

100655 10 Ways to Battle Burnout

1. Burnout is a persistent state of

2. Name three physical symptoms of burnout.

3. Being irritable with co-workers is a symptom of burnout.
True or False
4. Why should you see your doctor if you are experiencing any symptoms of burnout?

5. One way to address burnout is to maintain a balance between what three elements of your life?

What Would You Do?

You have a co-worker who seems increasingly unsettled each day. She often looks tired, and she's become very negative, often complaining about her workload and feeling unappreciated. You're worried about her. Should you say or do anything? If so, what?
