded for good work.
- ☐ Feeling that job demands are unclear or unreasonable.
- ☐ Either work is no longer challenging or it has become overwhelmingly challenging.
- ☐ Work seems chaotic or too high pressured.
- ☐ A sense there is no time you can take off from work without consequences.
- ☐ Feeling that you have to be too many things for far too many people.
- ☐ Feeling as though you have no help.
- ☐ Feeling as though you no longer make a difference.
- ☐ Difficulty or inability to concentrate.
- ☐ You lack close and supportive relationships in both your work and personal life.
- ☐ Less patience. Less empathy. Less enthusiasm.
- ☐ More irritable. More intolerant. More exhausted. More cynical.
- ☐ Feeling disengaged, unmotivated, uninterested or uninteresting.
- ☐ Feeling as though life is no longer worth living.
- ☐ A feeling you should be doing something else.
- ☐ A feeling you do not fit in your profession or current relationship, or they do not fit you.
- ☐ Feeling as though you have nothing left to give.
- ☐ Continuously questioning yourself, "Is this all there is to life? Is there nothing more?"

Author, Consultant, Coach, Speaker and Workshop Presenter:



Dr. Clark Gaither is a board certified family physician, consultant, speaker, personal coach and author of two books: *"Powerful Words"* and *"The Graduate's Handbook"*.

His primary area of interest and specialty is the detection, mitigation and prevention of job related burnout among physicians and other professionals.

Website: <http://www.clarkgaither.com/>

Phone: 919-394-7742

Email: clarkgaither@gmail.com