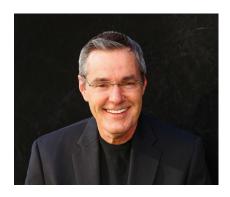


☐ Feeling more and more time pressured at work.

21 Symptoms of Job Burnout Everyone Should Know

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: <u>clarkgaither@gmail.com</u>