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# Stages of BURNOUT

and their warning signs

## HONEYMOON

Feelings of job satisfaction and high productivity levels

## ONSET OF STRESS

You may be irritable or find an inability to focus

## CHRONIC STRESS

Procrastinating more than usual; may exhibit social withdraw

## BURNOUT

You doubt yourself and start noticing behavioral changes

## HABITUAL BURNOUT

You have chronic fatigue & depression - both mentally and physically

# SELF-CARE FOR ME

MY SELF-CARE GOAL FOR 2022-2023

THINGS THAT WILL CAUSE BURN OUT

THINGS THAT WILL PREVENT BURN OUT

HOW MY BUDDS CAN HELP ME

WARNING SIGNS I'M BURNING OUT